SPEEDY BEEF STROGANOFF

6 ounces cooked noodles (wide egg noodles recommended)

2 cups beef, cut into thin strips (raw or leftovers)

- 1 medium onion, sliced or diced
- 1 clove garlic, minced
- 1 can condensed cream of mushroom soup
- 3 ounces sliced canned mushrooms (optional)
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 cup sour cream
- 2 tablespoons dry sherry

Cook onion over medium heat until tender. Add garlic for one minute. Add beef and brown. Blend in soup, ketchup, Worcestershire and mushrooms. Heat through. Just before serving, add sour cream and sherry, swirling and leaving white streaks in the stroganoff. Serve over hot noodles.

From Emma Dimock www.marshallpr.com