

Beef Stroganoff – Serves 4

CPC Fill-the-Freezer 2020

Prep Time: 15 minutes

Cook Time: 15 minutes

Classic Beef Stroganoff with tender strips of beef in a creamy mushroom sauce, served over egg noodles.

Ingredients

For the Beef Stroganoff:

- 1 lb sirloin steak or flank steak thinly sliced into strips
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1/2 medium onion finely chopped
- 1/2 lb brown mushrooms thickly sliced
- 1 garlic cloves minced
- 1 Tbsp all-purpose flour
- 1 cup beef broth
- 3/4 cup Lt whipping cream
- 1/4 cup sour cream
- 1 Tbsp Worcestershire sauce
- 1/2 tsp dijon mustard
- 1/2 tsp salt
- 1/4 tsp black pepper

To Serve:

- 1 Tbsp green onion to garnish
- 8-12 oz egg noodles to serve



Instructions

1. Place a large deep pan or dutch oven over medium-high heat. Add 2 Tbsp oil and once oil is very hot, add thinly sliced beef strips in a single layer, cooking 1 minute per side without stirring. Cook until until just browned and no longer red. Sear beef in 2 batches so you don't overcrowd the pan. Remove beef to a plate and cover to keep warm.
2. Add 2 Tbsp butter, chopped onion and sliced mushrooms. Sautee 6-8 minutes or until liquid has evaporated and onions and mushrooms are soft and lightly browned.
3. Add 1 minced garlic clove and sautee 1 minute until fragrant. Add 1 Tbsp flour and sautee another minute stirring constantly.
4. Pour in 1 cups beef broth, scraping any bits from the bottom of the pan then add 3/4 cup whipping cream and simmer another 1 to 2 minutes or until slightly thickened.
5. Stir a few Tablespoons of the sauce into 1/4 cup of sour cream to temper it so the sour cream doesn't curdle then add it to the pan while stirring constantly.
6. Stir in 1 Tbsp Worcestershire, 1/2 tsp dijon mustard, and season with 1/2 tsp salt and 1/4 tsp pepper, or season to taste and continue simmering until sauce is creamy. Add beef with any accumulated juices back to the pan and bring just to a simmer or until beef is heated through.

To Reheat: Defrost and heat in oven at 350d for 30 min.