

Easiest and Best Beef Stroganoff

Barb Wilcher

The Church of St. Michael and St. George - St. Louis, MO - 1985

Servings: 6

*2 pounds sirloin steak, cut
for stroganoff
2 tablespoons Dijon
mustard
4 shallots, chopped
1/2 pound mushrooms,
cleaned and sliced
2 tablespoons butter
1 1/2 teaspoons flour
1/4 cup white wine
salt
pepper
1 1/2 cups sour cream
buttered noodles*

Coat the beef with mustard. Set aside.

In a skillet, saute' the shallots in butter until golden. Add the mushrooms, saute' until lightly browned. Add the flour; toss and cook for 1 to 2 minutes. Add the wine and cook for a few minutes longer. Set aside.

In a skillet, saute' the meat in additional very hot butter until the meat loses its pinkness. Do not overcook - the meat is tender. Combine the meat and mushrooms mixture. Add salt and pepper.

Just before serving, add the sour cream and heat through.

Serve on a bed of buttered noodles.

Per Serving (excluding unknown items): 490 Calories; 37g Fat (69.2% calories from fat); 31g Protein; 6g Carbohydrate; 1g Dietary Fiber; 131mg Cholesterol; 213mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 Fat; 0 Other Carbohydrates.