

Beef Stroganoff



Makes:

15 servings

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
Mega Skillet Limited Edition

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Contributed By:

Chef John Lara
Personal chef to former U.S. President

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1 ?²

packages

egg noodles (12 ounces/513g each)

1

teaspoon

salt

(5

mL)

2 - 2 ?¹

pounds²

lean chuck steak, cut into thin strips (900g - 1.13kg)

2

stalks fresh leeks, medium diced (clean well)

2

cans

beef broth (14 ounces/415 mL each)

2 - 3

sprigs fresh rosemary

?²

cup

red cooking wine

(120

mL)

2

cans

reduced-fat cream of mushroom soup (10.75 ounces/318 mL each)

2

teaspoons

cooking browning sauce (or a few drops soy sauce)

(10

mL)

1

pound

fresh mushrooms, sliced, use Cone #4

(450

g)

sea salt and pepper, to taste

1

cup

low-fat sour cream

(227

g)

1

cup

fresh parsley, garnish

(60

g)

Directions:

1. In 7 Qt. Roaster, bring 1 gallon of water to a simmer. Add noodles and salt. Simmer for 8 - 10 minutes. Drain well and set aside.
2. Preheat Mega Skillet on medium heat 5 - 7 minutes. When several drops of water sprinkled on pan skitter and dissipate, add beef, leeks, 1 cup beef broth, fresh rosemary and red cooking wine. Stir to combine.
3. Cover, lower temperature to medium-low and allow beef to cook generously for 30 minutes or until meat is cooked thoroughly.
4. Add cream of mushroom soup, slightly thinned out with remaining beef broth. Stir in moderation and continue to cook for 10 - 15 minutes until beef is tender.
5. Remove sprigs of rosemary. Add browning sauce, mushrooms, and salt and pepper to taste.
6. Cook for an additional 10 minutes until mushrooms are partially cooked. Remove pan from heat and fold in sour cream (the consistency of the sauce should be creamy).
7. For plating, place a bed of noodles on base of plate and top with beef stroganoff mixture, garnish with parsley and serve.

Tips:

- Use a cooking browning sauce such as Kitchen Bouquet or Gravy Master.
- Exchange beef broth for a low-sodium broth.

Nutritional Information per Serving

Calories:

410

Total Fat:

12g

Saturated Fat:

4g

Cholesterol:

118mg

Sodium:

498mg

Total Carbs:

34g

Dietary Fiber:

2g

Sugar:

3g

Protein:

39g