

Russian Beef Stroganoff



Makes:

8 servings

Utensil:

Saladmaster Food Processor

3 Qt./2.8 L Sauce Pan with Cover

11" Large Skillet with Cover

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1 ?₂

pounds

beef loin top sirloin or beef tenderloin

(680

g)

1 ?₂

teaspoon

salt

(3

g)

1 ?₂

teaspoon

black pepper

(1

g)

2

onions, strung, use Cone #2

1 ?₂

cups

beef broth

(350

mL)

1

teaspoon

Worcestershire sauce

(5
mL)

1

teaspoon
mustard

(5
g)

4

tablespoons
flour

(30
g)

2¹?₂

cups

mushrooms, sliced, use Cone #4

(175
g)

1

cup

sour cream

(240
g)

1¹?₃

cup

white wine

(80
mL)

Directions:

1. Cut beef into 1-inch (2.5 cm) strips approximately ½-inch (1.25 cm) thick. Set aside.
2. Preheat skillet over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add beef. Add salt and pepper, stirring. Brown beef strips.
3. Add onions and stir for approximately 3 minutes until onions begin to soften.
4. Meanwhile, place sauce pan on medium heat. Add broth, Worcestershire sauce, mustard and flour and stir until well blended. Once mixture reaches a simmer, remove from heat, and pour into skillet and stir together with beef.
5. Cover and simmer for approximately 1 hour, or until meat is tender.
6. Five minutes before serving, stir in mushrooms, sour cream and white wine. Heat briefly and serve over egg noodles or white rice.

Tips:

- Can prepare this recipe through Direction #5 up to 1 - 2 days ahead; simply add mushrooms, sour cream and wine on the day of serving.

Nutritional Information per Serving

Calories:

266

Total Fat:

6g

Saturated Fat:

2g

Cholesterol:

75mg

Sodium:

1446mg

Total Carbs:

28g

Dietary Fiber:

2g

Sugar:

6g

Protein:

25g