

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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Recipe:

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1 ½ pounds
beef loin top sirloin or beef tenderloin

(680

g)

½ teaspoon
salt

(3

g)

½ teaspoon
black pepper

(1

g)

2 onions, strung, use Cone #2

1 ½ cups
beef broth

(350

mL)

1 teaspoon
Worcestershire sauce

(5

mL)

1 teaspoon
mustard

(5

g)

4 tablespoons
flour

(30

g)

2 ½ cups
mushrooms, sliced, use Cone #4

(175

g)

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 28g
Carbs:
Dietary Fiber: 2g
Sugar: 6g
Protein: 25g