
Beef Stroganoff VI

Mary Taglia

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2 1/2 pounds sirloin tips
1 pound mushrooms
1 pound onions
3 cups water
2 1/2 ounces white wine
2 1/2 ounces flour
1 1/2 ounces butter
2 ounces ketchup
4 cubes or packets beef bouillon
4 1/2 ounces sour cream
1 pound wide noodles

Preheat the oven to 325 degrees.

In a skillet, saute' the sirloin tips. Saute' the mushrooms and onion. Add to the beef.

In a saucepan, bring water to a boil. Add the white wine, flour, butter, ketchup and beef bouillon. Add the boiled mixture to the meat, mushrooms and onions.

Bake in a 325 degree oven for two hours.

Cook the noodles according to package directions. Pour the beef mixture over the noodles and mix. Add the sour cream to the mixture and stir all together.

(NOTE: If made in advance, do not add the sour cream until ready to serve. The mixture will curdle.)

Beef

Per Serving (excluding unknown items): 1287 Calories; 67g Fat (47.1% calories from fat); 31g Protein; 139g Carbohydrate; 15g Dietary Fiber; 150mg Cholesterol; 6594mg Sodium. Exchanges: 4 Grain(Starch); 10 1/2 Vegetable; 1/2 Non-Fat Milk; 12 Fat; 1 Other Carbohydrates.