

# Beef Stroganoff Alabama

G. G. Palmer - Corinth, MS

Treasure Classics - National LP Gas Association - 1985

## Servings: 7

*1 1/2 pounds round steak,  
cut into 1/4 inch slices  
salt  
pepper  
flour  
1/2 cup margarine  
1 medium onion, chopped  
fine  
1 can (5-1/2 ounce), sliced  
mushrooms  
1 can (10-3/4 ounce)  
consomme'  
1/2 pint sour cream  
2 to 3 tablespoons vinegar  
hot rice to serve seven*

## Preparation Time: 10 minutes

### Cook Time: 45 minutes

Cut the meat into 1/4 inch strips. In a bowl, combine the salt, pepper and flour. Toss the meat in the mixture.

In a skillet with 1/2 stick of margarine, brown the beef strips. Set aside.

Saute' the onions and mushrooms in 1/2 stick of margarine.

In a bowl, mix the sour cream and vinegar.

In a skillet, mix the meat, onions, mushrooms, consomme' and sour cream mixture. Let bubble up all over.

Reduce the heat to simmer or very low and cover with the lid. Let cook for 30 minutes.

Serve over cooked rice.

---

Per Serving (excluding unknown items): 388 Calories; 32g Fat (72.5% calories from fat); 20g Protein; 7g Carbohydrate; trace Dietary Fiber; 72mg Cholesterol; 219mg Sodium. Exchanges: 2 1/2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat; 1/2 Other Carbohydrates.