

Beef Stroganoff

Mrs Benton Sattfield

St Timothy's - Hale Schools - Raleigh, NC - 1976 Linda Taylor

Servings: 8

*2 pounds beef chuck, cut
into one-inch cubes*

1/4 cup flour

1/4 teaspoon pepper

2 tablespoons

Worcestershire sauce

1 teaspoon salt

1/4 cup shortening

1 1/2 cups water

*1/2 can cream of mushroom
soup*

3/4 cup onion soup dip

*chopped parsley (for
topping)*

In a bowl, mix the flour, salt and pepper together. Roll the beef pieces in this mixture until well coated.

In a skillet, melt the shortening and brown the meat. Add the water and Worcestershire sauce. Simmer for 1-1/2 to 2 hours or until the meat is tender.

In a bowl, whip the onion dip and mushroom soup with a rotary beater. Stir into the meat mixture. Turn into a serving dish. Top with chopped parsley.

Serve with buttered noodles or rice.

Per Serving (excluding unknown items): 318 Calories; 25g Fat (70.9% calories from fat); 18g Protein; 4g Carbohydrate; trace Dietary Fiber; 66mg Cholesterol; 426mg Sodium. Exchanges: 0 Grain(Starch); 2 1/2 Lean Meat; 3 1/2 Fat; 0 Other Carbohydrates.