

Beef Stroganoff Indiana

Pat Blocker - Indianapolis, IN

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Servings: 4

*1 1/4 pounds well-trimmed
beef tenderloin, sirloin or
round steak (the less fat the
better)
1/4 cup butter or margarine
8 ounces sliced mushrooms
3/4 cup chopped onions
1 can (10-3/4 ounce)
condensed beef broth
1 cup sour cream
2 1/2 tablespoons enriched
flour
salt (to taste)
pepper (to taste)
hot rice or buttered noodles
(for four)*

Preparation Time: 3 minutes

Cook Time: 20 minutes

Trim the meat and slice 1/4 inch thick. Cut into strips 1/4 inch wide.

In a skillet or Dutch oven, brown quickly in 1/4 cup of butter. Push the meat to one side.

Add the mushrooms and onions. Cover. Cook until tender, not brown. Add the beef broth. Heat just to a boil.

In a bowl, blend the sour cream with the flour. Stir into the broth. Cook, stirring constantly, until thickened. (The sauce will be thin.) Add salt and pepper to taste.

Serve over hot rice or buttered noodles. Best when served with fried okra.

Per Serving (excluding unknown items): 250 Calories; 24g Fat (82.8% calories from fat); 3g Protein; 8g Carbohydrate; 1g Dietary Fiber; 57mg Cholesterol; 151mg Sodium. Exchanges: 1 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.