

# Beef Stroganoff Pennsylvania

*Dolores Rich - Ludlow, PA  
Treasure Classics - National LP Gas Association - 1985*

**Yield: 5 cups**

*1/2 cup finely chopped  
onion  
2 tablespoons butter or  
margarine  
1 pound lean ground beef  
3 cloves garlic, finely  
minced  
2 tablespoons flour  
1/8 teaspoon salt  
1/4 teaspoon pepper  
8 ounces fresh sliced or  
canned mushrooms  
1 can (10-3/4 ounce) cream  
of chicken or cream of  
mushroom soup  
1 cup sour cream*

**Preparation Time: 45 minutes****Cook Time: 40 minutes**

In a skillet, saute' the onion in butter stirring constantly until the onion is rather soft, approximately 5 minutes.

Add the ground beef. Cook and stir until no longer red. Push the beef and onion mixture to the side in the pan. Saute' the garlic cloves for a few minutes. Then stir the garlic into the beef and onion mixture.

Add the flour, salt and pepper. Add the sliced mushrooms and soup. Cook slowly for 20 minutes.

Stir in the sour cream just before serving.

Serve on toast, crisp wafers or noodles.

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Per Serving (excluding unknown items): 1997 Calories; 165g Fat (75.2% calories from fat); 91g Protein; 32g Carbohydrate; 2g Dietary Fiber; 505mg Cholesterol; 930mg Sodium. Exchanges: 1 Grain(Starch); 12 Lean Meat; 2 Vegetable; 1/2 Non-Fat Milk; 26 Fat.