

Beef Stroganoff V

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Servings: 4

1 pound beef sirloin, cut into one-inch cubes

1/4 cup flour

1/2 teaspoon salt

4 tablespoons margarine

1 cup fresh mushrooms, sliced

1/2 cup onion, chopped

1 clove garlic, minced

4 tablespoons margarine

3 tablespoons flour

1 tablespoon tomato paste

1 can (10 ounces) beef broth

1 cup sour cream

4 tablespoons sherry

salt (to taste)

pepper (to taste)

In a bowl, blend the flour and salt. Dredge the beef cubes in the flour mixture.

In a large skillet, melt the margarine. Brown the beef on all sides, about 20 minutes.

Remove the beef. Add the mushrooms, onions and garlic. Cook until tender. Lift from the skillet with a slotted spoon.

Melt four tablespoons of margarine in the skillet. Blend in the flour. Cook for 1 minute. Add the tomato paste and beef broth. Cook until hot and bubbly, stirring constantly.

Return the beef and mushroom mixture to the skillet. Stir in the sour cream, sherry, salt and pepper. Heat but do not boil.

Serve over parsleyed rice, pilaf or noodles.

Per Serving (excluding unknown items): 662 Calories; 51g Fat (71.3% calories from fat); 28g Protein; 19g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 975mg Sodium. Exchanges: Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 8 Fat.