
Beef Stroganoff VIII

The Essential Southern Living Cookbook

Preparation Time: 15 minutes

Start to Finish Time: 55 minutes

1 cup all-purpose flour
1 1/2 teaspoons table salt
1/2 teaspoon black pepper
1 two pound sirloin steak, cut into strips
1/2 cup butter, melted
2 tablespoons butter
1 package (8 ounce) sliced fresh mushrooms
1 small onion, chopped
2 cloves garlic, minced
1/2 cup dry sherry or dry white wine
3 cups beef broth
2 tablespoons tomato paste
1 tablespoon Dijon mustard
1 tablespoon Worcestershire sauce
1 container (16 ounce) sour cream
hot cooked egg noodles or mashed potatoes
chopped fresh flat-leaf parsley (for garnish)

In a large zip-top plastic freezer bag, combine the flour, salt and pepper. Add the steak. Seal the bag. Shake until the meat is coated.

In a large skillet over medium-high heat, brown the meat in 1/2 cup of melted butter. Remove the meat from the pan. Cover and keep warm. Add two tablespoons of butter to the hot skillet. Saute' the mushrooms, onion and garlic until browned and tender. Remove from the skillet and keep warm.

Add sherry or wine to the skillet. Cook over high heat, stirring to loosen the brown bits from the bottom of the skillet. Add the beef broth, tomato paste, Dijon mustard and Worcestershire sauce, stirring until smooth. Return the meat and sautee'd mushroom mixture to the skillet. Cook over medium heat until thickened, stirring frequently. Stir in the sour cream. Cook just until thoroughly heated.

Serve over egg noodles or mashed potatoes. Garnish with parsley.

Yield: 6 to 8 servings

Beef

Per Serving (excluding unknown items): 2460 Calories; 180g Fat (65.2% calories from fat); 77g Protein; 139g Carbohydrate; 8g Dietary Fiber; 478mg Cholesterol; 9274mg Sodium. Exchanges: 6 1/2 Grain(Starch); 6 1/2 Lean Meat; 3 1/2 Vegetable; 1/2 Non-Fat Milk; 3/4 Fat; 0 Other Carbohydrates.