

Beef Stroganoff

3 tablespoons flour
1 ½ teaspoon salt
½ teaspoon black pepper
½ teaspoon garlic powder
1 LB beef tenderloin or sirloin
1 cup butter (1 stick of margarine)
½ cup of minced white onion
¼ cup water
1 5oz of chicken broth
1 4oz can of sliced mushrooms (or mushroom stems and pieces)
1 4oz of sour cream

Cooked Rice or egg noodles

- Mix flour, garlic, salt, and pepper
- Trim fat from meat and cut into 1" strips
- Thoroughly mix meat with flour
- In deep skillet over medium high heat, melt butter then add the meat strips. Turn often until golden (little or no pink color)
- Add onion and cook for 1 minute, stir often
- Add water, mushrooms, and soup
- Reduce heat to medium and cook for about 20 minutes or until sauce thickens. Stir often
- Reduce heat to low, add sour cream and cook for 5 minutes. Stir often

- Serve over cooked rice or egg noodles

Serves 4