

Beef Stroganoff

Servings: 4-6

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- 1-pound lean beef tenderloin or sirloin cut into 1-2 inch thin strips
- 3 heaping tablespoons of all-purpose flour
- ½ teaspoon of salt
- ½ teaspoon of pepper
- 1 teaspoon of garlic powder
- 1 stick of butter
- ½ cup of finely chopped white onion
- 4 oz of chicken broth (low sodium if preferred)
- 1 small can of mushroom stems and pieces
- 4 oz of water
- 1 8oz of sour cream (can use low fat)

Serve with 1 cup of cooked rice or enough cooked egg noodles for 4-6 servings

Instructions

- Mix flour, garlic, salt, and pepper
- Trim fat from meat and cut into 1" strips
- Thoroughly mix meat with flour mix
- In deep skillet over medium high heat, melt butter then add the meat strips. Turn often until browned
- Add onion and cook for 1 minute, stir often
- Add water, mushrooms, and chicken broth
- Reduce heat to medium and cook for about 20 minutes or until sauce thickens (like a spaghetti sauce). Stir often.
- Reduce heat to low, add sour cream and cook for 5 minutes. Stir often until the sour cream is thoroughly mixed in.