



Beef Stroganoff

Courtesy of
Molena Horse & Cattle Company
Molena, Georgia

Ingredients

2 lbs. beef, cut into thin strips (*example: sirloin or stew meat sliced thin*)
1/2 cup flour
1 tsp. salt
1/8 tsp. pepper
1/3 cup butter
1/3 cup chopped onion
2 cups beef broth
1 cup sour cream
3 tbsp. tomato paste
1 tsp. Worcestershire sauce
1/2 lb. sliced mushrooms

Instructions

- 1 Combine flour, salt and pepper in a paper bag. Add beef and shake until the meat is evenly coated.
- 2 Heat butter in a skillet or Dutch oven. Add meat and onions. Brown slowly.
- 3 When meat is browned, add beef broth. Cover and simmer for 25 minutes. Check to make sure it does not stick and burn. Remove pan from heat when meat is tender.
- 4 Blend together sour cream, tomato paste and Worcestershire sauce.
- 5 Add sour cream mixture slowly to the pan. Add mushrooms that have been browned in 3 tablespoons butter. Heat slowly for 3 to 5 minutes.
- 6 Serve immediately over rice or egg noodles.