

Beef Stroganoff



This is a Z3.5 (ZReboot3.5) recipe.

Servings: Serves 4. Can be doubled easily.

I know beef stroganoff is traditionally served over egg noodles. Egg noodles have almost the same amount of carbohydrate as pasta. When your weight is stabilized, I say you can handle about a cup (cooked) of pasta once in a while so the same will go for egg noodles. One cup cooked is nowhere near the size of a portion you'd get at a restaurant. It's just a small portion to give you the experience of noodles. This beef stroganoff can also just be eaten out of a bowl like a thick soup or stew. Or you can serve it with a side of veggies.

Ingredients:

- 1 lb of beef tenderloin or sirloin steak. $\frac{1}{2}$ " thick
- 4 Tbl of butter (divided)
- $\frac{1}{2}$ pound of mushrooms washed, trimmed and sliced
- 1 cup of chopped onion (I use Vidalia)
- 1 cup of unsalted beef broth or stock
- 2 Tbl of organic catsup or tomato sauce
- 1 tsp of minced garlic (jar garlic will do)
- Grated sea salt to taste. (I do 12 turns on my mill)

- 2 Tbl of white flour
- 1 cup of full fat sour cream

Optional

- 4 servings of cooked egg noodles

Instructions:

Cut the meat into strips 1/2" wide and up to 2" long.

Melt 2 Tbl of butter in your saute pan. Add the mushrooms and onion. Cook until wilted and onion is tender. Then remove those from the skillet. Add the other 2 Tbl of butter and saute the meat. You just want to get it brown on both sides. It does not need to be cooked all the way through. Set aside 1/3 cup of broth in a small bowl. Pour the rest of the broth in with the meat. Add catsup, garlic and salt. Let simmer on medium low for 15 minutes. (While this is cooking it will be a good time to cook your noodles if you are using them).

Blend the reserved broth with the flour. Pour that in with the meat mixture. Add the onions and mushrooms. Heat to boiling. Bubble and stir for 1 minute to thicken. Turn off heat. Add the sour cream. Stir it in the sauce until it all heats up.

Serve.

Enjoy!

Cheers,