

Beef Stroganoff

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Beef Stroganoff is the perfect winter meal. Hearty beef and rich mushrooms are simmered in a heavy, creamy sauce and served over tender egg noodles. This traditional dish harkens from Eastern Europe and can use any tender cut of beef or type of mushroom. Pair with a glass of wine and a salad for a memorable meal.

Ingredients:

6 Tbsp butter
1 lb sirloin steak, sliced into 1-inch wide by 2-inch long strips
1 medium onion, chopped
1/2 lb mushrooms, sliced
salt and pepper to taste
1/8 tsp nutmeg
1/2 tsp dry tarragon
1 c. sour cream (at room temperature)
1 lb cooked egg noodles

Directions:

1. In large skillet melt 3 Tbsp butter. Brown beef over high heat, being careful not to burn butter. When beef is browned on all sides, remove from heat and set aside.
2. Add onions to skillet and saute until tender and aromatic. Add to beef.
3. Melt 3 Tbsp of butter and saute mushrooms. Cook until tender and aromatic. Add tarragon and nutmeg and stir to combine. Add sour cream, thinning with water until necessary. Stir constantly to avoid curdling. Add onion and beef back to pan and stir to combine. Simmer 2 minutes and serve over cooked egg noodles.

Author: Catherine Herzog