



RECIPES

Beef Stroganoff

2 lbs. top sirloin steak (about 1 inch thick)
4 TBSP. butter, divided use
1 tsp. garlic, minced
1 cup onions, finely chopped
2 cups fresh mushrooms, sliced
1 can beef broth
2 TBSP. tomato paste
1 TBSP. Worcestershire sauce
1 tsp. dry mustard
1 tsp. salt
2 TBSP. flour
1/2 cup water
1 cup sour cream
2 TBSP. fresh parsley, finely chopped
12 oz. egg noodles, cooked and drained

Cut the top sirloin into 2 inch strips and set aside. In a large skillet, sauté garlic, onions and mushrooms in 3 TBSP. of the butter until soft. Remove the mushroom mixture from the skillet and reserve. Add the remaining 1 TBSP. butter to the same skillet and brown the meat on all sides for about 15 minutes. Pour the beef broth over the meat and add tomato paste, Worcestershire, dry mustard, and salt. Stir mixture, cover and simmer 30 minutes until the meat is tender. Combine flour and water and slowly pour over the meat mixture and stir. Cook, stirring constantly until the mixture begins to boil. Add the reserved garlic, onion, mushroom mixture, sour cream and parsley. Stir and heat through but do not boil. Serve over egg noodles.