

Beef Stroganoff



It helps to cut thin strips of the beef by putting the meat into the freezer for 20 to 30 minutes first.
If you substitute yogurt for the sour cream, use full fat yogurt, and make sure to take the pan off the heat before stirring it in or it may curdle.

Prep time: 10 minutes
Yield: Serves 4

Cook time: 20 minutes

INGREDIENTS

- 5 Tbsp butter
- 1 pound of top sirloin or tenderloin, cut thin into 1-inch wide by 2 1/2-inch long strips
- 1/3 cup chopped shallots (can substitute onions)
- 1/2 pound cremini mushrooms, sliced
- Salt to taste
- Pepper to taste
- 1/8 teaspoon nutmeg
- 1/2 teaspoon of dry tarragon or 2 teaspoons of chopped fresh tarragon
- 1 cup of sour cream at room temperature

METHOD

1 Brown the strips of beef in butter: Melt 3 Tbsp of butter in a large skillet on medium heat. Increase the heat to high/med-high and add the strips of beef. You want to cook the beef quickly, browning on each side, so the temp needs to be high enough to brown the beef, but not so high as to burn the butter. You may need to work in batches.

While cooking the beef, sprinkle generously with salt and pepper. When both sides are browned, remove the beef to a bowl and set aside.

2 Sauté the shallots: In the same pan, reduce the heat to medium and add the shallots. Cook the shallots for a minute or two, allowing them to soak up any meat drippings. Remove the shallots to the same bowl as the meat and set aside.

3 Sauté the mushrooms: In the same pan, melt another 2 Tbsp of butter. Increase heat to medium high and add the mushrooms. Cook, stirring occasionally for about 4 minutes.

While cooking, sprinkle the nutmeg and the tarragon on the mushrooms.

4 Add sour cream, beef, shallots: Reduce the heat to low and add the sour cream to the mushrooms. You may want to add a tablespoon or two of water or stock to thin the sauce (or not).

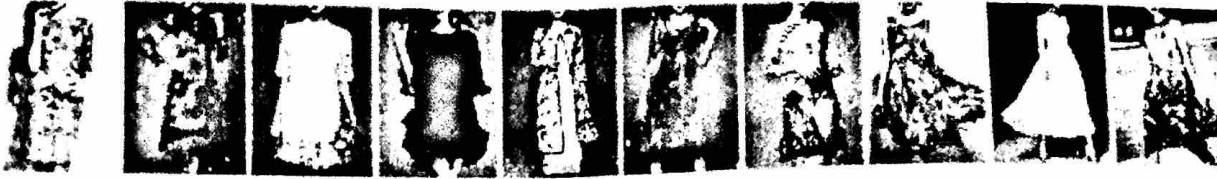
Mix in the sour cream thoroughly. Do not let it come to a simmer or boil or the sour cream may curdle. Stir in the beef and shallots.

Add salt and pepper to taste. Note that you will likely need more salt than you expect. Taste, and if it needs salt, add 1/2 teaspoon or more.

→ Serve immediately over egg noodles, fettuccine, mashed potatoes, or rice. (Potatoes, rice, and gluten-free pasta and gluten-free options.)

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Quick Beef Stroganoff

Make a classic family favorite in a fraction of the time. Best of all, this comforting dish comes in at less than 400 calories per serving.

CookingLight

- **Yield:**

Serves 4 (serving size: 1 cup beef mixture and 1 cup noodles)



Photo by: Photo: Johnny Autry/Randy Mayor; Styling: Cindy Barr/Lindsey Lower

Ingredients

- | | |
|--|---|
| 6 1/2 cups water, divided | 1 (6-ounce) package presliced exotic mushroom blend |
| 4 ounces uncooked egg noodles | 1 cup lower-sodium beef broth, divided |
| 1 pound flank steak, trimmed | 5 teaspoons all-purpose flour |
| Cooking spray | 1/3 cup fat-free sour cream |
| 1 cup chopped onion | 3 tablespoons thinly sliced green onions |
| 1/2 teaspoon freshly ground black pepper | 1 tablespoon butter |
| 1/2 teaspoon kosher salt | 2 tablespoons chopped fresh flat-leaf parsley |
| 1/4 teaspoon hot paprika | |

Preparation

1. Bring 6 cups water to a boil in a large saucepan. Add noodles; cook 5 minutes or until al dente. Drain.
2. Cut beef across the grain into 1/4-inch-wide strips; cut strips into 2-inch pieces.
3. Heat a large skillet over medium-high heat. Coat pan with cooking spray. Add beef to pan; sauté 4 minutes or until browned. Remove beef from pan. Add 1 cup onion, black pepper, salt, paprika, and mushrooms to pan; sauté 4 minutes or until tender. Reduce heat to medium.
4. Combine 1/4 cup beef broth and flour in a small bowl, stirring with a whisk. Add broth mixture, beef, remaining 3/4 cup broth, and remaining 1/2 cup water to pan, scraping pan to loosen browned bits. Cover and cook 8 minutes or until sauce thickens. Remove from heat; stir in sour cream, green onions, and butter. Serve beef mixture over egg noodles; sprinkle with parsley.

Nutritional Information

Amount per serving

| | | | | | | |
|--------------|-------------------|--------------|---------------|---------------|----------------|---------------------|
| Calories 357 | Fat 11.1 g | Satfat 4.7 g | Monofat 3 g | Polyfat 0.4 g | Protein 31.9 g | Carbohydrate 31.9 g |
| Fiber 2.5 g | Cholesterol 80 mg | Iron 3.4 mg | Sodium 457 mg | Calcium 83 mg | | |

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Red-orange

Vegetarian Stroganoff

serves 6-8 people.

4 tbsp. ~~butter~~ canola oil

1 medium-large onion, chopped

2 cloves garlic, minced

32 oz. mushrooms (I used Baby Bella but you can use whatever you want), quartered
(halved if they're small)

16 oz. ~~sour cream~~ low fat yogurt

4 tbsp flour

2 cups water

4 tsp. Better Than Bouillon Vegetable Paste

12 oz cooked egg noodles

1/4 cup chopped parsley

Saute onion, mushrooms, and garlic until onion is translucent.

drain tofu cut into 1/2"
saute with mushrooms

In the meantime, combine sour cream, flour, water, and vegetable paste in a medium bowl.

Once onions are translucent and mushrooms are cooked but still firm, add flour mixture to pan. Stir until combined.

Let simmer until sauce begins thickens.

Stir in parsley and season with salt and pepper to taste.

Serve over egg noodles and bon appetit!