

# **Beef Stroganoff**

Courtesy of Carole's Creations

Prep Time: 10 minutes

Cooking Time: 30 -35 minutes

Serves: 4

**CChints:** This is old time comfort food. It's an old time recipe that has been around for years. We like portabella mushrooms in this dish because they have a meaty flavor.



1-1/2 pounds cube steak, cut into 1 inch pieces  
1 to 2 tablespoons wheat flour for dusting  
Dash of salt and pepper  
3/4 cup low sodium beef broth, divided  
10 ounce can cream of mushroom soup  
1-1/2 teaspoons Worcestershire sauce  
1 Tablespoon tomato paste  
2 teaspoons olive oil  
2 teaspoons butter  
1 medium sweet onion, chopped  
8 ounce container of fresh portabella mushrooms, sliced  
1 teaspoon flour  
2 glove minced garlic, fresh or from a jar  
2 tablespoons fresh oregano or 2 teaspoons dry oregano  
Dash of salt and pepper  
4 serving of cooked egg noodles  
1/2 cup sour cream  
Side vegetable or salad

Cut the meat into pieces and put them in a bowl. Sprinkle with the flour to coat all the pieces and sprinkle with salt and pepper. Heat a large nonstick skillet over medium heat. Add the meat and cook 5-7 minutes to brown the outside areas. Transfer to a contain for a few minutes while the onions and mushrooms cook.

In a mixing bowl, combine the broth through tomato paste. Blend well and set aside.

Add the oil and butter to the pan and when the butter had melted, add the onions for 2 minutes, stirring occasionally. Add the mushrooms and 1/4 cup of the beef broth. Cook until the mushrooms have softened in about 4-5 minutes. Sprinkle with 1 teaspoon flour and add the garlic and oregano, stir for 30 seconds. Reduce the heat to low and slowly pour in the soup mixture to the pan. Return the meat to the pan and add salt and pepper. Stir and cover the pan. Allow it to simmer for 30 minutes, stir about half way through the cooking time.

During this time, cook the noodles and prepare you side item.

At the end, remove the pan from the heat and stir in the sour cream. Drain the noodles and serve the meat mushroom sauce on top. Add your side item and enjoy.