



Hearty Beef Stroganoff

Time: 35 minutes

Serves: 4

Ingredients

- 1 lb (450 g) beef, cubed or sliced
- 1 ½ cups (375 ml) beef broth
- ¼ cup (60 ml) extra-virgin olive oil, divided
- 8 oz (227 g) white mushrooms, sliced
- 1 small onion, thinly sliced
- 3 tsp (45 ml) all-purpose flour
- 1 tbsp (15 ml) unsalted butter
- 1 tbsp (15 ml) Worcestershire sauce
- ¼ cup (60 ml) cup sour cream
- Salt and pepper, to taste
- Fettuccine or egg noodles, cooked
- Fresh parsley to garnish, (optional)

Directions

- Season the beef with salt and pepper. Reserve.
- In a large skillet, heat 2 tablespoons of the olive oil and sauté the mushrooms and onions until soft. Season with salt and pepper. Remove from pan and reserve.
- Heat the remaining 2 tablespoons of olive oil in the skillet. Add the beef to the pan and brown. Remove beef from skillet and reserve.
- In the same skillet, gently melt the butter. As soon as the butter melts, slowly add the flour stirring quickly to avoid lumps.
- Stir in the stock and Worcestershire sauce. Scrape any excess bits off the bottom of the skillet. Simmer over medium until the sauce thickens slightly.
- Add the beef, mushrooms, and onions back into the skillet.
- Remove from the heat and stir in the sour cream.
- Serve over fettuccine or egg noodles.
- Garnish with parsley, if desired.

This comforting classic is welcome all year long and is easily incorporated onto any foodservice menu. Using premium cuts of beef, instead of the traditional ground, creates a restaurant quality stroganoff guaranteed to please any guest.

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