

Beef Stroganoff



Prep Time: 15 minutes

Cook Time: 25 minutes

Ingredients:

- 1 ¼ pounds skirt steak or beef tenderloin, cut into 2 x 1 strips
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons canola oil
- 1 tablespoon butter
- ½ cup finely chopped Spanish onion
- 3 ounce small white mushrooms
- ¼ cup dry red wine
- 1 cup beef broth (not low sodium) or 3 tablespoons demi-glace mixed with 3/4 cup water
- ¼ cup sour cream
- 1 teaspoon Dijon mustard

Directions:

1. Heat oven to warm setting. Sprinkle meat with salt and pepper.
2. In a large nonstick skillet heat oil over medium-high heat. Brown meat in batches, about 1 minute per side. Transfer to a platter and place in oven.
3. Melt butter in skillet; add onion and cook 3 minutes, until softened. Add mushrooms. Cook 10 minutes, stirring occasionally, until mushroom liquid evaporates.
4. Add wine; cook 5 minutes. Stir in beef broth and cook 10 minutes, until mushrooms are coated with a thick sauce. Stir in sour cream and mustard. Add meat and accumulated juices.
5. Reduce heat to low and cook 2-3 minutes, until meat is heated through. Season to taste with salt and pepper.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	379
Net Carbs	3.5 g
Dietary Fiber	0.5 g
Total Fat	24.5 g
Protein	32 g