

Beef Stroganoff

Ingredients

1 lb fillet steak, cubed

10 oz mushrooms, sliced (not too thin)

1 large onion, medium dice

2 tbsp vegetable oil, divided

3 tbsp butter

2 tbsp flour

2 cups low sodium beef broth

1 tbsp Dijon mustard

1 tbsp tomato paste

1 tsp sweet paprika

salt and pepper to taste

2/3 cup sour cream

Method

Lightly season the beef with salt, pepper and paprika. Heat 1 tbsp oil in a large skillet. Quickly sear (high heat) half the meat until browned. Remove onto a plate. Heat the remaining oil and sear the remaining beef and place onto the plate. Turn the heat down to medium high. Melt the butter in the same pan. Add the onions, sauté a couple of minutes and then add the mushrooms. Sauté until golden and all the moisture has been released from the mushrooms. Add the flour, cook couple of minutes, stirring all the time. Stir in the tomato paste and the mustard. Add half the broth, stir. Once the broth has been incorporated add the remaining broth. Stir in the sour cream. The sauce will appear split but just keep on stirring to heat the sour cream through. Add the beef and any juices that have accumulated on the plate. Simmer until the meat is warmed through. Take care not to overcook the beef! Serve over buttered noodles.

Buon Appetito!