

Mushroom Beef Stroganoff

Prep time: ~30 minutes; Cook time: ~1.5 hours



2 tablespoons butter, divided
1/2 small yellow onion, diced
2 garlic cloves, minced
1 pound tenderized beef stew meat
2 tablespoons flour
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup red wine
2 cups beef broth
8 ounces mushrooms, sliced
1/2 teaspoon yellow mustard
1/2 teaspoon Worcestershire
1/4 cup sour cream
1 ounce cream cheese

In a large skillet, melt one tablespoon of butter over medium heat. Cook the onion about 5 minutes until soft. Add the garlic and cook for 30 seconds until fragrant. Remove the onion mixture to a plate or bowl.

If needed, cut the meat into smaller bite-sized pieces. Mix the flour, salt, and pepper together, and dredge the meat in it. Using the same pan, melt the remaining butter over high heat and brown the meat in it. Let it sit for about 1-2 minutes per side until it's browned. Pour the red wine into the pan and deglaze, scraping up the bits on the bottom. If you're not using the red wine, deglaze the pan with some of the beef broth instead. Add the beef broth and mushrooms and bring to a boil. Add the mustard, Worcestershire, and onion mixture and reduce heat to medium low. Cover and simmer for about one hour until the meat is tender and cooked.

While the stroganoff is simmering, cook your egg noodles or rice to serve with the stroganoff. I usually make about 3/4 of a bag of egg noodles.

Remove the stroganoff from heat and add sour cream and cream cheese. Stir until it's mixed in. Serve over the egg noodles or rice.

Source: Adapted from Allrecipes

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