

# Name: Beef Stroganoff

<b>Yield: Serves 6</b>	<b>Author: Barbara Walker</b>		
<b>Ingredients</b>	<b>Actual</b>		<b>Notes</b>
	<b>Weight</b>	<b>Measure</b>	
Steak. Round – 1/2 inch thick	2 lbs		Cut 1/2x1/2 strips
Garlic cloves – 2			Sliced
Onion, Vidalia	1 cup		Chopped
Mushrooms – 1 4oz can sliced			
Shortening	2 tbsp		
Beef consommé – 1 can			
Water		1/2 cup	
Sour cream		1/2 cup	
Flour	4 tsp		
Rice – long grain	1 cup		
Salt	1-3/4 tsp		
Paprika	1 tsp		
Black pepper	1/4 tsp		
Parsley – fresh			chopped
1 cup of rice produces 3 cups of cooked rice. 1/2 cup of cooked rice equals one serving.			
<b>Preparation</b>			
<ol style="list-style-type: none"> <li>1. Cut meat into strips.</li> <li>2. Cook rice for stroganoff.</li> </ol>			
<b>Cooking Directions</b>			
<ol style="list-style-type: none"> <li>1. Toss meat in mixture of flour, salt, pepper and paprika. Reserve flour mix left over from coating the meat.</li> <li>2. In a large skillet or pan, brown meat in shortening. When meat is brown, add garlic, consommé, mushrooms and 1/2 cup of water. Simmer for 1-1/2 hours. Add water as needed.</li> <li>3. Add remaining flour mix.</li> <li>4. Add sour cream when ready to eat.</li> <li>5. Serve over rice and garnish with fresh parsley.</li> </ol>			