

# Recipe

## *Classic beef stroganoff*

**PREP TIME:** 15 minutes

**BAKE TIME:** 30 minutes

**YIELD:** 4 servings



### Ingredients

- 2 tablespoons olive oil
- 1 pound top sirloin steak, sliced into 2-inch strips
- Salt and pepper
- 8 ounces mushrooms, sliced
- 1 small onion, sliced
- 1 clove garlic, minced
- 2 tablespoons all-purpose flour
- 1 teaspoon sweet paprika
- 1/2 cup tomato juice
- 1 tablespoon Worcestershire sauce
- 8 ounces egg noodles
- 1 cup sour cream

### Directions

1. Warm one tablespoon of oil in a skillet over medium-high heat. Pat steak dry, season with salt and pepper. Brown half of the steak in a single layer, one minute per side. Transfer to a plate. Repeat with remaining oil and steak.
2. Add mushrooms and onion to this same skillet and cook, stirring, until softened, about seven minutes. Add garlic and sauté for 30 seconds.
3. Sprinkle flour on top of the vegetables. Cook, stirring, for 30 seconds. Add paprika, then slowly stir in tomato juice, Worcestershire and 1½ cups water. Add steak. Bring to a boil, cover and reduce heat to low. Simmer 15 minutes, then season with salt and pepper.
4. Bring a pot of salted water to a boil. Cook noodles for seven to eight minutes. Drain. Serve stroganoff over noodles, topped with sour cream.

*Lockton Nurse Advocate*