

Beef Stroganoff

Compliments of Glenn Murray

2	lb	Beef (tenderloin preferable, ground will work)
1	med	Onion, diced
5	cloves	Garlic, minced
1	Tbs	flour, all-purpose
1	cup	White wine
1¾	cups	beef broth (approx 1 can)
1	cup	Mushrooms, sliced (fresh or canned) - Optional
1	can (14.5 oz)	Mushroom soup, condensed
1	Tbs	Worcestershire sauce
8	oz	Sour Cream
4	Tbs	ketchup
1	Tbs	mustard
2	Tbs	oil
		Salt and pepper, to taste

In ½ Tbs oil sauté beef over high heat until browned. Set beef aside, discard the fat.

In same pan, add remaining oil, sweat onions until translucent, add garlic and sweat another minute. Add flour and cook until well mixed and starting to get some color from browning.

Deglaze with wine, adding beef broth and Worcestershire sauce. Add mushrooms, cooking uncovered until the mixture is reduced by ½.

Add beef, mustard, ketchup and mix well. Cook, reducing until nice consistency (not too watery). Stir in sour cream. Season with pepper and salt, to taste.

Serve over Egg Noodles