

# Recipes

## *Beef Stroganoff Russian Style*



### Ingredients

1lb Beef steak  
6oz Plain flour  
1 Can beef broth (Soup)  
Half-Pound mushrooms

2 Large onions  
1 Tbl spoon tomato paste  
4oz Butter  
Noodles.

2 Cloves of garlic  
1 Tbl spoon salt  
Sour cream

### Method

Cut beef into small strips

Coat and roll beef with the flour and salt

Add some butter to a frying pan and brown the beef strips

Add mushrooms, onions, and garlic, cook until onion is soft and tender (3 to 4 Minutes)

Remove meat and mushrooms from pan.

Add rest of butter; blend in 3 tablespoons of the flour mixture.

Add tomato paste and stir in broth.

Keep stirring over a medium heat until thick and bubbly.

Return meat and mushrooms to the pan.

Stir in sour cream; cook slowly until heated through. (DO NOT BOIL)

Serve with hot noodles.