

Beef Stroganoff Week 2

Ingredients

2 tbsp. butter

1/2 cup diced onions

8 oz. sliced mushrooms

2 tbsp. flour

1-1/2 cups beef broth

1 10.75 oz. can condensed cream of mushroom soup

Method

Melt the butter in a large (12-inch) skillet over medium heat. Add the onions and mushrooms, and cook until softened.

Sprinkle the flour over the vegetables, and stir until the flour is well coated with the fat and drippings in the pan.

Add the broth, stirring constantly, until thickened. Add the cream of mushroom soup and sour cream, and season with salt and pepper.

Mix in the cooked beef, and cook a few minutes until heated through.