

## Beef Stroganoff

<http://allrecipes.com/Recipe-Tools/Print/Recipe.aspx?recipeID=25202&origin=detail&servings=8&metric=false> , May 1, 2014

### Serves 8

2 pounds beef chuck roast

1/2 teaspoon salt

1/2 teaspoon ground black pepper

4 ounces butter

4 green onions, sliced (white parts only)

4 tablespoons all-purpose flour

1 (10.5 ounce) can condensed beef

broth

1 teaspoon prepared mustard

1 (6 ounce) can sliced mushrooms, drained

1/3 cup sour cream

1/3 cup white wine

salt to taste

ground black pepper to taste

### Directions:

1. Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.
2. In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.

3. Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.
4. Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.