



BEEF STROGANOFF

- 3 Tablespoons Flour
- 1 Pound Round Steak, Cut 1/2" Thick
- 1/4 Cup Butter
- 1 Small Onion, Chopped Fine
- 1/2 Pound Mushrooms
- 1/4 Teaspoon Worcestershire sauce
- 1 Cup Sour Cream
- 1 Teaspoon Salt
- 1/8 Teaspoon Black Pepper

DIRECTIONS

1. Pound flour into the beef until it is 1/4 inch thick.
2. Cut into strips.
3. Add beef strips to butter heated in a heavy skillet and brown on all sides.
4. Remove to a bowl and cover to keep hot.
5. Add onion and sliced mushrooms to the same pot, cover and cook 5 minutes on low, stirring occasionally.
6. Return meat to skillet, stir in Worcestershire and sour cream.
7. Cover and reheat to boiling.
8. Season with salt and pepper. Serve with rice or noodles.