

Beef Stroganoff



Description

With many variations of this dish, this one is a comforting lunch or dinner, a combination of tender beef, mushrooms and onions in a creamy sauce, serve with white rice or pasta, and garnish with parsley and enjoy it hot and flavorsome.

4	Serves	10	Mins Prep
60	Min Cook	440	Calories Per Serving

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Ingredients

- 500 grams beef strips
- 1 onion, cut into wedges
- 2 tsp. Worcestershire sauce
- 1 tsp. soy sauce
- Salt and black pepper to taste
- 1 garlic clove, minced
- 1 ½ Tbsp. flour
- 200 mL beef broth
- ½ cup hot water
- 1 Tbsp. mustard
- 150 mL low fat cooking cream
- 2 cups fresh mushrooms, diced

Buy ingredients from this recipe

9 Ingredients



Recipe By

Sara Assi

As a dietitian, a food lover, and a mother of two, I find happiness in cooking and providing healthy meals for my family and recipes for people. I aim to make cooking a fun experience rather than a task. I also try to simplify recipes and make them e..

Method

1. Heat a wide pan
2. Add oil, beef strips, salt, pepper, Worcestershire sauce and soy sauce
3. Stir until beef is well browned around 5 minutes
4. Move beef to one side of the pan
5. Add onions to the empty side and cook until tender then move them to the side with the beef
6. Add flour to the empty side of pan and stir until it absorbs the juices
7. Add the broth, water, mustard and garlic and stir well until flour is dissolved
8. Mix the beef with the resulting sauce and simmer on low heat until beef becomes tender (30-50 mins depending on the meat cut you're using)
9. When beef is tender add the mushrooms and cream or milk, bring to boil and you're done!
10. Serve with white rice or pasta

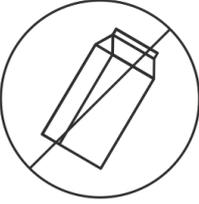
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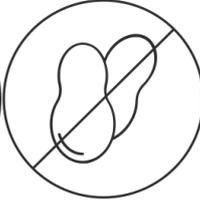
Dietary & Lifestyle Information



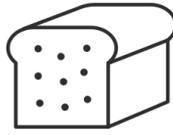
Dairy Free



Lactose Free



Peanut Free



Low Carb



Protein Rich