

Beef Stroganoff in Creamy Mushroom Sauce

Ingredients

- 1 lb beef sirloin, flank, or strip steak, thinly sliced against the grain
- Salt and freshly ground black pepper
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 1 medium yellow onion, finely chopped
- 2 cloves garlic, minced
- 8 oz (225 g) mushrooms, sliced
- 1 tablespoon all-purpose flour
- 1 cup beef broth
- 1 tablespoon Worcestershire sauce
- 2 teaspoons Dijon mustard
- 3/4 cup sour cream
- Chopped fresh parsley, for garnish
- Cooked egg noodles or rice, for serving



Instructions

1. Season beef with salt and pepper. Sear in batches over medium-high heat. Set aside.
2. Add butter to the pan. Sauté onion until soft, then add garlic and mushrooms. Cook until mushrooms are browned.
3. Sprinkle flour over the mushrooms. Stir, then slowly pour in beef broth. Add Worcestershire sauce and mustard. Simmer until slightly thickened.
4. Lower the heat. Stir in sour cream until smooth. Return beef and any juices. Warm through gently.
5. Serve over noodles or rice. Garnish with chopped parsley.

Note & Storage

- Store leftovers in an airtight container in the fridge for up to 3 days.
- Reheat gently on the stovetop or in short bursts in the microwave.
- Freezing is not recommended, as the sauce may separate.
- Slice the beef thinly against the grain so it stays tender.
- Keep the heat low when adding sour cream to avoid curdling.
- If using the shortcut, skip the flour and broth. Just prepare the gravy mix, stir in mushrooms and onions, and finish with sour cream and mustard.
- A spoon of soy sauce or ketchup can add extra flavor.