

Beef Stroganoff



Plan Z Phase: This is a Z3.5 (ZReboot 3.5) recipe. You can have your stroganoff and eat it too! Most stroganoff recipes are served over rice or a big pile of noodles. You don't have to do that. You have other choices:

- You can serve this on a plate with nothing underneath and a green vegetable or salad, or both.
- You can serve it over noodles or rice but keep your carb portion to just $\frac{1}{4}$ cup cooked –and don't do it often.
- You can serve it on a plate or in a bowl over a pile of fresh baby spinach.

Servings: Serves 4

Ingredients:

- 2 pounds of top round steak
- grated sea salt and pepper to taste
- 3 Tbl of butter, divided
- 1 medium onion sliced into half rounds or chopped
- 2 Tbl of flour. I use gravy flour so it doesn't clump and I can use less this way.
- 12 ounces of beef broth/stock. I use low sodium so I don't get an overload of processed salt. Just season with grated

sea salt.

- 2 Tbl of Worcestershire sauce
- 2 tsp of mustard (your choice)
- 8 – 12 ounces of fresh, sliced mushrooms
- 4 ounces of cream cheese
- 1/3 cup of sour cream

Instructions:

Cut any large fat pieces off of the meat. Then slice into strips or large bite chunks. Season with sea salt and pepper. Melt 2 Tbl of the butter in a large saute pan. Put in the meat and brown it on both sides. You don't need to cook it through but get some nice brown edges. When done, transfer the beef to a medium soup pot.

Don't wash the pan. Just add another Tbl of butter and add the onions and the mushrooms. Cook them both until they just begin to brown. Stir regularly. Again, you don't have to cook them through. Just get them going so they get a bit of color. Then sprinkle on the flour and stir. Now add those to the pan with the meat too.

Pour in the beef broth. Bring to a boil. Then turn the heat down to a low simmer. Add the Worcestershire and the mustard. Cover and simmer on low for about 45 minutes when the meat will be more tender and all will be cooked through. Keep an eye on it. I check it every 15 minutes to make sure my liquid is not totally boiling away. I have to caution you on this because our stoves all operate a little differently.

Turn heat off. Taste to see if you want more sea salt and pepper. Then add the sour cream and the cream cheese. Stir around until it gets all melted and smooth.

Serve with your choice from the recommendations above.

Enjoy,