

# B e e f   S t r o g a n o f f

**Yield: 4 servings**

## **Beef Stroganoff Ingredients:**

Kosher salt and freshly ground black pepper  
2 tablespoons extra-virgin olive oil  
1 pound sirloin steak, cut into bite-size pieces  
1 and 1/2 cup crimini mushrooms, sliced thin  
1/4 cup chopped shallots  
1 clove garlic, minced  
1 sprig fresh thyme  
2 tablespoons all-purpose flour  
1 cup chicken stock  
1/2 teaspoon Dijon mustard  
2 tablespoons sour cream  
1 pound egg noodles  
2 tablespoons unsalted butter  
2 tablespoons finely chopped flat-leaf parsley



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- Step 1:** Heat a large sauté pan over high heat and add olive oil. Once oil is hot add meat and season with salt and pepper. Cook meat until lightly browned. Remove meat.
- Step 2:** Add another tablespoon olive oil and then add mushrooms, shallots, garlic and thyme. Saute until the mushrooms are browned and the shallots are translucent. Season with salt and pepper and add the flour.
- Step 3:** Heat the chicken stock in a separate sauce pan or in the microwave until it's hot.
- Step 4:** Continue cooking until all moisture has been absorbed by the flour. **Slowly** add the hot chicken stock, stirring continuously until the mixture has thickened.
- Step 5:** **Cook the noodles:** Cook egg noodles in salted boiling water according to directions on package. Drain and toss with butter while still hot. Add parsley and toss well.
- Step 6:** Add the Dijon mustard and the sour cream. Stir and taste for seasonings. Add the meat back and remove the sprig of thyme. Cook to warm the meat. Remove the pan from the heat and serve the stroganoff over hot buttered noodles.