



Boyfriend Bait Beef Stroganoff

 Gluten Free

READY IN



30 min.

SERVINGS



3

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds beef tenderloin trimmed well (1-inch square)
- ☐ 4 tablespoons butter
- ☐ 2 cups beef broth canned
- ☐ 3 teaspoons cornstarch
- ☐ 2 teaspoons dijon mustard
- ☐ 2.5 cups mushrooms sliced
- ☐ 0.5 cup shallots finely chopped
- ☐ 1 cup heavy whipping cream

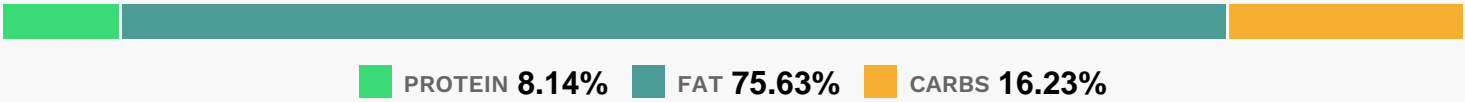
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Over medium high heat, gently cook beef tenderloin in 2 tablespoons of butter for about 2 minutes, until just seared on all sides. You will still be able to see red.
- ☐ Remove from pan and set aside in a rimmed dish or baking sheet so that you collect the juices.
- ☐ Return the pan to medium-high heat and cook the shallots and mushrooms in remaining butter until soft and wilted, about 5 minutes.
- ☐ Mix cornstarch into cold beef broth, whisk to blend.
- ☐ Pour into pan, and stir together with shallots and mushrooms until thickened, two or three minutes.
- ☐ Add sour cream and mustard, stir to blend.
- ☐ Add beef and juices from dish; stir over medium just till warmed through. Salt to taste.

Nutrition Facts



Properties

Glycemic Index:48, Glycemic Load:2.2, Inflammation Score:-7, Nutrition Score:11.114347763683%

Nutrients (% of daily need)

Calories: 352.48kcal (17.62%), Fat: 30.79g (47.37%), Saturated Fat: 17.57g (109.81%), Carbohydrates: 14.86g (4.95%), Net Carbohydrates: 12.64g (4.6%), Sugar: 7.36g (8.18%), Cholesterol: 85.37mg (28.46%), Sodium: 784.57mg (34.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.92%), Vitamin B2: 0.5mg (29.44%), Vitamin B3: 4.31mg (21.56%), Vitamin A: 948.06IU (18.96%), Selenium: 13.25µg (18.92%), Phosphorus: 179.87mg (17.99%), Potassium: 577.87mg (16.51%), Vitamin B5: 1.63mg (16.32%), Copper: 0.31mg (15.32%), Vitamin B6: 0.27mg (13.48%), Calcium: 110.64mg (11.06%), Manganese: 0.19mg (9.61%), Folate: 35.6µg (8.9%), Fiber: 2.22g (8.89%), Vitamin B1: 0.11mg (7.62%), Magnesium: 28.38mg (7.1%), Iron: 1.26mg (7.03%), Vitamin C: 5.54mg (6.71%), Zinc:

0.87mg (5.77%), Vitamin B12: 0.34µg (5.61%), Vitamin E: 0.76mg (5.07%), Vitamin K: 2.82µg (2.69%), Vitamin D:
0.16µg (1.07%)