



How to Make Classic Beef Stroganoff

READY IN



105 min.

SERVINGS



8

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups beef broth divided
- ☐ 2 pounds beef chuck cut into 1/ strips
- ☐ 1 tablespoon butter
- ☐ 0.8 cup crème fraîche
- ☐ 1.5 tablespoons flour all-purpose
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 8 ounces mushrooms sliced
- ☐ 0.5 medium onion diced sliced

- ☐ 8 servings salt and pepper to taste
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup white wine

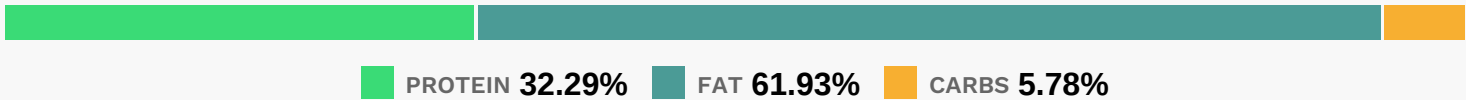
Equipment

- ☐ frying pan

Directions

- ☐ Season beef generously with salt and pepper.
- ☐ Heat oil in a large skillet over high heat until nearly smoking. Stir in beef; cook, stirring constantly, for 6–7 minutes, until liquid evaporates and meat browns.
- ☐ Remove meat from the pan and set aside.
- ☐ Stir butter, mushrooms and onions into the pan; cook and stir over medium heat until the vegetables are lightly browned.
- ☐ Add garlic and stir for 30 seconds. Stir in flour; cook for 1–2 minutes until incorporated.
- ☐ Stir in wine and 1 cup of stock, scraping the bottom of the pan to release any browned bits. Bring to a simmer, cook for 3–4 minutes, until the sauce thickens.
- ☐ Return beef to the pan. Stir in remaining cup of stock; bring to a simmer and cook on low heat for about 1 hour with the lid on, until the beef is tender and the sauce is thick. Stir every 20 minutes.
- ☐ Stir in creme fraiche. Stir in chives. Season with salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:34.25, Glycemic Load:1.26, Inflammation Score:-3, Nutrition Score:15.470434955929%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg,

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg, Isorhamnetin: 0.37mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg, Quercetin: 1.43mg

Nutrients (% of daily need)

Calories: 306.22kcal (15.31%), Fat: 20.58g (31.66%), Saturated Fat: 9.14g (57.13%), Carbohydrates: 4.32g (1.44%), Net Carbohydrates: 3.85g (1.4%), Sugar: 1.75g (1.95%), Cholesterol: 94.73mg (31.58%), Sodium: 529.39mg (23.02%), Alcohol: 1.54g (100%), Alcohol %: 0.78% (100%), Protein: 24.14g (48.28%), Zinc: 8.8mg (58.66%), Vitamin B12: 3.2µg (53.29%), Selenium: 27.87µg (39.81%), Vitamin B3: 6.53mg (32.65%), Phosphorus: 270.89mg (27.09%), Vitamin B6: 0.5mg (25.24%), Vitamin B2: 0.34mg (20.01%), Potassium: 552.76mg (15.79%), Iron: 2.76mg (15.33%), Vitamin B5: 1.23mg (12.34%), Copper: 0.17mg (8.57%), Vitamin B1: 0.12mg (8.01%), Magnesium: 30.34mg (7.58%), Vitamin K: 6.18µg (5.88%), Calcium: 50.89mg (5.09%), Vitamin A: 209.34IU (4.19%), Manganese: 0.08mg (4.17%), Folate: 15.21µg (3.8%), Vitamin E: 0.48mg (3.22%), Vitamin C: 1.75mg (2.12%), Fiber: 0.46g (1.85%), Vitamin D: 0.17µg (1.13%)