



Stroganoff

READY IN



100 min.

SERVINGS



4

CALORIES



893 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups beef stock
- ☐ 1.5 pounds beef tenderloin
- ☐ 8 chives
- ☐ 1 teaspoon dijon mustard
- ☐ 1 cup cooking wine dry red
- ☐ 1 cup flour
- ☐ 2 garlic cloves chopped
- ☐ 2 cups mushrooms mixed trimmed sliced (shiitake, cremini, and oyster)
- ☐ 5 tablespoons olive oil extra-virgin divided

- ☐ 0.5 tsp pepper
- ☐ 1.5 tsp sea salt divided fine
- ☐ 2 shallots chopped
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 1 pound tagliatelle

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

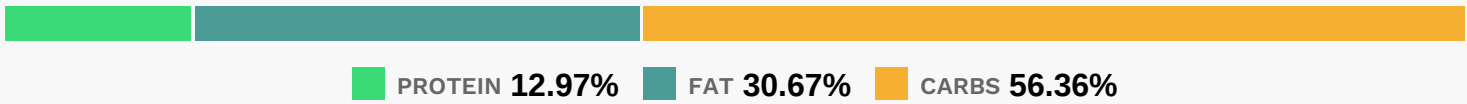
Directions

- ☐ Cut meat into 1/2-in. cubes and pat dry. In a medium bowl, whisk together flour, 1 tsp. salt, and 1/2 tsp. pepper.
- ☐ Add meat to bowl and toss to coat; then lift out, shaking off any excess flour.
- ☐ Chop 4 chives and set aside.
- ☐ Cut remaining chives into 1-in. pieces and set aside.
- ☐ Heat a wide 6-qt. pot over medium-high heat for 2 minutes. Swirl in 2 tbsp. oil.
- ☐ Add half of meat in a single layer and cook, without moving, until browned. Turn meat and brown on all sides, 6 to 8 minutes, then transfer to a plate. Swirl 2 more tbsp. oil into pot, add rest of meat, and brown the same way.
- ☐ Pour remaining 1 tbsp. oil into pot.
- ☐ Add mushrooms, shallots, garlic, and remaining 1/2 tsp. salt and cook, stirring, until mushrooms release their liquid, about 5 minutes.
- ☐ Add wine and simmer until liquid is reduced by half, about 5 minutes.
- ☐ Add stock and bring to a boil; then reduce heat to medium and simmer, stirring occasionally, until the liquid is reduced by half, about 25 minutes.
- ☐ Meanwhile, bring a large pot of water to a boil.
- ☐ Add enough salt to make the water as salty as the ocean.
- ☐ Add noodles and cook until tender. Reserve 1/2 cup cooking water, then drain noodles.

- ☐
- Add sour cream, mustard, and browned tenderloin to mushrooms and reduced stock and simmer about 2 minutes for medium rare. Season with salt and pepper.

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Nutrition Facts



Properties

Glycemic Index:80, Glycemic Load:53.42, Inflammation Score:-8, Nutrition Score:31.484348017236%

Flavonoids

Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg, Petunidin: 1.99mg Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg, Delphinidin: 2.51mg Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg, Malvidin: 15.74mg Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg, Peonidin: 1.11mg Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg, Catechin: 4.62mg Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg, Epicatechin: 6.4mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 893.47kcal (44.67%), Fat: 29.27g (45.04%), Saturated Fat: 6.8g (42.51%), Carbohydrates: 121.02g (40.34%), Net Carbohydrates: 113.01g (41.09%), Sugar: 8.24g (9.15%), Cholesterol: 112.22mg (37.41%), Sodium: 1406.74mg (61.16%), Alcohol: 6.3g (100%), Alcohol %: 1.01% (100%), Protein: 27.84g (55.68%), Selenium: 111.16µg (158.8%), Manganese: 1.55mg (77.71%), Phosphorus: 542.55mg (54.25%), Vitamin B3: 10.79mg (53.93%), Vitamin B2: 0.78mg (45.65%), Vitamin B6: 0.8mg (39.98%), Vitamin B1: 0.55mg (36.98%), Copper: 0.69mg (34.55%), Potassium: 1192.82mg (34.08%), Fiber: 8.01g (32.04%), Vitamin B5: 3.02mg (30.22%), Magnesium: 119.81mg (29.95%), Folate: 117.81µg (29.45%), Iron: 5.09mg (28.29%), Zinc: 4.15mg (27.7%), Vitamin E: 3.11mg (20.73%), Vitamin K: 16.68µg (15.89%), Calcium: 106.66mg (10.67%), Vitamin A: 339.37IU (6.79%), Vitamin B12: 0.39µg (6.49%), Vitamin D: 0.79µg (5.28%), Vitamin C: 2.89mg (3.51%)