



Tonya's Rich and Creamy Beef Stroganoff

READY IN



75 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10.5 ounce condensed beef consomme with gelatin added, divided canned
- 1 pound beef sirloin cut into 1-inch cubes
- 0.5 teaspoon pepper black freshly ground to taste
- 0.5 cup butter
- 2 tablespoons flour all-purpose
- 0.8 pound mushrooms fresh sliced
- 3 cloves garlic minced
- 3 tablespoons catsup
- 1 large onion chopped

- 3 dashes pepper sauce hot to taste tabasco® (such as)
- 1 teaspoon salt to taste
- 8 ounce cup heavy whipping cream sour
- 2 tablespoons worcestershire sauce

Equipment

- bowl
- frying pan
- whisk
- pot

Directions

- Melt butter in a large heavy pot over medium-high heat; cook and stir onion until softened, about 5 minutes. Stir in mushrooms and continue to cook and stir until mushrooms are soft and liquid has evaporated, about 5 more minutes.
- Transfer onion and mushrooms to a bowl.
- Cook and stir beef sirloin cubes in the same skillet over medium heat until the cubes are browned on all sides and liquid has evaporated, about 10 minutes.
- Pour 2/3 of the beef consomme into the skillet; scrape up and dissolve any brown bits from the bottom of the skillet. Bring mixture to a boil; set remaining consomme aside.
- Mix in garlic, ketchup, Worcestershire sauce, salt, black pepper, and hot sauce. Reduce heat to low and simmer beef mixture until tender, at least 30 minutes. Simmer longer for more tender beef.
- Whisk remaining 1/3 can beef consomme with flour in a small bowl until smooth; stir into the beef mixture, return to a boil, and simmer the meat and sauce until thickened, 2 to 3 more minutes. Stir in cooked onion and mushrooms and cook until heated through.
- Remove from heat, stir in sour cream, and serve.

Nutrition Facts



Properties

Glycemic Index:41, Glycemic Load:2.47, Inflammation Score:-6, Nutrition Score:15.093043503554%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg, Quercetin: 5.17mg

Nutrients (% of daily need)

Calories: 352.35kcal (17.62%), Fat: 25.58g (39.35%), Saturated Fat: 14.51g (90.69%), Carbohydrates: 11.62g (3.87%), Net Carbohydrates: 10.46g (3.8%), Sugar: 5.67g (6.3%), Cholesterol: 104.55mg (34.85%), Sodium: 896.52mg (38.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.29g (40.58%), Selenium: 30.26µg (43.22%), Vitamin B3: 7.62mg (38.1%), Vitamin B6: 0.62mg (30.84%), Vitamin B2: 0.45mg (26.59%), Phosphorus: 259.81mg (25.98%), Zinc: 3.66mg (24.42%), Vitamin B12: 1.11µg (18.57%), Potassium: 627.62mg (17.93%), Vitamin B5: 1.54mg (15.38%), Vitamin A: 752.8IU (15.06%), Copper: 0.3mg (14.93%), Iron: 2.28mg (12.69%), Vitamin B1: 0.16mg (10.74%), Magnesium: 33.08mg (8.27%), Folate: 33.07µg (8.27%), Calcium: 79.53mg (7.95%), Manganese: 0.15mg (7.48%), Vitamin E: 0.92mg (6.11%), Vitamin C: 4.93mg (5.98%), Fiber: 1.16g (4.62%), Vitamin K: 3.41µg (3.25%)