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~~Beef Stroganoff on Rice~~ Beef Stroganow

$\frac{1}{3}$ c butter

$\frac{1}{2}$ c finely chopped onion 124-160

$\frac{1}{2}$ lb fresh mushrooms, sliced 520
(or 1 can sliced mushrooms)

$1\frac{1}{4}$ lb beef chuck, cut in strips ($\frac{1}{4} \times \frac{1}{4} \times \frac{1}{2}$) 533

2 tb. flour 15

1 c bouillon (made, if desired, by dissolving
1 bouillon cube in 1 c boiling water)

$\frac{1}{2}$ tsp salt

2 tb. tomato paste LOTS! b/c concentrated
3/4 tsp worcestershire sauce
1/4 c sour cream 68
1/2 c heavy cream (or 1/2 can mushroom soup) 160
1 1/3 c ^(before cooking) pkg'd pre-cooked rice 20
1 1/2 c water

1/2 tsp salt - 1 tbs butter

Melt 2 tb butter in pan. Add onions, saute until golden, then remove and set aside. Melt 2 tbs. more of the butter. Add mushrooms, saute until lightly browned, then remove and set aside. Melt remaining butter. Roll beef in flour & saute until browned.

Add bouillon) $\frac{1}{2}$ tsp. salt and onions.
Cover and simmer gently until beef is
tender -- about $1\frac{1}{2}$ hours. Add tomato
paste, worcestershire sauce, sour cream,
heavy cream and the mushrooms.
Heat thoroughly. Meanwhile, combine rice,
water & $\frac{1}{2}$ tsp. salt in pan. Mix just
until all rice is moistened. Bring quickly
to a boil over high heat, uncovered, fluffing
rice gently once or twice with fork.
(do not stir)

Cover & remove from heat. Let stand
10 min. Add 1 tbs of butter & mix
lightly with fork. Arrange on platter
and top with stroganoff. 6 to 8 served.

LAP