

# Beef Stroganov

serves 4-6

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

$\frac{1}{2}$  c finely chopped onion

$\frac{1}{2}$  lb sliced mushrooms or 1 can sliced mushrooms

$1\frac{1}{4}$  lb beef - cut in cubes

2 Tbsp flour

1 c bouillon - can be cubes also, if desired

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

2 Tbsp tomato paste

$\frac{3}{4}$  tsp worchestershire sauce

$\frac{1}{4}$  c sour cream

$\frac{1}{2}$  can mushroom soup (or heavy cream) - - - - -

$1\frac{1}{3}$  c instant rice

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

$1\frac{1}{2}$  c water

1 Tbsp butter

Melt 2 Tbsp butter - saute onions & set aside.  
Melt 2 Tbsp butter, saute mushrooms & set aside.  
Melt remaining butter. Roll beef in flour & brown.  
Add bouillon,  $\frac{1}{2}$  tsp salt and onions, cover and simmer  
gently - about  $1\frac{1}{2}$  hours. Add remaining ingredients  
and heat thoroughly.

Cook rice by bringing rice, water,  $\frac{1}{2}$  tsp salt in pan. Mix  
just until ~~all~~ is moistened. Bring quickly to boil  
over ~~high heat - uncovered~~ - fluffing rice gently once  
or twice with fork. Do ~~not~~ stir! Cover and remove  
from heat. Let stand 10 min. Add 1 Tbsp of butter  
and mix lightly with fork.