

Beef Stroganoff

- 1 lb. beef tenderloin steak
- 2 T. all-purpose flour
- 1 8-oz. carton sour cream
- 2 t. instant beef bouillon granules
- 2 T. margarine or butter
- 1 ½ sliced fresh mushrooms
- ½ c. chopped onion
- 1 clove garlic, minced
- 2 c. hot cooked noodles

Thinly slice the steak across the grain into bite-size strips.

Combine flour and sour cream. Stir in bouillon granules, ½ c. water, and ¼ t. pepper. Set aside. (If you don't have access to bouillon granules, you can simply add about ½ c. beef stock.)

In a large skillet, cook and stir the meat in butter over high heat till done. Remove.

Add mushrooms, onion, and garlic. Cook and stir till meat is done, and onion is tender. Add sour cream mixture. Cook and stir over medium, heat till bubbly. Cook and stir one minute more.

Serve over noodles. (Rice is good, too!)

