

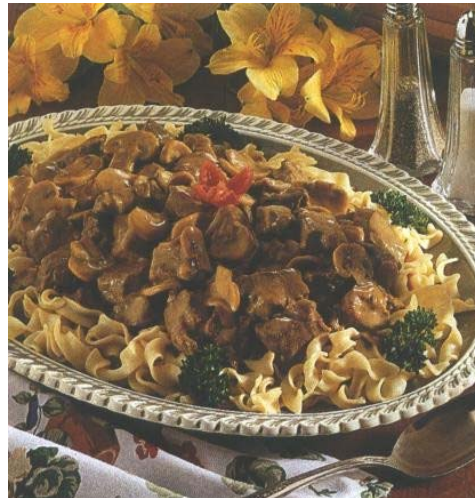
## Main Dishes

Beef

### Beef Stroganoff

This recipe is one of my favorites. My son, Daniel, loves this with noodles and peas. The recipe is made in one skillet and the directions are easy to follow.

1 lb. beef tenderloin about 1/2 " thick  
2 Tb. butter  
8 oz. mushrooms, sliced  
1 medium onion, chopped  
1 can beef broth OR  
beef cube in 1 cup hot water  
2 Tb. ketchup  
1 garlic clove, minced  
1 tsp. salt (optional)  
3 Tb. all-purpose flour  
1 cup sour cream  
2 to 4 cups cooked noodles or rice



Cut meat across grain into 1/2 strips about 1 1/2-inches long.

Melt butter in large skillet and add mushrooms and onion.  
Cook and stir until onion is tender; remove from skillet.

Cook meat until light brown in same skillet.  
Reserve 1/3 cup broth, stir in remaining beef broth; add ketchup, garlic and salt.  
Cover and simmer 15 minutes.

Blend reserved broth and flour, stir into meat mixture.

Add mushrooms and onion.  
Heat to boiling, stirring constantly.  
Boil and stir 1 minute.  
Reduce heat.

Stir in sour cream.  
Heat through.  
Serve over noodles or rice.

Yield: 6 to 8 servings.