

## Beef Stroganoff III



**Submitted by:** Donna  
**Rated:** 5 out of 5 by 345 members

**Prep Time:** 30  
Minutes  
**Cook Time:** 1 Hour

**Ready In:** 1 Hour 40  
Minutes  
**Yields:** 8 servings

"This classic recipe has proved itself time and time again. Strips of chuck roast simmered with green onions and mushrooms, then flavored with mustard and a good Rhine wine. Serve over steamed rice or noodles."

### INGREDIENTS:

2 pounds beef chuck roast  
1/2 teaspoon salt  
1/2 teaspoon ground black pepper  
4 ounces butter  
4 green onions, sliced (white parts only)  
4 tablespoons all-purpose flour  
1 (10.5 ounce) can condensed

beef broth (I use Campbell's Double Strength)  
1 teaspoon prepared mustard  
1 (6 ounce) can sliced mushrooms, drained  
1/3 cup sour cream  
1/3 cup white wine  
salt to taste  
ground black pepper to taste

### DIRECTIONS:

1. Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.
2. In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.
3. Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.
4. Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.