

Ground Beef Stroganoff



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Stroganoff

Ingredients

- 2 tablespoons vegetable oil
- 8 ounces white mushrooms, trimmed and sliced thin
- 1 pinch Salt and pepper, each
- 1 large onion, chopped fine
- 2 cloves garlic, minced
- 1 pound 85% lean ground beef
- 3 tablespoons all-purpose flour
- 4 cups chicken broth
- $\frac{1}{4}$ cup dry white wine
- 8 ounces egg noodles, (4 cups)
- $\frac{1}{2}$ cup sour cream, plus extra for serving
- 2 tablespoons minced fresh chives

Method

1. Pennsylvania Dutch Wide Egg Noodles are our favorite.
2. Heat 1 tablespoon oil in Dutch oven over medium-high heat until shimmering. Add mushrooms and 1/4 teaspoon salt and cook until liquid has evaporated and mushrooms begin to brown, 5 to 7 minutes; transfer to bowl.
3. Add remaining 1 tablespoon oil to now-empty pot and return to medium-high heat until shimmering. Add onion, garlic, 1/2 teaspoon salt, and 1/2 teaspoon pepper and cook, stirring occasionally, until onion begins to soften, about 5 minutes. Add beef, 1/4 teaspoon salt, and 1/4 teaspoon pepper and cook, breaking up meat with spoon, until no longer pink, 5 to 7 minutes.
4. Add flour and stir until beef is well coated; cook for 1 minute. Stir in broth and wine and bring to simmer, scraping up any browned bits. Cook until mixture is slightly thickened, about 3 minutes. Stir in noodles, reduce heat to medium, and cook, uncovered, until noodles are tender, 10 to 12 minutes, stirring occasionally.
5. Off heat, stir in sour cream and mushrooms until fully combined. Season with salt and pepper to taste. Transfer to shallow platter and sprinkle with chives. Serve, passing extra sour cream separately.

Notes

WHY THIS RECIPE WORKS

We made this creamy, comforting weeknight meal even easier by using ground beef in place of the more traditional pieces of beef tenderloin or steak tips. We started by sautéing thinly sliced button mushrooms until browned and then removed them from the skillet to preserve their flavorful browning. We then added onions and garlic to the skillet and cooked them until they were softened. Next up was the 85 percent lean ground beef, which we cooked in the skillet until it was no longer pink. We sprinkled 3 tablespoons of flour—to help thicken the sauce—over the meat to cook briefly before adding chicken

broth and wine. We made sure to add enough broth and wine to cook the egg noodles (rather than boil them in a separate pot). We finished the dish by stirring in the browned mushrooms and some sour cream for tang and creamy richness. A sprinkling of chives was the final touch.

WHY NOT BEEF BROTH?

We often prefer the lighter, cleaner, and more versatile flavor of chicken broth to that of beef broth—which we found to be too meaty in this recipe. Our favorite chicken broth is Swanson Chicken Stock.

Source: Cook's Country (4 servings)