

Maria's Russian Beef Stroganoff

Yield: 4 min

Total Time: 150 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-tea-recipe-sugar-free-tang>

Ingredients:

- 2 pounds sirloin steak
- 1 teaspoon Mrs. Dash seasoning
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 2 tablespoons olive oil
- 1 1/2 tablespoons soy sauce
- 1 1/2 cups water
- 1 large garlic clove finely grated or pressed
- 1 1/2 cups whipping cream
- 2 tablespoons butter
- 1 1/2 tablespoons all-purpose flour

Nutrition:

1. Calories: 580 calories
2. Carbohydrate: 5 grams
3. Cholesterol: 170 milligrams
4. Fat: 38 grams
5. Protein: 52 grams
6. SaturatedFat: 19 grams
7. Sodium: 820 milligrams

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