

Slow Cooked Beef Stroganoff

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vietnamese-slow-cooked-beef-recipe>

Ingredients:

- 1 1/2 pounds beef trimmed and cut into 1/2 inch cubes, chuck steak or sirloin steak work well. You can also look for pre-cut stew meat.
- 8 ounces white mushrooms cleaned with stems trimmed, then quartered
- 2 onions finely chopped
- 2 tablespoons tomato paste
- 1 cup beef broth I always use low sodium broth
- 1/2 cup white wine don't use anything you wouldn't drink!
- 1/4 cup soy sauce split, I always buy low sodium on this one, too
- 1 cup sour cream
- 2 tablespoons cornstarch
- 1/4 teaspoon black pepper
- egg noodles
- chopped parsley optional

Nutrition:

1. Calories: 630 calories
2. Carbohydrate: 26 grams
3. Cholesterol: 155 milligrams
4. Fat: 38 grams
5. Fiber: 3 grams
6. Protein: 40 grams
7. SaturatedFat: 17 grams
8. Sodium: 1330 milligrams
9. Sugar: 8 grams
10. TransFat: 1.5 grams

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