

## *Affordable Beef Stroganoff*

*Adapted from Bon Appétit, September 1999 via Epicurious*  
Serves 6



- 2 lbs top round roast
- 2 cups buttermilk
- 2 tbsp canola or grapeseed oil
- 3 tbsp butter
- 1 med onion, diced
- 1 pound button mushrooms, sliced thick
- 1 tsp dried thyme
- 1 tsp paprika
- 2 tbsp flour
- 1 cup beef broth or stock
- 2 tbsp dry Sherry
- 1 cup sour cream
- 1 tsp Dijon mustard
- 2 tbsp chopped fresh parsley

Cut the meat into strips about 2 inches long, 1 inch wide and 1/4 inch thick. Place the meat in a large plastic freezer bag and add the buttermilk. Seal the bag and massage to make sure the meat is completely coated in buttermilk. Marinate at least overnight and up to 24 hours in the refrigerator. Drain the meat and pat dry with paper towels. Season the meat with salt and pepper. Heat the oil in a skillet on med high heat. Fry the beef in batches until lightly browned, about 30 seconds per side. Remove from skillet and set aside. Reduce heat to medium and add butter to the same skillet. Add onions and cook until translucent, about 5 minutes. Add mushrooms, thyme and paprika and cook until the mushrooms have softened and any liquid is evaporated, about 5 minutes. Sprinkle with flour, stir and cook for about a minute. Add the beef broth and the Sherry, reduce the heat to medium low and simmer until the mixture thickens slightly, about 5 more minutes. Return the meat and any juices to the pan and cook until just heated through, 2 – 3 minutes. Remove from heat and stir in the sour cream, Dijon and parsley. Season with salt and pepper to taste and serve over rice or egg noodles.