

# Betty's Company's Coming! Sirloin Beef Stroganoff Recipe



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In this video, Betty demonstrates how to make her Company's Coming! Sirloin Beef Stroganoff. Made with top sirloin steak and tangy seasoning and sour cream, the sauce is a perfect complement to freshly cooked egg noodles—just right for company dinner!

## Ingredients:

1 pound top sirloin beef steak, trimmed of any excess fat and cut into cubes. (You may substitute any type of steak that you like.)

sprinkling of meat tenderizer (no MSG) (You may use salt, if you prefer.)

freshly ground black pepper, to taste

1 cup flour

2 to 3 tablespoons peanut oil (You may substitute another type of vegetable oil, if you like.)

1 inner packet of onion soup and dip mix

½ cup water + an additional 1 ½ cups water, as needed

10 ¾ oz. can condensed cream of mushroom soup (Use the low-sodium type, if you can.)

8 oz. uncooked egg noodles

1 teaspoon olive oil, for cooking noodles

1 cup sour cream

Sprinkle 1 pound of cubed top sirloin steak lightly with meat tenderizer or salt, and then grind fresh black pepper over the steak, to taste. Use your hands to mix the seasonings into the steak cubes. Now, place 1 cup flour into a gallon-sized zip-lock plastic bag and set aside. Place 2 to 3 tablespoons of peanut (or other) cooking oil into a deep skillet, and heat it over medium heat until it is hot, but not smoking. Place several cubes of seasoned steak into the zip-lock bag of flour, and shake to coat the steak pieces. Shake off any excess flour, and place the floured steak cubes in the hot oil in the skillet. They should sizzle. Continue to add the steak in this manner, until the entire pound of steak is frying in the skillet. Continue to fry the steak, stirring it occasionally, until the steak is browned and crisp on all sides. Remove the steak from heat. If there is any excess oil in the skillet with the steak, pour it off. In my demonstration, all of the peanut oil was absorbed by the flour to form the crust on the steak, and there was no extra grease to drain. Add 1 inner packet of onion soup mix to the skillet of steak, along with ½ cup water and one 10 ¾ oz. can of cream of mushroom soup. Stir, and place the skillet back on the stove. Cook over low heat for 10 to 15 minutes, stirring occasionally. This mixture will thicken, so you will need to add water to get the consistency of sauce that you like. I added an additional 1 ½ cups water, a little at a time. While your stroganoff sauce is cooking, make your egg noodles. Empty 8 oz. of egg noodles into a pot with about 3 inches of rapidly boiling water. Add 1 teaspoon of olive oil to keep the noodles from bubbling over the top of the pot, and to keep the noodles from sticking together. Cook, according to package directions, about 8 minutes, or so. You will not need to add salt, because the Stroganoff sauce will have plenty of flavor. When the noodles are al dente (chewy, not mushy), drain them through a colander and place them on a large platter. By now, your Stroganoff sauce should be ready to finish up. Remove it from the stove, and add 1 cup of sour cream. Stir, and place back over heat, just long enough to get it hot again. Do not boil. Now, ladle your Stroganoff topping over your platter of noodles. Voila! Company's Coming! Sirloin Beef Stroganoff is ready!!! Enjoy!