

Beef Stroganoff

1 tbsp. flour	½ cup chopped onions
½ tsp. salt	1 clove garlic
1lb. beef sirloin (cut into 1.4 inch strips)	2 tbsp. butter
3 tbsp. flour	1 tbsp. tomato paste
1 cup sliced mushrooms	1 can consomme or bouillon
3 tbsp. cooking sherry	1 cup sour cream

Combine 1 tablespoon flour and salt; coat meat with this. Brown lightly in 2 tablespoons butter. Add mushrooms, onions, and garlic. Cook until onions are tender. Remove heat, onion, ect. And leave drippings in skillet. Add 2 tablespoons butter, 3 tablespoons flour, and tomato paste. Cook a few minutes. Slowly pour beef broth and stir constantly until it thickens. Replace meat. Stir in sour cream and sherry. Serve in electric skillet or chafing dish over noodles or parsley rice.