

# *Beef Stroganoff Meal*

## Beef Stroganoff over Rice

### INGREDIENTS

- 3 lbs. of Tenderized Round Steak.....
- 1 cup of All Purpose Flour.....
- ½ cup of Vegetable Oil.....
- 3 cans Cream of Mushroom Soup.....
- 1 cup of Milk .....
- 16 ounce container of Sour Cream.....
- 2 ¼ cups of White Rice.....
- 1 tablespoon of Garlic Powder.....
- 1 tablespoon of Salt.....
- 1 tablespoon of Black Pepper.....

### PREPARATION

- Cut Tenderized Round Steak in strips ½ inch wide and 2 inches long.
- Mix Flour, Garlic Powder, Salt, and Pepper together. Lightly dust the Steak Strips and brown in Vegetable Oil. Remove meat and drain.
- Combine Mushroom Soup and milk in glass covered casserole pan and add Steak Strips.
- Bake at 325° for 2 hours then add 1 small container of Sour Cream and cook 15 minutes more. May then hold in oven at 225°.
- Cook White Rice in rice cooker and fill water to 3 cup level. (takes 45 minutes to cook). Serve Beef mixture over Rice.

**SERVES: 4 to 6.**