**Beef stroganoff**

**Ingredients**

2 one inch single serving steaks, cut in 1/4 inch strips  
2 tbsp olive or coconut oil  
1 tbsp chopped garlic  
1/4 cup thinly sliced onion  
1 small can sliced mushrooms, reserve liquid  
1 package onion soup mix  
2 tbsp flour  
1 can evaporated milk  
Additional water or milk, if needed  
1 8oz container sour cream  
2 tbsp Worcestershire sauce

**Directions**

In a Dutch oven pan, heat oil and brown strips of steak with the chopped garlic. Remove from pan and set aside. Sauté onion and mushrooms in the same pan. Add meat back into pan. Add onion soup mix and flour until well combined.  
Add milk and reserved liquid from mushrooms, stir until thickened. Add extra water or milk if needed\*. Simmer for one hour, adding small amounts of water or milk if stroganoff becomes too thick.  
After simmering and meat is tender, add sour cream and Worcestershire sauce. Stir until well mixed. Serve over egg noodles.

\*At this point, all can be put in a slow cooker on low for 4 hours. The last thirty minutes, add sour cream and Worcestershire sauce. This can also be made with ground beef, sliced pork, ground turkey or beef flavored vegetarian meat substitute (i.e., Augason Farms®, etc.)