

Beef Stroganoff with Green Salad

1. Add water and salt to a pot and once it starts to boil, add the egg noodles.
2. Cut your beef into thin strips. Cut against the grain.
3. Chop your onion into small pieces and set aside.
4. Wash your mushrooms and slice them and set them aside.
5. Sprinkle beef with salt and pepper.
6. Heat 1 tbsp oil in a large skillet over high heat. Scatter half the beef in the skillet. Quickly spread it with tongs. Leave untouched for 30 seconds until browned. Turn beef quickly (as best you can!). Leave untouched for 30 seconds to brown. Immediately remove onto a plate. The beef will not be cooked through at this point. If you have more beef, add remaining 1 tbsp oil and repeat with remaining beef
7. Turn heat down to medium high. Add 2 tbsp butter and melt. Then add onions, cook for 1 minute, then add mushrooms.
8. Cook mushrooms until golden. Scrape the bottom of your skillet to get all the golden bits.
9. Add flour, cook, stirring, for 1 minute. (Gluten Free Meals have corn starch).
10. Add half of the beef broth (container C) while stirring. Once incorporated, add remaining broth.
11. Add the sour cream and Dijon mixture (Container B). Stir until it is all mixed in. Bring the mixture to a simmer, then reduce the heat to low.
12. Add the beef back to the mixture. Include the juices.
13. Drain the egg noodles

Plate:

Place some egg noodles on a plate and top them with the beef stroganoff mixture.

Dress your salad greens with the balsamic vinaigrette dressing (container A), and serve on the side.