

## Beef Stroganoff

- 1 onion, sliced (med.)
- ¾ c. sliced fresh mushrooms
- 1 ½ lbs. beef, sliced in pieces (Sirloin Steak, Sirloin Tips or other beef)
- 1 ½ c. beef broth – for best flavor, use broth/drippings from a Knight Family Farm grass-fed roast
- 1/3 c. sour cream
- ½ tsp. ground dry mustard
- 2 T. flour
- ½ tsp. salt
- 1/8 tsp. pepper
- Butter, coconut oil or olive oil

Heat some butter or olive oil in frying pan. Fry onions and mushrooms about 5 minutes (until tender somewhat).

Place in casserole dish.

Melt some more butter or olive oil in a pan and brown beef. Place beef and pan juices into casserole dish.

(Broth from Knight Family Farm roasts will likely have hardened fat/tallow. This is the best part, so don't discard it. This is the "good fat" that you've been hearing about lately and you won't find on any store shelves. Put the liquid and solids from the broth container into a pan and warm/melt it.)

In a small pot, melt 2 T butter; whisk in flour and dry mustard. Gradually add beef broth. Stir constantly until fairly thick.

Stir into casserole vegetables and beef.

Heat in oven at 225° for about 2 to 2 1/2 hours. When ready to serve, stir in sour cream.

Serve over egg noodles, quinoa or something similar.

*Recipe from Virtuous Daughters cookbook with slight changes by Knight Family Farm.*