



# Beef Stroganoff

Preparation time: 40 min

Serves: 3-4



## Ingredients:

- 450 g Beef sirloin or beef goulash, thinly sliced into strips/cubes
- 2 Tablespoons olive oil
- 1 Small onion, finely chopped
- 2 Cloves garlic, minced
- 225 g Mushrooms, sliced

- 1 Cup beef broth
- 1 Serving Alula GOLD Kid (230 ml – prepared according to instructions on tin)
- 1 Tablespoon Dijon mustard
- 1 Tablespoon Worcestershire sauce
- Salt and pepper to taste
- ¼ Cup fresh parsley, chopped (optional)
- 1 Cup cooked rice/pasta

## Instructions:

- 1 Heat the olive oil in a large skillet over medium-high heat. Add the sliced beef strips and cook until they are browned on all sides. Remove the beef from the skillet and set it aside.
- 2 In the same skillet, add the chopped onions and cook until they become translucent, about 3-4 minutes. Add the minced garlic and sliced mushrooms, then cook for another 5 minutes until the mushrooms are tender.
- 3 Pour in the beef broth, Dijon mustard, Worcestershire sauce, salt, and pepper. Stir to combine and bring the mixture to a simmer. Allow it to simmer for about 10-15 minutes or until it reduces and thickens to your desired consistency.
- 4 Stir in the pre-prepared Alula GOLD Kid milk and continue to simmer on low heat for another 2-3 minutes, or until the sauce is smooth and creamy.
- 5 Avoid bringing the mixture to a boil or simmering for too long. If you find the sauce too thin, thicken with corn-starch (dissolved into water before addition).
- 6 Return the cooked beef strips to the skillet and simmer for a few more minutes to heat them through.
- 7 Serve the creamy beef stroganoff over cooked rice or pasta as preferred and garnished with fresh parsley.
- 8 Serve with a fresh side-salad or steamed vegetables.

