



## Beef Stroganoff

Oil, Olive Blend -  $\frac{1}{4}$  cup  
Onion, Yellow Sweet, Diced Medium - 1 cup  
Garlic, Fresh - 1 tbsp  
Beef Stew Meat, 1" cubes - 3 lbs  
Rub A Dub Seasoning - 2 tbsp  
Oil, Olive blend -  $\frac{1}{4}$  cup  
Cremini Mushrooms, Sliced Thick - 1.5 lbs  
Flour, All Purpose -  $\frac{1}{4}$  -  $\frac{1}{2}$  cup  
Worcestershire Sauce -  $\frac{1}{4}$  cup  
Thyme, Fresh - 1 sprig  
Rosemary, Fresh - 1 sprig  
Bay leaves, Dried - 2 ea  
Beef Stock - 1.5 qts  
Sour Cream, Room Temperature -  $\frac{1}{2}$  cup  
Flat Egg Noodles, Cooked and Held Warm - 1 lb  
Sour Cream - Garnish

1. Heat your cast iron dutch oven on the stove top, on high heat, allow heat for 7-10 minutes
2. Add the oil
3. Slowly add the beef and saute on high heat for 2-3 minutes, season with rub a dub and continue to saute the beef until caramelized. Remove from the dutch oven to a plate when all the beef has been browned
4. Add the oil
5. Add the mushrooms, onions and cook on high heat until well browned or caramelized
6. Add the beef back to the sautéed mushrooms and add the Rub A dub and Garlic. Stir well
7. Sprinkle the flour over the top of the beef/mushroom mixture and mix in well, cook the flour, beef and mushrooms over medium heat for 5-7 minutes
8. Add the Worcestershire, thyme, rosemary, bay leaves and beef stock
9. Over medium heat, and with the lid partially open, cook this mixture for 15-25 minutes or until the mixture has started to thicken to your desired consistency
10. Add the room temperature sour cream and mix in well
11. Adjust seasoning if desired
12. Turn off the heat and serve over a bed of warm egg noodles
13. Garnish with more sour cream, shredded parmesan and parsley

Recipe by Chef Jason K. Morse

