

Beef Stroganoff Soup

Serves | 6

Prep Time | 20 min.

Cook Time | 15 mins

Total Time | 35 mins

Ingredients

- 2 tablespoons unsalted butter
- 1 pound beef sirloin, trimmed of fat, thinly sliced into bite-sized strips
- salt and pepper, to taste
- 8 ounces sliced mushrooms
- 1 medium sweet onion, diced
- 3 cloves garlic, minced
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 5 cups low-sodium chicken or beef stock
- 1 1/2 cups dried egg noodles
- 1/2 cup sour cream
- 2 tablespoons all-purpose flour
- chopped fresh parsley



Photo by Miss Northerner

Directions

In a large pot, melt butter over medium-high heat. Sprinkle the meat with some salt and pepper to taste; add to the pot and cook until browned. Using a slotted spoon, transfer meat to a bowl; keep warm.

Add in the mushrooms, onion, and garlic; sauté until the vegetables have softened, about 3 minutes. Stir in the tomato paste and Worcestershire sauce. Pour in the chicken (or beef) stock and bring to a boil. Add in the noodles. Reduce heat to a simmer and cook for 5-7 minutes until al dente.

In a bowl or large measuring cup, combine the sour cream and flour. Whisk in 1 cup of the hot soup; pour mixture back into the pot. Cook and stir for 1-2 minutes to thicken. Add cooked meat back to the pot and heat through. Taste, and adjust seasoning with a little more salt and pepper, if necessary.

Serve in individual bowls with some fresh chopped parsley.