

Dinah's Kitchen

Beef Stroganoff

- 2 pounds tender beef cut in strips or meat balls
- 3 tablespoons oil
- 1 large onion—chopped
- 3 cloves garlic
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons flour
- 1 1/2 cup broth
- 1/4 cup wine
- 1 cup sour cream.

Heat oil and saute garlic and onion, add flour and stir constantly. Add meat and gently brown. Add salt, pepper, broth and wine. Cover and simmer 30 minutes. Serve with noodles or rice.

- Meat balls: Combine and make into 2 inch balls
- 2 cups bread crumbs soaked in 1 cup water
 - 2 pounds ground meat
- Optional: 1 onion—chopped