Beef Stroganoff

Ingredients:

- 1 lb (450g) beef sirloin or tenderloin, thinly sliced into strips
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 8 oz (225g) mushrooms, sliced
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 2 tablespoons all-purpose flour
- 1 cup beef broth
- 2 tablespoons Worcestershire sauce
- 1 cup sour cream
- Salt and pepper to taste
- Chopped fresh parsley for garnish (optional)
- Cooked egg noodles or rice for serving

Instructions:

1. Heat a large skillet or frying pan over medium-high heat and add the vegetable oil.

2. Add the sliced beef strips to the pan, and season with salt and pepper. Sear the beef for 2-3 minutes until it's browned on all sides. Remove the beef from the pan and set it aside on a plate.

3. In the same pan, add the butter and chopped onions. Sauté the onions until they become translucent, about 2-3 minutes.

4. Add the minced garlic and sliced mushrooms to the pan. Cook for another 5-6 minutes, or until the mushrooms have released their moisture and are browned.

5. Sprinkle the flour over the mushroom mixture and stir well to combine. Cook for 1-2 minutes to remove the raw flour taste.

6. Slowly pour in the beef broth and Worcestershire sauce, stirring constantly. Allow the mixture to simmer and thicken for about 5 minutes.

7. Return the seared beef strips to the pan and cook for an additional 2-3 minutes to heat through and finish cooking the beef.

8. Reduce the heat to low and stir in the sour cream. Be sure not to boil the sour cream, as it can curdle. Heat the mixture gently until it's warmed through.

9. Taste the sauce and adjust the seasoning with more salt and pepper if needed.

10. Serve your Beef Stroganoff over cooked egg noodles or rice, garnished with chopped fresh parsley if desired.