

Easy and Delicious Beef Stroganoff for a Cozy Dinner

Some meals are timeless classics for a reason.



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3 min

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INGREDIENTS

- 1 lb beef tenderloin, cut into 1/2-inch strips
- 1 tablespoon olive oil
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1 cup beef broth
- 1 tablespoon Worcestershire sauce
- 1 cup sour cream
- 1 tablespoon all-purpose flour
- Salt and black pepper to taste
- Fresh parsley, chopped, for garnish
- Egg noodles or rice for serving

DIRECTIONS

- 1. Brown the : Beef:** Heat the olive oil in a large skillet over medium-high heat. Season the beef strips with salt and pepper. Brown the beef in batches, making sure not to overcrowd the pan. Remove the browned beef from the skillet and set it aside.
- 2. SautØ the Aromatics:** In the same skillet, add the chopped onion and sautØ for about 3 minutes until it is softened. Add the minced garlic and cook for another minute until fragrant.
- 3. Make the : Sauce:** Sprinkle the flour over the onions and garlic and stir to combine. Cook for one minute to cook off the raw flour taste. Slowly pour in the beef broth, whisking constantly to prevent any lumps. Stir in the Worcestershire sauce and let the mixture simmer for 5 minutes, or until it has thickened slightly.
- 4. Finish the : Stroganoff:** Reduce the heat to low. Return the browned beef to the skillet and stir it into the sauce. Add the sour cream and cook, stirring constantly, for about 5 minutes, or until the sauce is creamy and heated through. Be careful not to let the sauce boil once the sour cream has been added. Season with salt and pepper to taste.
- 5. Serve:** Serve the beef stroganoff hot over a bed of cooked egg noodles or rice. Garnish with a sprinkle of fresh chopped parsley for a final touch.

SWAPS & NOTES

Beef: While beef tenderloin is fantastic for its tenderness, you can also use other cuts like sirloin or even chuck steak.

Just be sure to slice it against the grain.

Sour Cream: Full-fat sour cream is what gives this sauce its classic rich, creamy texture.

You can use Greek yogurt for a healthier option, but the flavor will be a bit different.

TIPS FOR SUCCESS

Don't Overcrowd the Pan: Browning the beef in batches ensures you get a good sear, which is crucial for flavor.

Low and Slow: When you add the sour cream, reduce the heat to low.

High heat can cause the sour cream to curdle.

Fresh Parsley: A sprinkle of fresh parsley at the end adds a beautiful, fresh element that cuts through the richness of the dish.

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