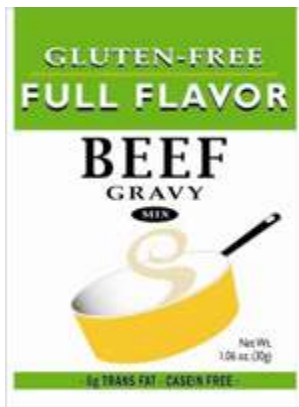


FULL FLAVOR FOODS



BEEF STROGANOFF



- 1 package of Beef Gravy Mix
- 2 Tbsp. Red Wine or Pale Dry Cocktail Sherry
- 8 oz. ground beef or beef tips
- 1 C green onions, chopped
- 2 C mushrooms, sliced
- 8 oz. Sour Cream
- ¼ tsp. paprika

Mix 1 package **Beef Gravy Mix** according to directions. Add 2 T. Red Wine Vinegar or Pale Dry Cocktail Sherry. Bring to boil over medium heat, stirring constantly. Add 8 oz. cooked ground beef (drained of fat) or beef tips browned in oil, 1 C. chopped green onions and 2 C. sliced mushrooms. Simmer 3-5 min. Add 8 oz. Sour Cream, Yogurt or heavy non-dairy Sour Cream/Yogurt substitute and ¼ tsp. paprika. Serve over GF bread, pasta, rice or potatoes.

Makes approximately 3 – 8 oz servings.