

# Beef Stroganoff (Instant Pot or Stove Top)

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Serves 4

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:626b2c66fe48110f5c73644f>

- Instant Pot
  
- 3/4 cup boiling water
- 2 beef bouillon cubes
- 1 Tbsp butter
- 1 1/2 cups sliced mushrooms
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 1/4 pounds steak of choice – strip steak, sirloin tips, london broil (cut across the grain), tenderloin (cut into chunks) (check your cut of steak for proper points)
- 1/4 cup dry sherry
- 1/2 tsp freshly grated black pepper
- 2 Tbsp all purpose flour
- 1 10 1/2 oz can cream of mushroom soup

- 1/3 cup sour cream
- chopped fresh parsley

## **INSTANT POT INSTRUCTIONS**

1. Combine 3/4 cup water and the bouillon cubes in a 1 cup glass measure. Stir until bouillon dissolves, set aside.
2. Place the butter in the inner pot of a 6 quart Instant Pot. Press Saute (Normal). When the butter melts, add the mushrooms and onion. Cook, stirring often, 3 minutes. Add the garlic; cook, stirring constantly, 30 seconds. Add the steak. Adjust heat to Saute (More); cook, stirring often, until beef is browned. Stir in 1/2 cup of the bouillon mixture, 1/4 cup sherry and the pepper.
3. Lock the lid; turn pressure valve to "sealing". Pressure cook (High Pressure) for 12 minutes. Open the cooker using quick pressure release. Turn off the cooker.
4. Stir together the flour and the remaining 1/4 cup bouillon mixture in a small bowl until smooth; stir into the beef mixture. Press Saute (normal); bring to a boil. Cook 5 minutes or until thickened. Add the soup, stirring until blended. Turn off the cooker. Remove the pot from the cooker. Stir in the sour cream. Serve over hot cooked noodles or rice. Sprinkle with the parsley.

## **STOVE TOP DIRECTIONS**

1. Combine 3/4 cup water and the bouillon cubes in a 1 cup glass measure. Stir until bouillon dissolves, set aside.
2. Place the butter in a skillet (I use cast iron) heated to medium high. When the butter melts, add the mushrooms and onion. Cook, stirring often, 3 minutes. Add the garlic; cook, stirring constantly, 30 seconds. Add the

steak. Turn heat to high, cook, stirring often, until beef is browned/seared well. Stir in 1/2 cup of the bouillon mixture, 1/4 cup sherry and the pepper. Turn heat down to low and let simmer about 7-10 minutes – depending on how you want your steak cooked.

3. Stir together the flour and the remaining 1/4 cup bouillon mixture in a small bowl until smooth; stir into the beef mixture. Turn heat up, bring to a boil. Cook 3 minutes or until thickened. Add the soup, stirring until blended. Turn off the heat. Stir in the sour cream. Serve over hot cooked noodles or rice. Sprinkle with the parsley.

Main Course

Beef