

Jan's Stroganoff

1/2 c.

2#

H₂O in pan, cut/cube lean
round st. or sirloin
no fat

+ 1 pkg Lipton Onion Soup mix
Cook. Browned.

1/2 pt. sour cream

+ 2 T flour + add to meat.

Make noodles - Mueller noodles 1 pkg.