



LOEFFEL MEAT SHOPPE

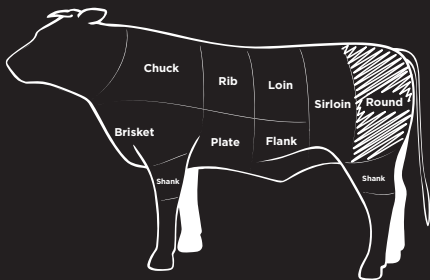
MULTI-COOKER BEEF STROGANOFF

**FEATURING
BOTTOM ROUND STEAK**



Bottom Round Steak is an affordable, leaner cut of beef derived from the rump area of a beef animal. It is inherently tough because it contains muscles that are heavily utilized by the animal, so careful cookery methods are required to improve tenderness. Try using this cut for braises or slow- or pressure-cooking recipes.

Meat Cut Information



For more information about this recipe, including nutrition and meat cut information, alternative cooking methods, or to view it on the web, scan the QR code with the camera app on your smartphone.

Multi-Cooker Beef Stroganoff

(8 servings)

Beef Stroganoff

2 ½ Tbsp. oil	1	c. low-sodium beef broth
1 ½ lbs. beef Bottom Round Steak, trimmed and cut into ¼-inch thick strips	1	Tbsp. Worcestershire sauce
1 lb. fresh mushrooms, sliced	1	tsp. Dijon mustard
1 c. onion, finely chopped	1	tsp. salt
3 garlic cloves, minced	½	tsp. pepper
	1	Tbsp. cornstarch
	2	Tbsp. cold water
	1 ½	c. low-fat sour cream

Other Ingredients

	Egg noodles, polenta, zucchini noodles, or spaghetti squash
¼ c. fresh parsley, chopped	

1. Wash hands with soap and water.
2. Rinse produce under cool running water.
3. Using the saute function on your Multi-cooker, heat 1 Tbsp. of oil. Add half the steak pieces to the pot and brown on all sides, about 3 minutes. Remove from the pot and repeat with the remaining pieces. Remove and keep warm. Wash hands after handling uncooked meat.
4. Add 1 Tbsp. of oil to the pot. Add the mushrooms and cook for 5 minutes, or until golden, stirring occasionally to prevent them from burning. Add 1 Tbsp. of water if the mushrooms begin to stick. Remove from pot and set aside.
5. Add the remaining ½ Tbsp. of oil to the pot. Add chopped onion and cook stirring occasionally, for 5 minutes until softened.
6. Add garlic and saute for another minute.
7. Pour in beef broth, Worcestershire sauce, mustard, salt, and pepper, and stir until combined. Add the browned beef pieces and stir.
8. Place lid on multi-cooker and lock according to manufacturer's instructions. Make sure the valve is set to sealing position.
9. Cook on high pressure for 18 minutes followed by a 15-minute natural release, then a quick release. Once pin drops, remove lid.
10. In a small mixing bowl, combine cornstarch and cold water until smooth. Add slurry to the pot.
11. Select the saute function and bring the gravy to a boil, stirring constantly until it thickens.
12. Add the sour cream and mushrooms and stir until smooth.
13. Serve with egg noodles, polenta, rice, zucchini noodles, or spaghetti squash. Top with fresh parsley, if desired.
14. Store leftovers in a sealed container in the refrigerator for up to four days.



Nutrition Information per Serving (1 sandwich):

Calories 380, Total Fat 12g, Saturated Fat 4.5g, Cholesterol 50mg, Sodium 540mg, Total Carbohydrates 41g, Fiber 2g, Total Sugars 3g, includes 1g Added Sugars, Protein 29g, Vitamin D 0%, Calcium 15%, Iron 20%, Potassium 4%.

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