

Beef Stroganoff

4 servings

1 lb. ground beef, turkey, pork or a mixture of any kind

Olive oil

Onions, chopped

Peppers, chopped

Garlic, chopped

Jalapenos, chopped

16 oz. Mushrooms, sliced

¼ cup white wine

2 Tablespoon flour

1 cup beef broth

1 Tablespoon tomato paste

½ teaspoon red wine vinegar

1 teaspoon Worcestershire sauce

¼ teaspoon mustard powder

Grated parmesan cheese

Salt, black and red pepper to taste.

Oregano

basil

Cook the beef. Season. Add the onions, peppers, garlic and jalapenos. Sauté. Add the sliced mushrooms and sauté a little longer. Add the ¼ cup white wine and cook out. Add basil and oregano.

In a small bowl add flour and beef broth, blend till smooth. Then add the tomato paste, red wine vinegar, Worcestershire sauce and mustard powder. Mix well.