

PREPARATION: **20** MINUTES

COOKING: **10** HOURS

4 SERVINGS

BEEF SHORT RIB STROGANOFF



INGREDIENTS

1 cup yellow onion, sliced

1 cup mushrooms, sliced

4 garlic cloves, minced

1/4 cup fresh rosemary, finely chopped

1 teaspoon ground black pepper

2 tablespoons vegetable oil

300g beef short ribs, bone-in*

1/2 cup no salt added beef broth

1/2 cup red wine

3 tablespoons cornstarch

3 tablespoons water

3/4 cup sour cream

* if you want to avoid bones, you can use stewing beef instead

PREPARATION

- 1** To the bottom of a slow cooker, add the onion, mushrooms, garlic, rosemary and pepper.
- 2** In a large skillet, heat the oil on high heat. Fry the beef short ribs on all sides.
- 3** Add the short ribs to the slow cooker and top with beef broth and red wine. You may substitute water or beef stock for the red wine, if desired. Cover and cook on low for 9 hours. The meat will fall off the bones. Discard all bones.
- 4** In a small bowl, dissolve the cornstarch in water.
- 5** Add the cornstarch slurry to the slow cooker and stir to incorporate. The cornstarch slurry will thicken the liquid.
- 6** Cover and cook for another hour. Then turn off the heat and stir in the sour cream.
- 7** Serve the stroganoff with egg noodles and enjoy.

Nutrient Analysis

PER SERVING:

1/4 of recipe

RENAL EXCHANGE:

3 Protein + 1 Vegetable

Calories	426Kcal
Protein	26g
Carbohydrates	15g
Fibre	1g
Total Fat	24g
Saturated Fat	10g
Cholesterol	87mg
Sodium	99mg
Potassium	496mg
Phosphorus	207mg