



Family Friendly! Beef Stroganoff

with Egg Noodles & Braised Red Cabbage



1,5h



2 Servings

We hope you've brought your appetite because this dish isn't for the faint of heart. Onions, mushrooms, and shredded beef simmer in a deeply flavorful sauce of beef broth, Dijon, and Worcestershire. The stroganoff finishes with sour cream and vinegar for tangy coolness before dolloped over chewy egg noodles. A vibrant side of braised red cabbage adds texture and color to this delicious comfort meal. (2-p serves 4; 4-p serves 8)

What we send

- 1 yellow onion
- ½ lb mushrooms
- 1 lb red cabbage
- 1 Granny Smith apple
- 2 (½ lb) pkgs ready to heat shredded beef ^{4,5}
- 2 pkts beef broth concentrate
- ¼ oz Dijon mustard
- 1½ oz pkt Worcestershire sauce ²
- ¼ oz mushroom seasoning
- 4 (1 oz) sour cream ³
- 2 (6 oz) egg noodles ^{1,5}
- ½ oz fresh parsley

What you need

- 6 Tbsp unsalted butter ³
- kosher salt & ground pepper
- all-purpose flour ⁵
- apple cider vinegar (or red wine vinegar)
- sugar

Tools

- 2 medium pots
- large pot

Cooking tip

If you don't have 2 medium and 1 large pot, make this meal in stages. Start with the cabbage, then cook the beef stroganoff. Keep in the fridge until ready to eat, then boil the noodles and reheat.

Allergens

Egg (1), Fish (2), Milk (3), Soy (4), Wheat (5). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 31g, Carbs 108g, Protein 35g



1. Prep ingredients

Thinly slice **onion**. Trim stem ends from **mushrooms**, then thinly slice caps. Remove core from **cabbage**; thinly slice. Peel **apple** and remove core; cut into ½-inch cubes. Cut or tear **beef** into 1-inch pieces.

In a medium pot, melt **2 tablespoons butter** over medium heat. Add **half of the onions** and a **pinch of salt**; cook until softened, 3–4 minutes.



4. Simmer beef

Bring **sauce** to a simmer, scraping up any browned bits. Stir in **beef** and simmer on medium-low until sauce is thickened, about 5 minutes. Remove from heat and stir in **sour cream** and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**. Cover and keep warm until ready to serve.



2. Cook cabbage

To **onions**, add **cabbage, apples, 2 tablespoons vinegar, 1 tablespoon sugar, ½ teaspoon salt**, and **¾ cup water**; bring to a boil. Cover, reduce heat to low, and simmer for 45 minutes.

Meanwhile, bring a large pot of **salted water** to a boil. In a separate second medium pot, melt **2 tablespoons butter** over medium-high heat. Add **mushrooms**; season with **salt** and **pepper**.



5. Finish cabbage

Remove cover from **cabbage** and continue simmering until liquid is syrupy and cabbage is tender and glazed, 10–15 minutes. Remove from heat and stir in **1 tablespoon butter**; cover and keep warm until ready to serve. When ready to serve, add **noodles to boiling water**; cook until al dente, 6–8 minutes. Drain noodles; toss with **1 tablespoon butter** to prevent sticking.



3. Begin stroganoff

Cook **mushrooms**, stirring occasionally, until liquid has evaporated and mushrooms begin to brown, 5–7 minutes. Add **remaining onions**; cook, stirring occasionally, until softened, 4–5 minutes. Stir in **¼ cup flour**; cook for 1 minute. Add **broth concentrate, Dijon, 1½ tablespoons Worcestershire sauce, 2 teaspoons mushroom seasoning**, and **2½ cups water**.



6. Finish & serve

Finely chop **parsley leaves**; discard stems. Stir half of the parsley into **cabbage**.

Divide **noodles** and **stroganoff** between bowls and sprinkle with **remaining parsley**. Serve with **braised cabbage** alongside. Enjoy!