

Beef Stroganoff

Notes

1 ½ lbs..... Beef stew meat, lean
¼ cup..... Flour all-purpose
1 Onion
2 cloves Garlic
1 lb..... Mushrooms
1 cup..... Red Wine
1 cup..... Sour Cream fat-free
1 can(10.75 oz) Cream of Mushroom soup fat-free
Salt n Pepper (to taste)

1. Cut up beef and brown in a skillet for 6 to 8 minutes seasoning with salt n pepper.
2. Place all ingredients except sour cream in slow cooker. Stir to combine.
3. Cook on low 6 to 8 hours.