

Ground Beef Stroganoff Casserole

A Rachael Ray recipe



Servings: 10

CHANGES I MADE: I added more Gruyere cheese and reduced the oven temp to 375°F as the top got a bit too toasted. I also added the Italian parsley garnish.

1. Preheat oven to 375°F.
2. For the egg noodles, cook noodles in boiling, salted water for two minutes less than package directions, then toss with butter, salt and pepper. Set aside.
3. For the beef and mushrooms, heat a large skillet over medium-high heat with half the olive oil, 2 turns of the pan, add beef and brown, breaking up with the back of your spoon, season with salt, pepper and Worcestershire sauce. Remove the beef from the skillet and set aside.
4. Add the remainder of the oil to the same pan, then add the mushrooms and brown. Add the shallots (or onion), garlic, thyme, salt and pepper, stir a few minutes to soften shallots, then add sherry and let it evaporate and cook into the mushrooms. Add beef stock and simmer 5 minutes, then stir in heavy cream and sour cream (if the sour cream is at all clumpy, use a coil whisk to make it smooth). Add the beef back to the skillet with the mushrooms and remove from heat. The mixture will seem thin but all the liquid is absorbed by the noodles when it bakes.
5. For the breadcrumbs, in a bowl, mix together melted butter, breadcrumbs and Gruyere.
6. Toss beef and mushroom mixture with noodles. Pour into casserole dish. Top with gruyere and rye breadcrumbs and bake in the center of your oven until brown and bubbly, about 30 minutes. If you have leftovers, heat them in serving sizes in the microwave with a little tetch of water added, so it doesn't dry up the noodles on the bottom.

NOODLES:

1 pound egg noodles, wide type

2 tablespoons butter

BEEF:

1/4 cup olive oil, divided

1 1/2 pounds ground beef

Kosher salt and coarse black pepper

3 tablespoons Worcestershire sauce

12 ounces mushrooms, thinly sliced (3/4 pound)

2 large shallots, finely chopped (or 1 medium white or yellow onion)

4 cloves garlic, chopped

3 tablespoons fresh thyme, chopped, or 1 T dried

Salt and pepper

1/4 cup sherry wine, or 1/2 cup white wine

1 1/2 cups beef stock

1/4 cup heavy cream

1/2 cup sour cream

CRUMB TOPPING:

2 cups bread crumbs, rye, pumpernickel, or panko

2 tablespoons butter, melted

2 cups Gruyere cheese, shredded

3 tablespoons Italian parsley, chopped, for garnish

Per Serving (excluding unknown items): 752

Calories; 43g Fat (51.5% calories from fat);

38g Protein; 52g Carbohydrate; 3g Dietary

Fiber; 161mg Cholesterol; 768mg Sodium;

4g Total Sugars; 1mcg Vitamin D; 574mg

Calcium; 5mg Iron; 648mg Potassium;

607mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com