## Steak Stroganoff (Judi Baggiore)

steak flour 2 c. beef broth 1 t. salt onions mushrooms cooked rice 1 pt. sour cream

Cut meat into strips, dip in flour and brown in a skillet. Add beef broth and salt. Put into crockpot set on low all day or on high for 4 hours. Towards the end add onions and mushrooms. When done stir in sour cream and serve on rice.