



ULTIMATE BEEF STROGANOFF

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EACH BATCH SERVES 8 TO 12 (DEPENDING ON HOW BIG OF EATERS YOU ARE SERVING. I.E.: TEEN BOYS=8. LOL!).

INGREDIENTS	X1	X2	X3	X4
Beef stew meat	3 pounds	6 pounds	9 pounds	12 pounds
Salt	1 teaspoon	2 teaspoons	1 tablespoon	4 teaspoons
Large onion, peeled and sliced	1	2	3	4
Garlic powder	1/4 teaspoon	1/2 teaspoon	3/4 teaspoon	1 teaspoon
Gluten free Worcestershire sauce	1 tablespoon	2 tablespoons	3 tablespoon	1/4 cup
Gluten free beef stock or broth	1 1/2 cups	3 cups	4 1/2 cups	6 cups
Glutne free ketchup	1 tablespoon	2 tablespoons	3 tablespoon	1/4 cup
Ground black pepper	to taste	to taste	to taste	to taste
Corn starch	3 tablespoons	6 tablespoon	9 tablespoons	12 tablespoons
Apple juice	1/3 cup	2/3 cup	1 cup	1 1/3 cup
Fresh muchrooms, sliced	8 ounces	16 ounces	24 ounces	32 ounces
ON SERVING DAY:				
gluten and dairy free tofu "sour cream" (such as Tofutti brand) or gluten and dairy free plain yogurt (soy, rice or coconut based)	1/2 cup	1 cup	1 1/2 cup	2 cups

Divide all ingredients among 4 gallon freezer bags. Freeze. In a bowl mix thickening agent (corn starch and apple juice). Divide thickening agent among 4 quart size freezer bags. Add 4 oz of mushrooms to each of the quart bags of thickening agent. Place near or with the gallon freezer bags. (Angela's note: when I have separate bags for one meal, I put the small and large bag both into another gallon sized bag to keep them together. OR after the bags are frozen flat, I use freezer tape or rubber bands to keep them together.) Freeze all ingredients.

To serve: Thaw. Place in crock pot on low for 7-8 hours or high for 4-5 hours (high for 7-8 if fully frozen). Leave quart bags to defrost. When cooked contents of quart bag to crock pot. Cook on high for 15-30 min. Add 1/2 cup of tofu "sour cream" or gluten and dairy free yogurt of choice and serve over gluten free pasta, rice or potatoes.