# Beef Over Noodles (serves 4)

## Ingredients

- **SAUCE**
- Small bowl of flour
- Salt and pepper to taste
- 1 pound stew meat, cut into bite-sized cubes
- 2 Tbsp vegetable oil
- 1 (11 oz) can condensed cream of mushroom soup
- 1 envelope Lipton Onion Soup Mix
- 11 oz water (you will fill the soup can once you empty it)
- **NOODLES**
- 1 bag egg noodles (or fresh if you can find it, it is much better)
- 1 tsp salt
- 1 tsp oil



## Variations/Hints

- Serve over rice or mashed potatoes instead of noodles.
- Add chopped onion, drained canned or fresh chopped mushrooms when the beef is browning.
- If the sauce is too thick, (there should be some gravy), turn heat down, or add a little more water.

## Instructions

**BEEF SAUCE**
- Pat the meat dry before you start. This keeps the oil from splattering when putting meat in the pan.
- Mix the salt and pepper into the flour.
- Toss the beef cubes in the flour to coat.
- Heat the oil over medium high in a large skillet while you toss the meat.
- Use a fork, or tongs, or hands (make sure you wash afterwards to prevent contamination) to carefully place the dredged meat in the pan of hot oil (do not just dump the bowl, you don't want the extra flour in there).Sauté the meat until brown on all sides, stirring occasionally. This depends on the stove you have, as well as the size of the pan.
- Drain any oil out of the pan into an empty can, but don't let the crusty bits from the meat go with it.
- Add the can of cream of mushroom soup.
- Fill the can with water and pour into a 2 cup measuring cup. Pour the onion soup mix in and stir. Stir this mixture into the pan of browned beef.
- Turn down to low, cover, and simmer for approximately 1 hour, stirring occasionally.

**NOODLES**
1. About 20 minutes before the sauce is ready, put a large pan of water on high.
2. Add salt and oil.
3. Bring the water to a rolling boil.
4. When boiling, put the pasta in and cook according to the directions.
5. When cooked, drain out the water and rinse **slightly** with hot water to prevent sticking.