	STROGANOFF (BEEF OR CHICKEN)
	SOURCE AUNT JOANNE
	INGREDIENTS / INSTRUCTIONS
	2 fryers or 3 lbs beef
	1 can button mushrooms
	2 garlic cloves
	2 med onions
	2 cans consomme (for chicken)
	2 cans consomme (beef) for beef
	2 T allspice
	1 cup sour cream
	.1/2 cup white sherry
	2 sticks butter
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	1 box rice
	If beef used, salt/pepper/flour and brown in 1 stick of butter.; if chicken used dice meat into
	large chuncks after stewing. Add all other
	ingredients except rice and sour cream. Simmer
	4 1/2 hours. Add sour cream and blend well.
	Serve immediately over rice.
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