



Grandma Betty's Beef and Noodles

Adapted by Kimmie @ the Eccentric Foodie

<http://eccentricfoodie.weebly.com>

ORIGINAL RECIPE:

1 lb beef bottom or eye of round, thinly sliced into strips
¼ cup flour for dredging
2 TBSP Canola oil
1 small onion, sliced
2-4 cups beef broth/stock
4 cups egg noodles, partially cooked
Salt, Pepper, Horseradish, garlic, parsley all to taste

1. In an electric fry pan, heat oil at medium high and add dredged and seasoned beef. Do not crowd the pan, fry in batches if necessary. Brown the meat. Remove from pan. **If you do not have an electric fry pan, use a skillet that has a cover available.**
2. Add onions to pan and sauté until translucent. Add garlic and horseradish, cook for a moment.
3. Add beef broth/stock to deglaze pan, return meat and any juices into the mix, lower heat to a low simmer and cover. Stir occasionally.
4. When beef is tender, add more liquid if you feel it is necessary, and then add parsley(if dry) and par cooked noodles. Broth should be thin gravy.
5. Add fresh parsley if you want and serve once noodles are done cooking to your liking. Serve and enjoy.

KIMMIE'S:

1 lb beef bottom or eye of round, thinly sliced into strips
2 egg whites
½ cup cornstarch
1-2 teaspoons or a big dash of Worcestershire sauce (traditionally, soy sauce is used)

Olive Oil
1 medium Onion, chopped
¼ cup bell pepper
2-4 cloves Garlic
1 TBSP Horse radish (Optional)
2-4 cups Beef broth or stock
1 bag egg noodles (Or no yolks)
2 TBSP butter
Salt, pepper, celery seed, parsley to taste

1. What you are going to do first is called “Velvetting,” which is something done in Chinese restaurants to tenderize beef or other meats. Beat together the egg whites, the cornstarch, and the Worcestershire sauce until thoroughly mixed.
2. Put your velvetting mixture into a freezer bag, add your beef, salt, and pepper, and shake it up to make sure all the meat is coated. Set aside and let sit for at least a half an hour.
3. Heat oil in your electric fry pan (or stove top), sauté onion on medium heat to caramelize
4. Add bell pepper and cook until softened, then add garlic and horseradish, and celery seed. Remove from pan after a moment
5. Just like in the original recipe, brown your beef strips in batches if necessary.
6. Return veggies and aromatics to the mix, add parsley
7. Pour stock/broth in and cover, let cook for an hour, stir occasionally.
8. Add more liquid if necessary, add noodles and cook until desired doneness. Again, liquid should be a thin gravy in the end.
9. Serve and enjoy