Beef Stroganoff

1 1/4 pounds steak tips                                               1 onion, chopped

2 teaspoons soy sauce                                                 2 teaspoons tomato paste

1 pound white mushrooms, quartered                   4 teaspoons flour

2 teaspoons hot water                                                 1/3 cup white wine

1 tablespoon dry mustard                                          1 1/2 cups beef broth

1 teaspoon sugar                                                          1/2 cup sour cream

1 Tablespoon oil                                                            fresh parsley

Place meat in a baking dish and poke each piece of meat 10 times.

Rub both sides of meal the soy sauce.

Cover with plastic wrap and refrigerate between 15 min. and 1 hour.

Place mushrooms in a bowl, cover with plastic wrap and microwave 5 minutes.  Drain.

Combine water, mustard, sugar and pepper to form a paste.

Pat steak dry with paper towels and heat oil in skillet.

Add steak and brown on all sides until temperature reaches 125.

Transfer meat to a clean platter.  Add mushrooms, onion and 1/2 t. salt to skillet.

Cook until dark bits form on bottom of the pan.

Add tomato paste and flour and stir to coat mushrooms.

Stir in wine, broth and mustard paste.  Bring to a simmer and cook until thickened.  (4-6 min.)

Slice meat across the grain and add to thickened sauce.

Cook until warmed through.  Stir in sour cream and serve with parsley.