

Beef Stroganoff

Makes 4 servings | Protein • Grains

Ingredients

- 14.5-ounce can beef
- ½ cup chopped onion
- ½ cup sliced fresh mushrooms
- 2 garlic cloves, minced (1 teaspoon garlic powder)
- ⅛ teaspoon salt
- ½ teaspoon black pepper
- 2 cups low-sodium broth
- 6 Tablespoons flour
- 1 cup plain yogurt or low-fat sour cream
- 4 cups cooked whole-wheat pasta

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large skillet or electric skillet, heat beef with onions, mushrooms, garlic, salt, and pepper. Remove from skillet.
3. In the same skillet, mix together ½ a cup of broth and flour. Heat, stirring constantly, until thick. Add remaining broth.
4. Reduce heat to low. Add yogurt and stir until combined.
5. Add meat mixture and heat through.
6. Serve over hot whole-wheat pasta.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

1-877-219-4646 | <https://uwyocnp.org/> | cnp-info@uwyo.edu

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