

Beef & Mushroom Stroganoff

Makes 4 servings | Protein • Grains

Ingredients

- 1 pound raw, ground beef or 14.5-ounce can beef
- ½ cup chopped onion
- ½-1 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 or egg noodles

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Cook pasta, following package instructions, if not already cooked.
3. Heat a large skillet or electric skillet. If using raw, ground beef, brown it. Drain off fat. Then add in onions, mushrooms, garlic, salt, and pepper and heat through. If using canned beef, heat beef with onions, mushrooms, garlic, salt, and pepper.
4. Remove from skillet.
5. In the same skillet, mix together ½ a cup of broth and flour. Heat, stirring constantly, until thick. Add remaining broth.
6. Reduce heat to low. Add yogurt or sour cream and stir until combined.
7. Add meat mixture and heat through.
8. Serve over hot whole-wheat pasta or egg noodles.



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.

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