

BEEF STROGANOFF

4 SERVINGS

INGREDIENTS	MEASURE	DIRECTIONS
Chopped Onion	½ cup	<ol style="list-style-type: none"> 1. In non-stick frying pan, sauté onions over medium heat until translucent, approx. 5 minutes. 2. Add beef, cook for 5 minutes or until tender and browned through. Drain, then set aside. 3. Fill large pot ¾ full with water, bring to boil. Add noodles, cook until al denté, 10 – 12 minutes, drain. 4. In a saucepan, whisk soup, water, & flour over medium heat. Stir until sauce thickens, approx. 5 minutes. Add soup mixture & paprika to beef in frying pan. 5. Over medium heat, stir until warmed through. Remove from heat, & add sour cream. Stir until combined. 6. To serve, divide pasta into portions, approximately 2 ½ cups each. Top with beef mixture and serve immediately.
Boneless Beef Round Steak, cut ¾ in. thick, fat removed	½ lbs	
Uncooked Yolkless Egg Noodles	4 cups	
Fat-free Cream of Mushroom Soup (undiluted)	½ can	
Water	½ cup	
All-Purpose Flour, plain	1 tbsp	
Paprika	½ tsp	
Fat-Free Sour Cream	½ cup	

NUTRITION ANALYSIS			
SERVING SIZE: 2 ½ cups			
273	Calories	2	Fiber (g)
20	Protein (g)		Vitamin C (mg)
5	Total Fat (g)		Vitamin A (IU)
2	Saturated Fat (g)	~26	Calcium (mg)
193	Sodium (mg)	~5	Iron (mg)

MEAL PATTERN	
(Based on Serving Size)	
1	Meat/Meat Alternative
1	Fruit/Vegetable
2	Grains/Breads