

Beef Stroganoff

Recipe By C-

This recipe makes: ten 2 unit servings (1/2 cup beef mixture + heaping 1/3 cup noodles)

This recipe makes: eight 3 unit servings (2/3 cup beef mixture + 1/2 cup noodles)

This recipe makes: six 4 unit servings (1 cup beef mixture + heaping 2/3 cup noodles)

This recipe makes: four 5 unit servings (1 1/4 cup beef mixture + 1 cup noodles)

Ingredients:

- 1 1/2 pounds boneless Sirloin Steak, trimmed of all fat
- Canola Oil Cooking Spray
- 3 cups sliced Bella mushrooms (about 8 oz.)
- 1/2 cup chopped Yellow Onion
- 1 Tbsp. Smart Balance Butter
- 2 Tbsp. All-purpose Flour
- 1 cup fat-free, low-sodium Beef Broth (Vegetarians use Low-Sodium Veggie Broth)
- 1/8 cup Braggs Liquid Amino's
- 1/4 tsp. Ground Black Pepper
- 3/4 cup Light Sour Cream
- 4 cups hot cooked Egg Noodles (8oz. un cooked)
- 3 Tbsp. minced fresh Flat-Leaf Parsley

Directions:

Step 1:

Cut the beef diagonally across the grain into 1/4" wide strips; cut the strips into 2 " pieces. Place a medium sized bowl with a lid, the beef strips, sliced mushrooms and chopped onion near your stove top. Boil your noodles in a big pot of water as directed on the package.

Step 2:

Heat a large non-stick skillet over medium-high heat. Coat with Canola cooking spray. Add the beef strips; sauté 2 minutes or until lightly browned. Remove beef from pan; place in a medium bowl and keep warm. Add the mushrooms and onion to the same pan; sauté 4 minutes. Add to the beef in the bowl; keep covered.

Step 3:

Melt the butter in the same pan now over medium heat. Add the flour. Cook 1 minute, stirring with a whisk. Gradually add the broth, stirring constantly. Cook 1 minute or until thickened and bubbly, stirring constantly.

Step 4:

Add the beef mixture, Liquid Aminos and pepper to the pan; bring to a boil. reduce the heat and simmer 4 minutes. remove from heat; let stand 30 seconds. Stir in Sour Cream.

Step 5:

Combine the cooked noodles and the minced parsley in a bowl.

Portion out your noodle amount in your bowl.

Portion out your beef mixture and place on-top of your noodles.

Enjoy!