

## Beef Strips in Tomato-Basil Sauce

## INGREDIENTS

- » 1 tbsp white cooking wine
- » 1/2 cup plain nonfat yogurt
- » 3/4 cup low-fat sour cream
- » 1 tsp sugar
- » 1 tbsp flour
- » 1/4 tsp salt
- » 1/8 tsp pepper
- » 1 tsp dried basil
- » 1 (14 1/2-oz) can, stewed tomatoes, sliced
- » Nonstick vegetable cooking spray
- » 2 tsp vegetable oil, divided
- » 12 oz beef sirloin steak, boneless, cut across grain into 1/8" strips

- » 1/2 cup onion, sliced thin
- » 2 cups mushrooms, sliced
- » 8 oz spaghetti noodles, cooked according to directions, without salt or fat

### Nutritional Content

Per Serving

Calories	472 cal	Cholesterol	67mg
Protein	301g	Sodium	475mg
Carbohydrate	55g	Calories from Fat	22%
Fat	12g	Fiber	4g
Saturated Fat	4g		

## Beef Strips in Tomato-Basil Sauce

## INSTRUCTIONS

In a medium bowl, mix cooking wine, yogurt, sour cream, sugar, flour, salt, pepper, basil, and tomatoes. Set aside. In a large skillet, sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil. When hot, add beef strips and cook until meat is no longer pink. Remove beef from the skillet. Add 1 tsp vegetable oil and onions. Sauté 2 to 3 minutes and add mushrooms. Sauté until soft. Add tomato mixture and cook 4 to 5 minutes until thickened. Add beef strips back and heat thoroughly. Serve over spaghetti noodles. Serves 4.

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