

Beef and Mushroom Stroganoff

INGREDIENTS

- » 1 lb beef sirloin steak, boneless
- » 1 cup (8 oz) plain low-fat yogurt
- » 1 tbsp flour
- » 2 tsp instant beef bouillon granules
- » 2 tsp Dijon mustard
- » 1/2 tsp thyme
- » 2 tsp Worcestershire sauce
- » Nonstick vegetable cooking spray
- » 1 tbsp vegetable oil, divided
- » 3 cups mushrooms, sliced
- » 1/2 cup onion, chopped
- » 2 tbsp white cooking wine
- » 1/3 cup water
- » 8 oz fettuccini noodles, cooked according to directions without salt or fat

Nutritional Content

Per Serving

Calories	460 cal	Cholesterol	70mg
Protein	36g	Sodium	234mg
Carbohydrate	49g	Calories from Fat	21%
Fat	11g	Fiber	4g
Saturated Fat	3g		

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INSTRUCTIONS

Cut steak in half lengthwise and slice across the grain into 1/4" wide strips. In a small bowl stir together yogurt, flour, bouillon granules, mustard, thyme, and Worcestershire sauce. Set aside. In a large skillet sprayed with nonstick vegetable cooking spray, over medium-high heat, add 1 tsp vegetable oil. Add mushrooms and onion. Sauté until tender, about 4 minutes. Remove mushrooms and onion from the skillet. Increase heat slightly, add 2 tsp vegetable oil and when hot, add beef strips. Cook 2 to 5 minutes or until done. Remove beef from the skillet. Add wine and water to the skillet and bring to a boil. Add yogurt mixture, mushrooms, onions, and beef back to the skillet. Cook and stir until thickened and bubbly. Serve over fettuccini noodles. Serves 4.