

## Beef and Mushroom Stroganoff

## INGREDIENTS

- » 1/4 lb beef sirloin steak, boneless
  - » 1/4 cup plain low-fat yogurt
  - » 1 tsp flour
  - » 1/2 tsp instant beef bouillon granules
  - » 1/2 tsp Dijon mustard
  - » Pinch of thyme
  - » 1/2 tsp Worcestershire sauce
  - » Nonstick vegetable cooking spray
  - » 1 tsp vegetable oil
  - » 3/4 cup mushrooms, sliced
  - » 2 tbsp onion, chopped
  - » 1/2 tbsp white cooking wine
  - » 1 tbsp water
- » 2 oz fettuccini noodles, cooked according to directions without salt or fat

### Nutritional Content

Per Serving

Calories	469 cal	Cholesterol	70mg
Protein	36g	Sodium	194mg
Carbohydrate	49g	Calories from Fat	23%
Fat	12g	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 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. Add beef strips and cook 2 to 5 minutes or until done. Add wine and water to the skillet. Add yogurt mixture. Cook and stir until thickened and bubbly. Serve over fettuccini noodles. Serves 1.

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