

Beef Stroganoff

Rating: ★★★★★

Makes: 5 servings

Ingredients

- 1 pound beef (lean, top round)
- 2 teaspoons vegetable oil
- 3/4 tablespoon onion (finely chopped)
- 1 pound mushroom (sliced)
- 1/4 teaspoon salt
- black pepper
- 1/4 teaspoon nutmeg
- 1/2 teaspoon basil (dried)
- 1/4 cup white wine
- 1 cup yogurt (plain, low-fat)
- 6 cups macaroni (cooked in unsalted water)

Directions

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in non-stick skillet. Saute onion for 2 minutes.
2. Add beef and saute for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; saute mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

Notes

If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	7 g	11%
Protein	32 g	
Carbohydrates	60 g	20%
Dietary Fiber	4 g	16%
Saturated Fat	2 g	10%
Sodium	250 mg	10%

thickening power. These calories are not figured into the nutrients per serving.