



Beef Stroganoff

Serving size: 6 ounces

Yield: 5 servings

Ingredients:

- 1 pound lean beef (top round)
- 2 teaspoons vegetable oil
- ¾ tablespoon onion, finely chopped
- 1 pound mushrooms, sliced
- ¼ teaspoon salt
- Black pepper to taste
- ¼ teaspoon nutmeg
- ½ teaspoon dried basil
- ¼ cup white wine
- 1 cup plain yogurt, low-fat
- 6 cups cooked macaroni, cooked in unsalted water



Directions:

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in a non-stick skillet. Sauté onion for 2 minutes.
2. Add beef and sauté for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; sauté 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.

Note: If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double thickening power. These calories are not figured into the nutrients per serving.

Nutrition Facts: Calories: 499; Total fat: 10 g; Saturated fat: 3 g

Source: *A Healthier You*, Centers for Disease Control and Prevention



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