

Beef Stroganoff

1	lb	Beef strips, sliced (Carne Asada beef, cut into 1/2" x 1" strips)	1/2	cup	Sour cream
2	tbsp	Olive oil	1 1/2	cup	Egg noodles
2	tbsp	butter	1/2	cup	Flour
1/2		Onion, finely chopped	1/4	tsp	Garlic powder
8	oz	Mushrooms sliced	1/4	tsp	Onion powder
1 1/2	cup	Beef broth	1/4	tsp	Salt
1	can	Cream of mushroom soup, reduced fat and sodium	1/8	tsp	Ground Black Pepper

- Mix together flour, garlic and onion powder, salt and pepper.
- Prepare beef. Coat evenly with flour mixture
- Heat olive oil in skillet. Cook beef and onion over medium heat until beef is cooked through and onion is tender. Add broth and soup, stir until well mixed and heated. Add mushrooms and butter, stir. Allow to simmer while cooking noodles.
- Cook 1 1/2 cups of dry egg noodles according to package directions.
- When noodles are cooked, drain. While draining, add sour cream to the stroganoff mixture and allow to warm. Serve immediately over noodles.

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Degree of Difficulty

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Nutrition Facts

Serving size: 1/6 of a recipe (20.6 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	706.12
Calories From Fat (46%)	323.19
	% Daily Value
Total Fat 36.15g	56%
Saturated Fat 14.64g	73%
Cholesterol 143.76mg	48%
Sodium 912.41mg	38%
Potassium 1430.1mg	41%
Total Carbohydrates 21.37g	7%
Fiber 1.43g	6%
Sugar 2.25g	
Protein 70.47g	141%
MyPoints 16.85	

Recipe Type: Main Dish, Meat, Pasta