

creamy beef stroganoff

Serves: 8

Prep and Cook time: 20 min

Per serving: 240 calories, 10.7 g fat, 77 mg sodium

1 (12-oz.) package
wide egg noodles

1 lb. lean ground beef

1 TBS mustard

1/4 cup diced onions

2 TBS flour

1 cup sour cream

1 cup sliced mushrooms

1/4 cup water

(low fat
recommended)

1/4 tsp ground black pepper

2 tsp olive oil

1. Prepare egg noodles according to package. Drain well and set aside.
2. In a large skillet over medium heat, sauté onions and mushrooms in olive oil for 8 minutes. Remove to a side bowl. In the same skillet, brown beef until no longer pink. Drain well and return to heat.
3. Return onions and mushrooms to the skillet. Add flour and pepper. Stir well to coat meat, onions, and mushrooms. Add water and mustard. Cook 10 minutes, stirring often.
4. Reduce heat and stir in sour cream. Heat gently for 3 minutes. Serve hot over noodles.

Vary It! Use sirloin beef chunks in place of ground beef.

