



Skinny Beef Stroganoff



Our Beef Stroganoff has the same savory flavor of the traditional recipe but significantly reduces the fat and calories.

Course dinner, lunch
Keyword pasta

Prep Time 15 minutes

Cook Time 41 minutes

Total Time 56 minutes

Servings 6 servings, approx. 1½ cups each

Calories 323 kcal

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Ingredients

- 3 tsp. olive oil, divided use
- 1½ lbs. extra lean beef sirloin, cut into thin strips
- 1 medium onion, chopped
- 8 oz. sliced mushrooms
- 3 Tbsp. whole-wheat flour
- 4 cups low-sodium organic beef broth
- ¾ tsp. sea salt (or Himalayan salt)
- ½ tsp. ground black pepper
- 5 oz. dry whole-wheat egg noodles
- ½ cup reduced fat (2%) plain Greek yogurt
- 2 Tbsp. parsley, finely chopped

Instructions

1. Heat 1 tsp. oil in large nonstick skillet over high heat.
2. Add beef; cook, stirring frequently, for 4 to 5 minutes, or until browned. Remove from skillet. Set aside.
3. Heat 1 tsp. oil in same skillet over medium-high heat.
4. Add onion; cook, stirring frequently, for 3 to 4 minutes.
5. Add mushrooms; cook, stirring frequently, for 4 to 6 minutes, or until most liquid is absorbed.
6. Add remaining 1 tsp. oil; cook, stirring occasionally, for 1 minute.
7. Add flour; cook, stirring frequently, until onion mixture is evenly coated.
8. Add broth slowly, stirring constantly. Season with salt and pepper. Bring to a boil. Reduce heat to medium-low; cook, stirring frequently, for 8 to 10 minutes.
9. Add beef and egg noodles. Mix well; cover. Cook for 8 to 10 minutes, or until noodles are soft. Remove from heat.
10. Add yogurt; mix well.
11. Serve garnished with parsley.

Recipe Notes

The Nutrition Facts box below provides estimated nutritional information for this recipe.

Nutrition Facts	
Skinny Beef Stroganoff	
Amount Per Serving (1 serving)	
Calories 323	Calories from Fat 90
% Daily Value*	
Fat 10g	15%
Saturated Fat 3g	19%
Cholesterol 89mg	30%
Sodium 461mg	20%
Carbohydrates 23g	8%
Fiber 3g	13%
Sugar 4g	4%
Protein 34g	68%
* Percent Daily Values are based on a 2000 calorie diet.	