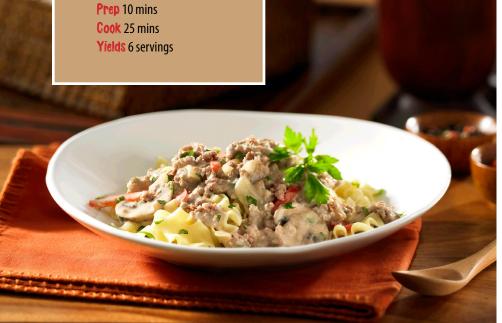


All for the Beef Stroganoff



Shopping List



Extra lean ground beef, sirloin or round Broad curly egg noodles Mushrooms Onion Sweet red pepper Garlic cloves Condensed fat-reduced cream of mushroom soup Light sour cream Worcestershire Sauce or Dijon mustard Fresh parsley Paprika

Ingredients

4 cups (1 L) broad curly egg noodles 1 lb (500 g) extra lean ground beef sirloin or round or extra lean ground beef 2 cup (500 mL) sliced mushrooms 1 large onion, chopped 1 small sweet red pepper, thinly sliced 2 cloves garlic, minced 1 can (10 oz/284 mL) condensed fat-reduced cream of mushroom soup ³/₄ cup (175 mL) light sour cream 1 tbsp (15 mL) Worcestershire Sauce or Dijon mustard Chopped fresh parsley and paprika

Instructions

- 1. Cook noodles according to package directions. Drain and set aside.
- 2. Cook beef, mushrooms, onion, red pepper and garlic in same pasta pot until meat is thoroughly cooked and any liquid has evaporated. Stir in soup, sour cream, 1/4 cup (50 mL) water and Worcestershire sauce; simmer 10 minutes.
- 3. Serve over hot egg noodles. Garnish with minced fresh parsley and paprika.



Skillet Ground Beef Stroganoff



This recipe has all the flavours and satisfaction of a traditional beef stroganoff recipe without all the work. Serve over broad egg noodles.

Good source of iron (21% DV) and excellent source of zinc (44% DV), 25% DV sodium.

Nutrition Facts	
Amount	
Calories	289
Protein	22 g
Fat	8 g
Carbohydrate	32 g

notes

Recipe and image courtesy of Canada Beef https://canadabeef.ca/recipe/skillet-ground-beef-stroganoff/