

## Classic Beef Stroganoff

Tender strips of steak and hearty mushrooms cooked in sour cream and served over egg noodles. Try this classic beef recipe today.

## INGREDIENTS

- 1 beef Top Sirloin Steak Boneless 1 inch thick (about 1 pound)
- 1 tablespoon minced garlic
- 1/2 teaspoon dried thyme leaves
- 2 teaspoons vegetable oil, divided
- 1/2 teaspoon salt, divided
- 1/4 teaspoon pepper
- 1-1/3 cups diced onions
- 8 ounces sliced mushrooms
- 3 tablespoons all-purpose flour
- 1-1/2 cups reduced-sodium beef broth
- 1/2 cup dairy sour cream
- 2 cups hot cooked whole wheat egg noodles
- 2 tablespoons chopped fresh parsley leaves (optional)



1.00	4	42 Cal	35g
Hours	Servings		Protein

## COOKING

1. Cut beef Top Sirloin Steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine garlic and thyme in large bowl. Add beef; toss to coat.
2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add half of beef; stir fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet. Repeat with remaining beef. Season with 1/4 teaspoon salt and pepper. Keep warm.
3. Heat remaining 1 teaspoon oil in same skillet on medium-high heat until hot. Add onions and mushrooms; cook 8 to 10 minutes until onions begin to caramelize and mushrooms are tender and begin to brown, stirring occasionally. Sprinkle flour over onion mixture; cook and stir 2 minutes. Stir in broth and remaining 1/4 teaspoon salt. Bring to a boil. Cook and stir 4 minutes until thickened. Return beef to skillet; cook on medium-low heat 2 to 4 minutes until heated through. Remove from heat; stir in 1/4 cup sour cream.
4. Season with salt and pepper, as desired. Serve over noodles. Top each serving with a dollop of remaining 1/4 cup sour cream. Garnish with parsley, if desired.

## NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
4		14g	122mg		32g	35g	1	0

\*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com