

## 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

<sup>\*</sup>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.

 $Courtesy\ of\ BeefIts Whats For Dinner.com$