WHAT'S COOKING IN THE MARKET?
Beef Stroganoff

Servings: 5

Ingredients

1 pound beef (lean, top round)
2 teaspoons vegetable oil
3/4 tablespoon onion (finely chopped)
1 pound mushroom (sliced)
1/4 teaspoon salt
black pepper
1/4 teaspoon nutmeg
1/2 teaspoon basil (dried)
1/4 cup white wine
1 cup yogurt (plain, low-fat)
6 cups macaroni (cooked in unsalted water)

Directions

1. Cut beef into 1-inch cubes. Heat 1 teaspoon oil in non-stick skillet. Saute onion for 2 minutes.

2. Add beef and saute for additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.

3. Add remaining oil to pan; saute mushrooms.

4. Add beef and onions to pan with seasonings.

5. Add wine and yogurt; gently stir in. Heat, but do not boil.

6. Serve with macaroni.

If thickening is desired, use 2 teaspoons cornstarch; calories are the same as flour, but cornstarch has double thickening power. These calories are not figured into the nutrients per serving.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	440	
Total Fat	7g	11%
Saturated Fat	2g	10%
Trans Fat		
Cholesterol		
Sodium	250mg	10%
Carbohydrates	60g	20%
Dietary Fiber	4g	16%
Sugars		
Protein	32g	

MYPLATE FOOD GROUPS

- Grains
- Fruits
- Vegetables
- Protein
- Dairy

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