

# Healthier Beef Stroganoff

SERVING: 1 CUP  
YIELD: 6

PREP TIME: 10 MIN  
TOTAL TIME: 30 MIN

## Ingredients

- Cooking Oil Spray
- 1 lb 93/7 Lean Ground Beef
- 1 tsp Black Pepper
- 1/4 tsp Salt
- 1 tbsp Olive Oil
- 1 tbsp Margarine (made with Olive Oil)
- 1 carton Sliced Fresh Mushrooms (16 oz)
- 1 small Onion, chopped
- 1/2 tbsp Minced Garlic (about 3 cloves garlic)
- 2 cups plus 2 tbsp Unsalted Beef Broth
- 1/2 bag Egg Noodles (12 oz bag), whole wheat
- 1/2 tbsp Cornstarch
- 1/2 tbsp Dijon mustard
- 1/2 tbsp Worcestershire sauce
- 1/4 cup plain Greek Yogurt, non-fat
- 1/4 cup Fresh Parsley, chopped

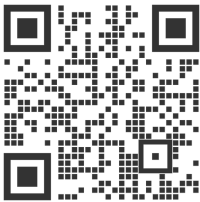
## Directions

1. Heat a large deep skillet over medium-high. Add beef, pepper, and salt and cook 8-10 minutes or until cooked through, crumbling meat throughout. Meanwhile, chop vegetables.
2. Add mushrooms, onion, garlic & pepper to skillet. Cook 2-3 minutes or until onions are tender.
3. Add 2 cups broth & noodles. Cover & cook 15-20 minutes.
4. In a small bowl, mix cornstarch, 2 tbsp beef broth, Dijon mustard, Worcestershire sauce, and yogurt.
5. Remove skillet from heat. Add cornstarch mixture and stir until thickened.
6. Serve topped with parsley.

Nutrition Facts	
6 servings per container	
Serving size	1 cup (0.0g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 240mg	10%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 24g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 3.4mg	20%
Potassium 340mg	8%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

\*Recipe adapted from  
onieproject.org

\*Cost information includes lower  
cost ingredients found at local  
grocery store 9/19/22.



Cost Per Recipe	Cost Per Serving
\$11.93	\$1.98



Nonfat Greek Yogurt

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 60	
Percent Daily Values*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 50mg	2%
Total Carbohydrate 4g	1%
Dietary Fiber 0g	0%
Sugars 4g	
Protein 11g	22%

\*Percent Daily Values are based on a 2,000 calorie diet.



Sour Cream

Nutrition Facts	
Serving Size 100 grams	
Amount Per Serving	
Calories 200	Calories from Fat 150
Percent Daily Values*	
Total Fat 17g	26%
Saturated Fat 12g	60%
Trans Fat 0g	
Cholesterol 67mg	22%
Sodium 50mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 3g	6%

\*Percent Daily Values are based on a 2,000 calorie diet.

Made by **kurbo**

## THIS OR *THAT*?

*ditch your sour cream and try greek yogurt!*

### GREEK YOGURT



Loaded with protein  
Tasty source of calcium  
Good for your belly  
Less calories and fat  
Contains vitamins B6 and B12  
Keeps you fuller longer  
Naturally thickened, not filler

### SOUR CREAM

Minimal protein  
Small amounts of calcium  
Very little iron  
90% of calories are from fat  
High calories for small serving size  
Thickened with chemicals

