

Beef Stroganoff with Egg Noodles



Makes 6 servings.

Per serving: 427 calories, 23 g protein,
54 g carbohydrate, 14 g fat, 41 mg cholesterol,
5 g fiber, 406 mg sodium

INGREDIENTS:

- 12 oz** medium package yolk-free egg noodles
- 1 tsp** vegetable oil
- 3/4 lb** beef tenderloin or top round,
cut into thin strips
- 1/4 tsp** salt
- 8 oz** shiitake mushrooms, stems removed
and caps sliced
- 1 1/2 Tbsp** whole-wheat flour
- 2 cups** vegetable or beef broth
- 1 tsp** Worcestershire sauce
- 1/4 cup (2 oz)** reduced-fat sour cream
- 2 Tbsp** chopped parsley

DIRECTIONS:

- 1.** Prepare the noodles according to package directions. Drain and place in a serving bowl.
- 2.** Meanwhile, heat the oil in a large nonstick skillet over medium-high heat. Sprinkle the beef with the salt. Place in the skillet and cook, turning occasionally, for 3 minutes or until browned. Remove to a plate and keep warm.
- 3.** Coat the skillet with cooking spray and reduce the heat to medium. Add the mushrooms and cook, stirring occasionally, for 3 minutes or until they begin to release liquid. Sprinkle with the flour and cook, stirring constantly, for 1 minute. Add the broth and Worcestershire sauce and cook, stirring for 3 minutes or until slightly thickened.
- 4.** Remove from the heat. Stir in the beef, sour cream, and parsley. Serve over the noodles.