

Beef Stroganoff

Lean top round beef and plain low-fat yogurt transform this rich dish into a heart healthy meal.

Recipe details

Servings: 5

Serving size: 6 ounces

Ingredients

- 1 pound lean beef (top round), cubed
- 2 teaspoons vegetable oil
- $\frac{3}{4}$ tablespoon onion, finely chopped
- 1 pound mushrooms, sliced
- $\frac{1}{4}$ teaspoon salt
- pepper to taste
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ teaspoon dried basil
- $\frac{1}{4}$ cup white wine
- 1 cup plain low-fat yogurt
- 6 cups macaroni, cooked in unsalted water

Instructions

1. Cut beef into 1-inch cubes.
2. Heat 1 teaspoon of oil in a nonstick skillet. Sauté onion for 2 minutes.
3. Add beef and sauté for 5 minutes more. Turn to brown evenly.
Remove from the pan and keep hot.
4. Add remaining oil to the pan and sauté mushrooms.
5. Add beef, onions and seasonings.
6. Add wine and yogurt, and gently stir to mix. Heat, but do not boil.*
7. Serve with macaroni.

* If thickening is desired, use 2 teaspoons of cornstarch. It's equal to flour in calories, but cornstarch has double the thickening power. The nutritional information for cornstarch is not listed. To add cornstarch, put a small amount of wine and yogurt broth aside to cool. Stir in cornstarch. Add some of the warm broth to the cornstarch paste and stir. Then add the cornstarch mixture to the pan.

Each serving provides

Calories: 499

Total fat: 10 grams

Saturated fat: 3 grams

Cholesterol: 80 milligrams

Sodium: 200 milligrams

Total fiber: 4 grams

Protein: 41 grams

Carbohydrates: 58 grams

Potassium: 891 milligrams

Source

National Heart, Lung, and Blood Institute; National Institutes of Health; U.S. Department of Health and Human Services

