



Low Fat Beef Stroganoff

Courtesy Chef Bryan Woolley

1 pound lean beef, thinly sliced
1 medium onion, chopped
1 cup sliced button mushrooms
3 cloves garlic, minced
3 cups low sodium and low fat beef stock
2 tsp thyme
1 bay leaf
¼ cup fat free sour cream
1 tablespoon Dijon mustard
1 package whole wheat noodles
Salt and freshly cracked pepper
Extra virgin olive oil spray

1. Heat a large skillet on the stove and lightly spray with olive oil to lightly coat the bottom of the pan.
2. Add the meat, onions, mushrooms, and garlic. Sauté until the meat is thoroughly cooked through. (About 10 minutes)
3. Add the beef stock to de-glaze the pan.
4. Add the thyme and bay leaf.
5. Simmer for approximately 30 minutes. (Do not allow to boil dry)
6. While the stroganoff is simmering, cook the noodles as directed.
7. Add the fat free sour cream and the Dijon mustard to the stroganoff. Be sure to stir well.
8. Serve over prepared noodles. Serves 8

Nutrition Facts

Serving Size: 1cup Stroganoff over ¾ cup noodles

Calories	320
Total Fat	6g
Saturated Fat	2g
Cholesterol	35mg
Sodium	190mg
Carbohydrates	47g
Dietary Fiber	5g
Sugars	2g
Protein	23g

Diabetic Exchanges

Protein	3
Fat	1
Carbohydrates	3