

BEEF STROGANOFF

From Stay Young at Heart: National Heart Lung & Blood Institute
<http://www.nhlbi.nih.gov/health/public/heart/other/syah/beefstro.htm>

Ingredients

- 1 lb. lean beef (top round)
- 2 tsp. vegetable oil
- 3/4 tbsp. finely chopped onion
- 1 lb. sliced mushrooms
- 1/4 tsp. salt
- To taste pepper
- 1/4 tsp. nutmeg
- 1/2 tsp. dried basil
- 1/4 C white wine
- 1 C plain low-fat yogurt
- 6 C cooked macaroni, cooked in unsalted water

Directions

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

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

Makes 5 servings (Serving Size: 6 oz.)

Nutritional information per serving (5 servings)

Calories: 499

Total fat: 10 g

Saturated fat: 3 g

Cholesterol: 79 mg

Sodium: 200 mg

