

Beef Stroganoff

Serve with smothered cabbage

<u>U.S.</u>		<u>Metric</u>
10 oz	Whole Wheat Egg Noodles	400 g
1 tbsp	Canola Oil	15 mL
1 lb	Flank Steak, sliced thin against the grain	455 g
1/2 tsp	Salt	2.5 g
1/4 tsp	Black Pepper	1.25 g
1 each	Yellow Onion, sliced thin	110 g
16 oz	Mushrooms, sliced	452 g
3 cloves	Garlic, minced	9 g
2 tbsp	Flour, all purpose	30 g
1/2 cup	Red Wine	119 g
2 cups	Beef Stock, low sodium	474 g
1 cup	Water	237 mL
1 tbsp	Thyme, fresh	3.6 g
1 1/2 tbsp	Creole Mustard	11 g
1/2 cup	Yogurt, plain	118.5 g

Preparation:

1. Gather all ingredients and equipment.
2. Fill pot with 4 to 6 quarts of water and place on burner to boil.
3. When water boils add egg noodles and cook 4 to 5 minutes until noodles are tender and strain.
4. Heat large saute pan with canola oil.
5. Season the flank steak on both sides with salt and pepper and add the steak to the hot pan. Sear the steak on either side until golden brown, about 3-4 minutes per side.
6. Remove the steak from the pan after searing and reserve it for later. Add the onion and mushrooms and sauté the vegetables for 4-5 minutes or until the mushrooms and onions start to turn golden brown.
7. Add the garlic and sauté for an additional 30-45 seconds. Evenly coat the vegetables with the flour and stir well.
8. Add the red wine and use the wooden spoon to scrape any brown bits from the bottom of the pan. Immediately add the stock and water.
9. Add back the seared steak back to the pan with the thyme. Bring the liquid to a boil then reduce it to a simmer. Simmer the liquid for 10-12 minutes.
10. Remove the pan from the heat and add the mustard and yogurt. Stir vigorously so the ingredients become fully incorporated and serve.

****Nutrition Facts on Reverse**

Nutrition Facts	
Serving size	3/4 cup
Servings	8
Calories	310
Calories from Fat	70
Total Fat	8 g
Saturated Fat	2.5 g
Trans Fat	0 g
Monounsaturated Fat	3 g
Cholesterol	70 mg
Sodium	410 mg
Carbohydrates	36 g
Dietary Fiber	6 g
Sugars	5 g
Protein	22 g
Vitamin A	15 %
Calcium	10 %
Vitamin C	40 %
Iron	20 %
Phosphorus	229 mg
