



Beef Stroganoff Recipe

Ingredients:

1 Pound lean ground beef
½ Tbsp. olive oil
1 Medium onion, diced
1 Cup mushrooms, sliced
2 Clove garlic
½ Tsp. salt
¼ Tsp. pepper
2 Tbsp. flour
¼ Cup skim milk
1 Can of Half-fat cream of mushroom soup
1 Cup fat-free Greek yogurt 3 cups cooked whole wheat angel hair pasta or spaghetti squash

To prepare:

Brown the ground beef, onions and mushrooms in a skillet with the olive oil. Add garlic, salt and pepper, and cook for another 5 minutes.

Stir in milk, flour, soup, as well as Greek yogurt and cook for 2-3 minutes to allow flavors to distribute. Serve over top of noodles or cooked spaghetti squash.

Per serving (makes 6):

Calories: 273

Carbs: 9g

Fat: 13.6g

Protein: 27.8g

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