



Reach



Racial & Ethnic Approaches
to Community Health

GREENWOOD LEFLORE HOSPITAL

*Made possible with funding from the
Centers for Disease Control & Prevention*

Beef Stroganoff / Ingredients

1 pound beef (lean, top round)

2 teaspoons vegetable oil

$\frac{3}{4}$ tablespoon onion (finely chopped)

1 pound mushrooms (sliced)

$\frac{1}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon black pepper

$\frac{1}{4}$ teaspoon nutmeg

$\frac{1}{2}$ teaspoon basil (dried)

$\frac{1}{4}$ cup white wine (or applejuice or beef stock)

1 cup yogurt (plain, low-fat)

6 cups macaroni (cooked in unsalted water)

Recipe inspired by [USDA.gov/whatscooking](https://www.usda.gov/whatscooking)

Cooking Instructions

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

Nutritional Information

Yield: 5 servings

Each serving provides:

Calories: 440

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 45 mg

Sodium: 250 mg

Fiber: 4 g

Protein: 32 g

Carbohydrate: 60 g