



## Beef Stroganoff

### Ingredients

1 pound lean ground beef  
  
8 ounces fresh mushrooms, sliced  
  
½ cup onion, chopped  
  
2 garlic cloves, minced  
  
¼ cup flour  
  
1 (10½-ounce) can condensed beef broth  
  
½ cup low-fat sour cream  
  
dash of paprika  
  
Makes 6 servings

### Instructions

1. In frying pan over medium high heat cook beef, mushroom, onion, and garlic. Stirring constantly until lightly browned. Set aside.
1. In small bowl combine flour with ½ cup broth, blend well then add to meat mixture.
2. Add remaining broth to meat mixture. Simmer until thickened.
3. Stir in sour cream, sprinkle with paprika and cook slowly until heated thoroughly. Do not boil.

### Note:

- Serve over hot cooked noodles or rice.

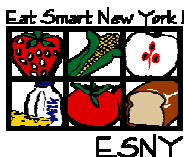
### Nutrition Facts

Serving Size 2 cups	
Servings Per Container 6	
<b>Amount Per Serving</b>	
<b>Calories 200</b>	<b>Calories from Fat 90</b>
<b>% Daily Value*</b>	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 610mg</b>	<b>25%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 19g</b>	
Vitamin A 2%	• Vitamin C 2%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

45% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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