

BEEF STROGANOFF

Source: **BETTER HOMES & GARDENS Great Cooking For 2**

Cook/Prep Time: 50 minutes

INGREDIENTS:

8 oz boneless beef sirloin steak
1/2 C dairy sour cream OR plain yogurt
1 TBS all-purpose flour
1 TBS tomato paste
2 tsp Dijon-style mustard
2 tsp Worcestershire sauce
1 tsp instant beef bouillon granules
1 tsp caraway seed
1/3 C water
1 small onion, sliced/separated into rings
1 C sliced fresh mushrooms
1 clove garlic, minced
1 TBS butter or margarine
3 C hot cooked noodles

DIRECTIONS:

Trim fat from beef - partially freeze beef 30 minutes - thinly slice across grain into bite-size strips - set aside.

For sauce: in bowl, stir together sour cream, flour, tomato paste, mustard, Worcestershire sauce, bouillon granules, caraway seed & 1/3 C water - set aside.

In large skillet, cook/stir beef, onion, mushrooms & garlic in butter over medium heat till meat is of desired doneness & vegetables are tender - add sauce - cook/stir till thickened & bubbly. Cook/stir 1 more minute. Serve over hot cooked noodles.

Serves: 2

[per serving: calories: 716; protein: 42g; carbohydrates: 74g; total fat: 29g; saturated fat: 12g; cholesterol: 177mg; sodium: 914mg; potassium: 752mg]