

Easy Beef Stroganoff (for 4)

Recipe Cookbook: Tupperware Recipes

Prep Time: 15 minutes

Cooking Time: 15-20 minutes

INGREDIENTS:

2 C Beef Mix, (see recipe below) 1 garlic clove, minced
1 can (6 - 6 1/2 oz) sliced mushrooms, drained
1 can (10 3/4 oz) cream of chicken soup, low-sodium, low-fat
1 C sour cream, regular or fat-free 2 TBS catsup
wide egg noodles, cooked & buttered (optional) 2 TBS Minced fresh parsley

DIRECTIONS:

1. In TupperWave® 3-qt Casserole, combine Beef Mix, garlic, mushrooms, soup & catsup. Microwave on High 10-15 minutes, stirring once or twice, till very hot, but not boiling. Stir in sour cream & parsley - microwave additional 5 minutes, but do not boil.
2. Serve, if desired, over noodles.

Beef Mix

6 lbs lean ground beef 3 C carrots, chopped
3 C celery, chopped 3 C onions, chopped
3 C green bell peppers, chopped 1 tsp salt
1 tsp pepper

1. In colander, set over TupperWave® 3-qt Casserole, place about half the beef & vegetable mixture in a circle arrangement, leaving a hole in the center. Cover with TupperWave™ matching cover - microwave on High 8-10 minutes, stirring once or twice, to break up meat. Stir again & continue to microwave 5-8 minutes, till meat is no longer pink & vegetables are crisp & tender.
2. Drain & place in Thatsa™ Bowl. Repeat procedure for remaining mixture & place in same bowl.
3. Mix can be refrigerated for 2-3 days. Beef Mix will make 6 main dish recipes of 4 servings.