

BEEF STROGANOFF

Servings 12

Macros 374 Calories 13 Fat 28 Carbs 34 Protein

Ingredients:

3 Pounds of beef stew meat cut in small bite size pieces
2 Packages of Lipton onion soup mix
1 Bags of wide noodles
1 Pound fresh mushrooms
4 Cups Beef Broth
1 Cup of hot water
¼ C tablespoons of flour
2 Cups no fat Greek yogurt
1/2 Cup Holland house burgundy cooking wine optional

Directions

1. In an 8qt. Sauce pot, 1 tablespoon of olive oil, 1 tablespoon of butter, 1 tablespoon of Worcestershire sauce. Sauté the meat in batches until all the meat has been browned on all sides.
2. Add all meat back to pot and pour on water and beef broth, add the dry soup mix, add the rinsed mushrooms, and 1/2 cup of wine, leave uncovered, stir frequently, make sure to scrape the bottom of the pot so all the good bits from the sautéing go into your sauce (deglazing). Simmer until beef is fork tender. I tend to leave on medium low for 2-3 hours.
3. While the meat is cooking, boil the water for your noodles. Add salt to the water to season the noodles, and before adding the dry noodles. Cook your noodles according to the package directions.
4. When the meat has about 30 minutes left, mix flour into yogurt and stir to combine. Once well combined, add to meat and stir well.
5. When the sauce is combined you can add the noodles to the sauce or serve them separately.



Note: This is how I made it for the entire family of 8 and to ensure there would be leftovers. It is a very simple recipe to cut in half to cook for 4. This can be converted into a crock pot recipe as well.



Ingredient	Serving	Calories	Fat	Carbs	Protein
Stew Beef	3 lbs	1680	60	0	300
Mushrooms	1 lbs	100	2	18	10
Onion Soup	2 packs	167	0	32	0
Beef Broth	4C	40	0	4	8
Worcestershire Sauce	¼ C	20	0	4	0
Butter	3 TBS	305	35	1	.5
Olive Oil	3 TBS	360	42	0	0
Flour	¼ C	114	.3	24	3.2
Red cooking wine	½ C	200	0	8	0
FF Greek Yogurt	16 Oz	241	0	14	41
Wide noodles	1 bag	1260	15	234	48
Total		4487	154	339	411
Per serving	12	374	13	28	34