

Diabetic-Friendly Pork Stroganoff

Prep: 15 mins **Cook:** 35 mins **Total:** 50 mins **Servings:** 6 **Yield:** 6 servings



Ingredients

6 ounces whole-grain penne pasta
1 ½ cups reduced-sodium beef broth, divided
½ cup sour cream
¼ cup all-purpose flour
1 teaspoon Dijon mustard
¾ teaspoon salt
½ teaspoon chopped fresh thyme

¼ teaspoon ground black pepper
2 tablespoons vegetable oil, divided
1 pound pork tenderloin, cut into 1-inch chunks
1 (8 ounce) package fresh button mushrooms, sliced
1 (8 ounce) package broccoli, cut into bite-sized pieces
1 cup sliced onion
1 tablespoon chopped fresh parsley, or to taste

Directions

Step 1. Bring a large pot of water to a boil. Add penne and cook, stirring occasionally, until tender yet firm to the bite, about 11 minutes.

Step 2. Meanwhile, whisk 1/2 cup broth, sour cream, flour, mustard, salt, thyme, and 1/4 teaspoon pepper together in a small bowl.

Step 3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add pork; cook until browned on all sides, about 5 minutes. Transfer to a bowl. Drain pasta and keep warm.

Step 4. Heat remaining oil in a skillet over medium-high heat. Add mushrooms, broccoli, and onion. Cook, stirring occasionally, until vegetables are lightly browned and crisp-tender, 5 to 7 minutes. Return pork to the skillet. Add remaining broth. Bring mixture to a simmer.

Step 5. Reduce heat to medium. Stir sour cream mixture into the skillet. Cook, stirring frequently, until thickened and bubbly. Gently simmer until pork is cooked through and no longer pink in the center, about 2 minutes more.

Step 6. Serve pork mixture over pasta and sprinkle with parsley and additional black pepper.

Nutrition Facts

Per Serving: 308 calories; protein 20.3g; carbohydrates 32g; fat 11.5g; cholesterol 41mg; sodium 382.6mg.

[Full Nutrition](#)

Source: www.allrecipes.com