

# Beef Stroganoff



## Ingredients

- 1 pound lean beef (top round), cubed
- 2 teaspoons vegetable oil
- $\frac{3}{4}$  tablespoon onion, finely chopped
- 1 pound mushrooms, sliced
- $\frac{1}{4}$  teaspoon salt
- Pepper to taste
- $\frac{1}{4}$  teaspoon nutmeg
- $\frac{1}{2}$  teaspoon dried basil
- $\frac{1}{4}$  cup white wine
- 1 cup plain low-fat yogurt
- 6 cups macaroni, cooked in unsalted water

## Nutrition Facts

**Serving Size:** 6 ounces

**Calories:** 499  
(18% from fat)

**Fat:** 10g  
(saturated 3g)

**Carbohydrate:** 58g

**Protein:** 41g

**Cholesterol:** 80mg

**Fiber:** 4g

**Sodium:** 200mg

**Serves 5**

## Preparation

Cut beef into 1-inch cubes.

Heat 1 teaspoon oil in nonstick skillet. Sauté onion for 2 minutes.

Add beef and sauté for 5 minutes more. Turn to brown evenly. Remove from pan and keep hot.

Add remaining oil to pan and sauté mushrooms. Add beef and onion to pan with seasonings. Gently stir in wine and yogurt. Heat, but do not boil. Serve over macaroni.

*Source: National Heart, Lung and Blood Institute  
Picture may not represent actual recipe.*

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