

Beef Stroganoff over Noodles

Hands-on - 15 min. (a.m.) and 22 min. (p.m.)

Serves 10

Delicious down-home creamy taste. Hard to believe this finds a place on a healthy menu!

Menu

Beef Stroganoff over Noodles
Tossed Salad

1 can (10¾ oz) cream of mushroom soup
(Campbell's Healthy Request)
1 can (14½ oz) beef broth, 1/3 less sodium
1 can (4 oz) sliced mushrooms, drained
3 T cornstarch
¾ tsp dried thyme
¼ tsp garlic powder
1/3 cup Marsala wine (opt)
½ tsp salt (opt)

4-1/2 to 10 hours before serving:

Combine in slow cooker.

1 lg onion, thinly sliced
2½ lbs lean top round or sirloin steak,
well trimmed of fat, cubed

Add and slightly mix to cover meat in sauce.

Cover and cook on LOW 9 to 10 hours or on HIGH 4½ to 5 hours.

Place a large pot of water on to boil.

22 minutes before serving:

1½ cups fat-free sour cream

Stir sour cream into slow-cooker mixture. Beef should easily break apart.

12 oz egg noodles, preferably whole wheat

Add to boiling water. Set timer for 9 minutes.

Meanwhile, see if you can find some raw salad fixings and set table.

12 oz frozen carrots

12 oz frozen green beans



When timer goes off, add to bubbling noodles. Set timer for 1 minute.

Drain noodles and vegetables. Serve beef-and-mushroom sauce over top, with a salad on the side

Nutrition information for 1 cup beef and sauce over 1 cup noodles & vegetables (including optional salt and wine)

Calories	396	Fat	6 g	Fiber	6 g	Sodium	492 mg	Total Carbohydrate	44 g
Calories from Fat	13%	Saturated Fat	2 g	Cholesterol	78 mg	Protein	39 g	Sugars	8 g

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