

From the Kitchen of the

# Cent\$ible Nutrition Program

## Skillet Beef Stroganoff

### Ingredients

- 1 pound of boneless lean beef or game meat
- ½ cup chopped onion
- ½ cup sliced mushrooms or 1 6-ounce can drained.
- 2 garlic cloves, chopped (1 teaspoon minced or ½ teaspoon garlic powder)
- ¼ teaspoon salt
- ½ teaspoon black pepper
- ½ cup CNP Magic Mix
- ½ cup low sodium chicken or beef broth
- ½ cup low-fat sour cream or plain yogurt
- 4 cups hot, cooked, whole-grain noodles

### Directions

1. Wash hands in warm, soapy water.
2. Cut meat into thin strips
3. In large pan, brown meat with onions, mushrooms, garlic, salt, and pepper. Remove from skillet and set aside.
4. In the same skillet, stir CNP Magic Mix and broth. Bring to a simmer stirring constantly until thickened.
5. Turn heat to low. Slowly stir in sour cream or yogurt. When well mixed, add meat mixture and heat through.
6. Serve over noodles.

### Nutrition Facts

Serving Size 2 cups (364.26g)  
Servings Per Container 4

#### Amount Per Serving

Calories 460    Calories from Fat 110

% Daily Value\*

**Total Fat** 12g    **18%**

Saturated Fat 4g    **20%**

Trans Fat 0g

**Cholesterol** 125mg    **41%**

**Sodium** 750mg    **31%**

**Total Carbohydrate** 52g    **17%**

Dietary Fiber 3g    **10%**

Sugars 7g

**Protein** 36g    **72%**

Vitamin A 4%    •    Vitamin C 4%

Calcium 15%    •    Iron 30%

\* Percent Daily Values are based on a 2,000 calorie diet.

Serves: 4



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