Healthy Recipe of the Month
- July 2007

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Healthy Beef Stroganoff Dinner

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Sometimes it pays to update an old favorite recipe to make it healthier. Here is a delicious and easy beef stroganoff that is tasty enough for a company dinner. I made this the other night for my husband and son, and they both commented on its rich flavor. It's a bit higher in sodium than I like, but that's a trade-off for the convenience. I have included egg noodles and broccoli to make this a complete supper meal. It should take less than ½ hour to prepare.

I hope you enjoy this recipe! Please email me to let me know how you like it!

Ingredients:
(Serves 4)

- 2 Tbsp canola oil (or lower calories by using a cooking spray and nonstick pan)
- 1 small onion, chopped
- ½ lb. beef round steak, trimmed of visible fat and cut into ½” squares
- 3 Tbsp red wine (optional)
- 6 mushrooms, sliced
- 1 can fat free cream of mushroom soup
- ½ cup water
1 Tbsp flour
1 tsp paprika
¾ cup fat free sour cream
4 cups uncooked egg noodles
3 cups fresh or frozen broccoli florets

In a large fry pan, sauté the onion a few minutes, then add the beef cubes, then the wine. Let cook over medium/low heat for around 10 minutes. Meanwhile, fill a large saucepan with water and bring to boil (HINT: add a tsp of oil to the water to keep it from boiling over). Add the egg noodles and let boil for ~10 minutes until tender. Drain thoroughly and set aside to keep warm. Place the washed broccoli in a steamer and steam until tender (or place the woodier stems in 1" boiling water with the flowers upright in the pan and boil/steam until tender) about 10 minutes.

**Sauce:**
In a bowl, whisk together the soup concentrate, water and flour. When thoroughly mixed, add to the beef in the fry pan. Add mushrooms and paprika and stir until mixture boils and the sauce thickens. Stir in the sour cream and remove from heat.

**To serve:**
Divide the noodles and broccoli onto 4 plates. Let everyone spoon the stroganoff onto the noodles in the amount they desire. Fresh tomato or radish slices on the plate can add a splash of color.

**Nutrient Analysis per serving:**

- Calories 445
- Sodium 770 g.
- Protein 24 g.
- Potassium 720 g.
- Saturated fat 4 g.
- Calcium 145 g.
- Cholesterol 65 g.
- Fiber 4 g.