

Simple Beef Stroganoff

(prep time: 10mins cooking time: 12mins)

INGREDIENTS

1. ¾ pound lean boneless top sirloin steak
 2. ½ cup sliced onion
 3. 1-pound fresh mushrooms, sliced
 4. ¼ cup dry white wine
 5. ¼ teaspoon salt
 6. 1 (10 ¾ - ounce) can reduced fat, reduced sodium cream of mushroom soup
 7. ½ cup non-fat sour cream
 8. 4 ½ cups cooked egg noodles (cooked without salt or fat)
- Cooking spray



INSTRUCTIONS

1. Trim fat from steak, cut steak into thin slices
2. Coat a non-stick skillet with cooking spray; place over medium-high heat until hot
3. Add steak; sauté 5 minutes
4. Add onion and mushrooms; sauté 5 minutes. Reduce heat to medium-low
5. Add wine, salt, and pepper; cook 2 minutes
6. Combine soup and sour cream; stir into steak mixture
7. Cook until thoroughly heated

NUTRITION

<i>Servings</i>	6 servings
<i>PER SERVING:</i>	
<i>Calories:</i>	307
<i>Fat:</i>	6.3g
<i>Sodium:</i>	357mg
<i>Carbohydrates:</i>	40.2g
<i>Fiber:</i>	4.1g
<i>Protein:</i>	21.7g
<i>Cholesterol:</i>	78mg



