

## **Beef Stroganoff**

Beef Stroganoff is a typically rich dish, yet it's quite simple to make. This recipe uses nonfat sour cream to help cut down the fat content.

Makes 4 servings.

### **Ingredients:**

1 pound Sirloin Steak, Cut into Bite Size Strips  
(Tip: Save the Work—Buy Beef Stir-fry)  
1 Onion, Chopped  
1 1/2 Tbsp. Shurfine All-purpose Flour  
3/4 tsp. Salt  
1/4 tsp. Paprika  
1/8 tsp. Ground Black Pepper  
1 (10.75oz.) Can Shurfine Condensed Cream of Mushroom Soup  
1 1/4 Cups Shurfine Fat-Free Sour Cream  
1 (8oz.) pkg. Shurfine Egg Noodles

### **Directions:**

- Brown the beef strips in a large skillet over medium high heat and drain the excess fat.
- Add the onion and saute for 5 minutes, or until tender.
- Stir in the flour, salt, paprika and ground black pepper.
- Add the soup, reduce heat to medium low and let simmer for 15 minutes.
- Then add the sour cream, stirring well.
- Prepare egg noodles according to package directions.
- Serve beef mixture over the egg noodles.

Prep time: 15 minutes; Cook time: 30 minutes; Ready in 45 minutes.

**Give Mom a Hug!**