Beef Stroganoff

Ingredients
1 pound beef (lean, top round)
2 teaspoons vegetable oil
3 tablespoons onion, finely chopped
1 pound mushrooms, sliced
1 teaspoon salt
black pepper
1 teaspoon nutmeg
1/2 teaspoon basil (dried)
1/4 cup white wine
1 cup plain, low-fat yogurt
6 cups macaroni, cooked in unsalted water

Directions
2. Add beef and saute for an additional 5 minutes. Turn to brown evenly. Remove from pan and keep hot.
3. Add remaining oil to pan; saute mushrooms.
4. Add beef and onions to pan with seasonings.
5. Add wine and yogurt; gently stir in. Heat, but do not boil.
6. Serve with macaroni.

*Try with whole wheat macaroni.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size: 8 ounces (377g)</th>
<th>Serving Per Container: 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amount Per Servings:</td>
<td></td>
</tr>
<tr>
<td>Calories: 440</td>
<td>Calories from Fat: 60</td>
</tr>
<tr>
<td>Total Fat: 7g</td>
<td>% Daily Value:</td>
</tr>
<tr>
<td>Saturated Fat: 2g</td>
<td>11%</td>
</tr>
<tr>
<td>Trans Fat: 1g</td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol: 45mg</td>
<td>15%</td>
</tr>
<tr>
<td>Sodium: 250mg</td>
<td>10%</td>
</tr>
<tr>
<td>Total Carbohydrate: 60g</td>
<td>20%</td>
</tr>
<tr>
<td>Dietary Fiber: 6g</td>
<td>16%</td>
</tr>
<tr>
<td>Sugars: 5g</td>
<td></td>
</tr>
<tr>
<td>Protein: 36g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 0%  •  Vitamin C: 6%  
Calcium: 10%  •  Iron: 25%

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The Family Nutrition Program gives you the tools to make important decisions about your family’s health and well-being.

**Family Nutrition Program**

- Make half your plate fruits and vegetables.
- Choose water over sugary drinks.
- Make a grocery list before you shop.

**For information on free classes:**
Adrian Kohrt • 907-474-7930
amkohrt@alaska.edu
www.uaf.edu/ces/hhfd/fnp
www.uaf.edu/ces • 1-877-520-5211

This material was funded by the USDA/Supplemental Nutrition Assistance Program and USDA/National Institute of Food and Agriculture’s Expanded Food and Nutrition Education Program.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 907-465-3347. UAF is an AA/EO employer and educational institution.

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