



Beef and Mushroom Stroganoff, Aussie Style

READY IN



60 min.

SERVINGS



4

CALORIES



679 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cubes beef bouillon from cube
- ☐ 1 pound beef top sirloin thinly sliced
- ☐ 1 tablespoon butter
- ☐ 2 teaspoons curry powder
- ☐ 0.3 cup mushroom caps dried
- ☐ 8 ounce extra wide egg noodles uncooked
- ☐ 8 mushrooms fresh sliced
- ☐ 1 teaspoon garlic minced
- ☐ 1.3 cups heavy cream

- ☐ 6 ounce mushroom stems and pieces drained canned
- ☐ 1 onion chopped
- ☐ 1.5 cups water boiling

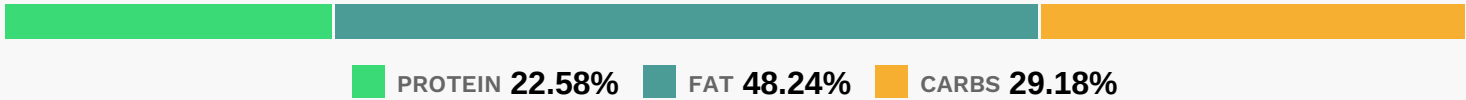
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Melt the butter in a large skillet over medium heat.
- ☐ Add the onion and garlic, and fresh mushrooms; cook until the onions are translucent. Stir in curry powder until well blended.
- ☐ Place the meat strips in the skillet, and fry until evenly browned.
- ☐ Dissolve the bouillon cubes in the boiling water, then stir into the skillet.
- ☐ Add the mushroom stems and pieces and dried shiitake mushrooms.
- ☐ Let the mixture simmer over medium heat until most of the liquid has evaporated, about 20 minutes.
- ☐ Meanwhile, bring a large pot of lightly salted water to a boil.
- ☐ Add the noodles and cook until tender, about 7 minutes.
- ☐ Drain.
- ☐ Reduce the heat under the skillet to low, and pour in the cream, stirring until the sauce is an even color. Simmer for about 5 minutes, but do not boil.
- ☐ Serve over noodles.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:18.2, Inflammation Score:-8, Nutrition Score:28.204347610474%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg, Quercetin: 5.6mg

Nutrients (% of daily need)

Calories: 678.55kcal (33.93%), Fat: 36.69g (56.45%), Saturated Fat: 21.14g (132.11%), Carbohydrates: 49.93g (16.64%), Net Carbohydrates: 46.22g (16.81%), Sugar: 6.11g (6.79%), Cholesterol: 206.1mg (68.7%), Sodium: 135.97mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.64g (77.28%), Selenium: 90.78µg (129.69%), Vitamin B3: 11.89mg (59.44%), Phosphorus: 508.88mg (50.89%), Vitamin B6: 1.02mg (50.87%), Zinc: 6.47mg (43.16%), Vitamin B2: 0.69mg (40.8%), Copper: 0.65mg (32.6%), Manganese: 0.65mg (32.42%), Vitamin B5: 3.11mg (31.09%), Potassium: 963.61mg (27.53%), Vitamin A: 1226.41IU (24.53%), Vitamin B12: 1.39µg (23.16%), Iron: 3.79mg (21.06%), Magnesium: 80.39mg (20.1%), Vitamin B1: 0.29mg (19.02%), Fiber: 3.71g (14.85%), Folate: 57.97µg (14.49%), Calcium: 112.63mg (11.26%), Vitamin D: 1.59µg (10.62%), Vitamin E: 1.53mg (10.18%), Vitamin C: 4.62mg (5.6%), Vitamin K: 5.28µg (5.03%)