



Beef Stroganoff with Noodles

READY IN



120 min.

SERVINGS



6

CALORIES



639 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound bacon cut into 1/4 inch pieces
- ☐ 1.5 pounds beef stew meat cut into 1/2 inch pieces
- ☐ 1 teaspoon butter
- ☐ 42 ounce beef broth canned
- ☐ 8 ounce mushrooms sliced canned
- ☐ 3 strips celery diced
- ☐ 0.3 cup cornstarch
- ☐ 8 ounce extra wide egg noodles dry
- ☐ 0.5 onion diced

- ☐ 2 tablespoons seasoning salt
- ☐ 8 ounce cup heavy whipping cream sour
- ☐ 2 tablespoons vegetable oil
- ☐ 0.3 cup water cold
- ☐ 0.3 cup worcestershire sauce

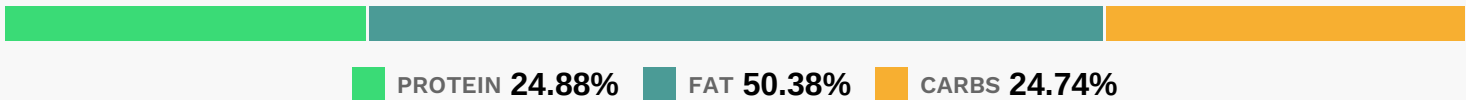
Equipment

- ☐ frying pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven heat the oil over high heat and brown the cubed stew meat.
- ☐ Remove from pan. In the same pan, saute the bacon, onion and celery until onions are translucent and bacon is fully cooked. Return the browned stew meat to the pan.
- ☐ Stir in seasoning salt, Worcestershire sauce and beef broth. Bring to a boil, then cover and reduce the heat to medium. Simmer for 1 to 1 1/2 hours or until meat is fork tender.
- ☐ Bring a large pot of lightly salted water to a boil.
- ☐ Add the egg noodles and cook for 8 to 10 minutes or until al dente; drain.
- ☐ In a skillet, melt the butter over medium heat and saute the mushrooms for 3 to 4 minutes.
- ☐ Add the mushrooms to the meat mixture.
- ☐ Bring the meat mixture to a boil.
- ☐ Mix together the cornstarch and the water, and stir into the meat mixture; stirring constantly. Stir in sour cream until creamy serve over the egg noodles.

Nutrition Facts



Properties

Glycemic Index:25.5, Glycemic Load:11.5, Inflammation Score:-5, Nutrition Score:24.818260835565%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 638.64kcal (31.93%), Fat: 35.41g (54.47%), Saturated Fat: 12.57g (78.58%), Carbohydrates: 39.12g (13.04%), Net Carbohydrates: 36.75g (13.36%), Sugar: 4.43g (4.92%), Cholesterol: 151.1mg (50.37%), Sodium: 3713.96mg (161.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.34g (78.67%), Selenium: 73.4µg (104.86%), Vitamin B3: 12.25mg (61.27%), Vitamin B6: 0.99mg (49.62%), Phosphorus: 479.35mg (47.94%), Vitamin B12: 2.62µg (43.6%), Zinc: 6.34mg (42.24%), Iron: 4.55mg (25.25%), Potassium: 864.12mg (24.69%), Vitamin B2: 0.38mg (22.18%), Vitamin B1: 0.33mg (22.01%), Manganese: 0.42mg (21.04%), Copper: 0.37mg (18.41%), Magnesium: 69.92mg (17.48%), Vitamin B5: 1.54mg (15.36%), Calcium: 107.62mg (10.76%), Vitamin K: 10.81µg (10.29%), Folate: 39.34µg (9.83%), Fiber: 2.37g (9.47%), Vitamin E: 1.19mg (7.95%), Vitamin A: 305.22IU (6.1%), Vitamin C: 2.52mg (3.06%), Vitamin D: 0.34µg (2.27%)