



Beef and Potatoes Skillet Stroganoff

READY IN



45 min.

SERVINGS



4

CALORIES



511 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb ground beef 80% lean (at least)
- 1 small onion chopped
- 4.5 oz baked beans
- 1.8 cups water boiling
- 1 cup milk
- 2 tablespoons butter
- 2 cups green beans frozen
- 4 oz mushroom stems and pieces drained canned
- 0.5 cup cream sour

- 1 tablespoon catsup
- 2 tablespoons tomatoes chopped

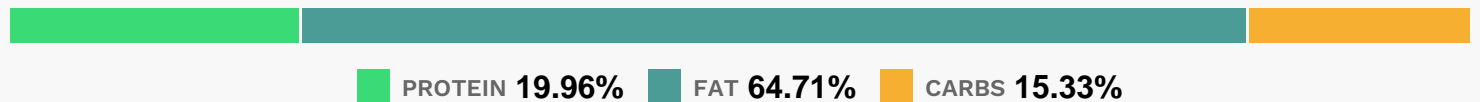
Equipment

- frying pan
- whisk

Directions

- In 10-inch nonstick skillet, cook beef and onion over medium heat 8 to 10 minutes, stirring occasionally, until beef is thoroughly cooked; drain.
- Remove beef from skillet; set aside.
- In skillet, stir sauce mix, water, milk and butter with whisk until blended. Stir in potatoes.
- Heat to boiling, stirring occasionally; reduce heat. Cover and simmer 20 minutes, stirring occasionally. Stir in green beans. Cover and simmer 10 to 15 minutes longer or until potatoes are tender.
- Stir in cooked ground beef, mushrooms, sour cream and ketchup. Cover; cook over medium heat until thoroughly heated.
- Garnish with tomatoes.

Nutrition Facts



Properties

Glycemic Index:47.92, Glycemic Load:4.57, Inflammation Score:-7, Nutrition Score:19.477391450301%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg, Quercetin: 5.13mg

Nutrients (% of daily need)

Calories: 510.74kcal (25.54%), Fat: 36.95g (56.85%), Saturated Fat: 14.25g (89.07%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 15.82g (5.75%), Sugar: 7.9g (8.78%), Cholesterol: 108.16mg (36.05%), Sodium: 443.51mg (19.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.65g (51.3%), Vitamin B12: 2.82µg (47.06%), Zinc: 5.74mg (38.28%), Phosphorus: 327.41mg (32.74%), Selenium: 21.18µg (30.25%), Vitamin B3: 5.55mg (27.75%), Vitamin B6: 0.55mg (27.34%), Vitamin K: 27.07µg (25.78%), Potassium: 883.08mg (25.23%), Vitamin B2: 0.38mg (22.62%), Vitamin A: 989IU (19.78%), Calcium: 195.23mg (19.52%), Iron: 3.4mg (18.88%), Fiber: 3.86g (15.45%), Magnesium: 58.36mg (14.59%), Manganese: 0.29mg (14.28%), Vitamin C: 10.08mg (12.22%), Folate: 44.14µg (11.03%), Vitamin B5: 1.08mg (10.85%), Vitamin B1: 0.16mg (10.84%), Copper: 0.21mg (10.62%), Vitamin E: 1.15mg (7.64%), Vitamin D: 0.78µg (5.23%)