



## Hearty Beef Stroganoff

READY IN



35 min.

SERVINGS



8

CALORIES



357 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10.5 oz beef broth canned
- 2.5 lb beef top sirloin steaks boneless cut into 3x1/2x1/4-inch strips
- 6 cups extra wide egg noodles uncooked
- 0.3 cup flour all-purpose
- 8 oz mushrooms fresh sliced ( 3 cups)
- 8 servings parsley fresh chopped
- 1.5 cups cream sour
- 0.1 teaspoon pepper
- 0.5 teaspoon salt

- 3 tablespoons tomato paste
- 0.5 cup water
- 1 tablespoon worcestershire sauce

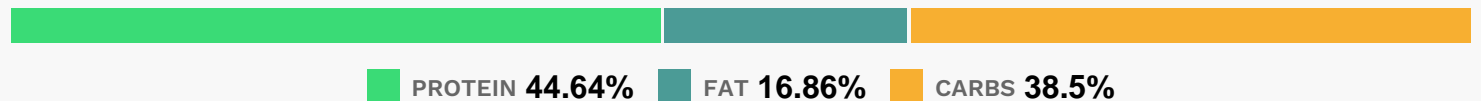
## Equipment

- frying pan
- ziploc bags
- dutch oven

## Directions

- Cook noodles as directed on package; drain.
- Meanwhile, in food storage plastic bag, mix flour, salt and pepper.
- Add beef strips; shake to coat.
- Heat 12-inch nonstick skillet or Dutch oven over medium-high heat.
- Add beef; cook about 6 minutes, stirring occasionally, until browned.
- Add mushrooms; cook and stir 1 minute.
- Stir in broth, water, tomato paste and Worcestershire sauce. Reduce heat to medium-low; simmer uncovered 15 to 20 minutes or until beef is tender.
- Stir in sour cream; cook about 2 minutes or until thoroughly heated (do not boil).
- Serve over noodles.
- Sprinkle with parsley.

## Nutrition Facts



## Properties

Glycemic Index:32.5, Glycemic Load:12.05, Inflammation Score:-6, Nutrition Score:26.118695909562%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## **Nutrients (% of daily need)**

Calories: 357.25kcal (17.86%), Fat: 6.57g (10.11%), Saturated Fat: 2.26g (14.15%), Carbohydrates: 33.77g (11.26%), Net Carbohydrates: 32.02g (11.64%), Sugar: 2.26g (2.51%), Cholesterol: 111.45mg (37.15%), Sodium: 509.46mg (22.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.16g (78.32%), Selenium: 73.4µg (104.86%), Vitamin K: 68.07µg (64.83%), Vitamin B3: 11.67mg (58.36%), Vitamin B6: 1.01mg (50.63%), Phosphorus: 452.21mg (45.22%), Zinc: 6.7mg (44.69%), Vitamin B12: 1.58µg (26.36%), Vitamin B2: 0.42mg (24.93%), Potassium: 847.47mg (24.21%), Iron: 3.81mg (21.19%), Manganese: 0.34mg (17.04%), Vitamin B5: 1.67mg (16.67%), Copper: 0.33mg (16.67%), Vitamin B1: 0.25mg (16.34%), Magnesium: 62.89mg (15.72%), Folate: 53.51µg (13.38%), Vitamin A: 557.95IU (11.16%), Calcium: 109.56mg (10.96%), Vitamin C: 7.51mg (9.1%), Fiber: 1.75g (7%), Vitamin E: 0.8mg (5.32%)