



## Quick Beef Stroganoff

READY IN



30 min.

SERVINGS



6

CALORIES



601 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 tablespoons butter
- 4 ounces cream cheese
- 1 pound extra wide egg noodles uncooked
- 2 tablespoons flour all-purpose
- 2 cloves garlic minced
- 0.3 cup catsup
- 1 pound ground beef lean
- 2 cups milk
- 6 servings salt and pepper black to taste

0.5 cup cream sour

## Equipment

bowl

frying pan

paper towels

whisk

slotted spoon

## Directions

Cook egg noodles in boiling salted water according to package directions.

Drain and keep warm.

Meanwhile, in a large skillet over medium heat, brown ground beef until no pink shows; using a slotted spoon, remove beef to paper towels to drain.

Drain most of the fat from pan, leaving just a tablespoon or so to cook mushrooms.

If you're using mushrooms, add them to skillet and cook 1 to 2 minutes.

Remove them to the bowl with beef.

Again, in the same skillet, melt butter over medium-high heat.

Add garlic and cook, stirring, 1 minute.

Add flour.

Whisk well to break up any clumps. Slowly add milk, whisking, and heat until bubbly and sauce starts to thicken.

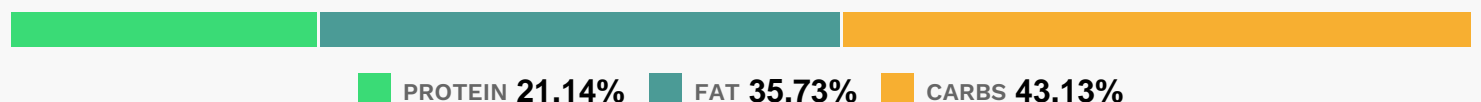
Add ketchup, cream cheese, and sour cream.

Whisk until smooth and heated through.

Return beef and mushrooms to skillet.

Add drained pasta and stir until well combined. Season with salt and pepper, then serve.

## Nutrition Facts



## Properties

Glycemic Index:44, Glycemic Load:25.81, Inflammation Score:-6, Nutrition Score:22.472173758175%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

## Nutrients (% of daily need)

Calories: 600.92kcal (30.05%), Fat: 23.78g (36.59%), Saturated Fat: 12.26g (76.65%), Carbohydrates: 64.59g (21.53%), Net Carbohydrates: 61.98g (22.54%), Sugar: 8.85g (9.83%), Cholesterol: 160.56mg (53.52%), Sodium: 476.68mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.65g (63.31%), Selenium: 77.71µg (111.02%), Phosphorus: 456.76mg (45.68%), Vitamin B12: 2.44µg (40.69%), Zinc: 5.84mg (38.94%), Manganese: 0.71mg (35.28%), Vitamin B3: 6.16mg (30.8%), Vitamin B6: 0.56mg (27.86%), Vitamin B2: 0.41mg (24.08%), Iron: 3.44mg (19.11%), Magnesium: 76.06mg (19.01%), Potassium: 652.88mg (18.65%), Calcium: 175.92mg (17.59%), Vitamin B5: 1.68mg (16.77%), Vitamin B1: 0.24mg (15.75%), Copper: 0.31mg (15.28%), Vitamin A: 719.87IU (14.4%), Fiber: 2.61g (10.45%), Folate: 34.2µg (8.55%), Vitamin D: 1.2µg (7.98%), Vitamin E: 1.02mg (6.83%), Vitamin K: 2.18µg (2.08%), Vitamin C: 0.89mg (1.08%)