



Skillet Hamburger Stroganoff

READY IN



70 min.

SERVINGS



6

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound percent ground beef lean
- 15 ounce beef broth low-sodium canned
- 1 carrots peeled cut into 1/4-inch dice, 1 cup
- 2 tablespoons chives fresh chopped
- 2 tablespoons parsley leaves fresh chopped
- 3 cloves garlic finely chopped
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup cup heavy whipping cream sour reduced-fat
- 1 tablespoon olive oil extra-virgin

- 1 small onion chopped
- 0.5 teaspoon paprika
- 6 ounces calcium and fiber enriched penne pasta (recommended: Ronzoni Smart Taste)
- 1 tablespoon tomato paste
- 1.5 cups water
- 1 tablespoon worcestershire sauce
- 10 ounce if white halved quartered

Equipment

- bowl
- frying pan
- wooden spoon

Directions

- Heat a large nonstick skillet over medium-high heat.
- Add the beef, season to taste with salt and pepper and cook, breaking into small pieces with a wooden spoon, until well browned, about 5 minutes.
- Transfer the meat to a bowl, leaving behind any drippings; reduce the heat to medium.
- To the same skillet, add the mushrooms, season with salt and cook until golden brown, 8 to 10 minutes.
- Add the cooked mushrooms to the bowl with the beef.
- Add the oil, onion, carrot, garlic, and paprika to the skillet and continue to cook until the carrots are soft and the onion is lightly browned, about 10 minutes.
- Stir in the tomato paste and cook until the tomato paste has toasted and is evenly coating the vegetables, 2 to 3 minutes.
- Add the broth, water, and the Worcestershire sauce to the skillet. Bring to a simmer and stir in the pasta. Cover and cook according to package directions until the noodles are just al dente. Uncover, stir in the reserved beef and mushrooms until heated through.
- Remove from heat and stir in the cream cheese, sour cream, chopped parsley, chopped chives, and salt and pepper, to taste, until the cream cheese melts and the sauce is creamy. Divide among 6 bowls.

Serve.

Nutrition Facts

PROTEIN 29.5% **FAT 34.46%** **CARBS 36.04%**

Properties

Glycemic Index:57.81, Glycemic Load:9.77, Inflammation Score:-8, Nutrition Score:18.028695490049%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg, Isorhamnetin: 0.65mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 303.65kcal (15.18%), Fat: 11.6g (17.84%), Saturated Fat: 4.14g (25.9%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 25.12g (9.14%), Sugar: 3.36g (3.73%), Cholesterol: 52.49mg (17.5%), Sodium: 261.4mg (11.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.34g (44.67%), Selenium: 35.62µg (50.89%), Vitamin A: 2011.64IU (40.23%), Vitamin B3: 6.3mg (31.48%), Zinc: 4.43mg (29.55%), Vitamin B12: 1.73µg (28.83%), Vitamin K: 28.13µg (26.79%), Phosphorus: 255.31mg (25.53%), Vitamin B6: 0.43mg (21.46%), Vitamin B2: 0.36mg (21.15%), Potassium: 739mg (21.11%), Manganese: 0.37mg (18.69%), Copper: 0.33mg (16.63%), Iron: 2.77mg (15.4%), Vitamin B5: 1.35mg (13.48%), Magnesium: 41.75mg (10.44%), Fiber: 2.16g (8.62%), Vitamin B1: 0.12mg (8.04%), Vitamin C: 6.32mg (7.66%), Folate: 26.64µg (6.66%), Vitamin E: 0.89mg (5.95%), Calcium: 48.08mg (4.81%), Vitamin D: 0.19µg (1.26%)