

BEEF STROGANOFF



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Ingredients

Yields: 6, 1 c servings

- 1 pound lean ground beef
- 1 tbsp chopped onion
- 1 clove garlic, chopped
- Salt and pepper to taste
- ¼ c red wine
- 2 low sodium beef bouillon cubes
- 1 c water
- 2 c medium egg noodles
- ½ c light sour cream

Directions

1. Brown meat and add onion and garlic to soften. Add salt and pepper to season to taste.
2. Add wine, water, and bouillon cubes and simmer for 5 minutes.
3. Add noodles and cover and cook until tender, about 15-20 minutes. You may need to add more water to fully cook noodles.
4. Stir in sour cream.
5. Heat gently and serve.

Tip: To boost the nutrition content, substitute whole grain egg noodles and increase cooking time by 5-10 minutes.

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
1 cup	229	8 g	22 g	19 g	153 mg

Carbohydrate Exchanges: 1 ½