

Beef Stroganoff

Meal time: Dinner

Meal course: Main

Meal type: Meat

Country of origin: Russia

Difficulty: Medium

Servings: 4

Total time: 25 minutes

Ingredients

125 ml dry white wine
 Fresh parsley, finely chopped (for garnish)
 240 g wide egg noodles
 60 g plain Greek yogurt
 4 tablespoons olive oil
 450 g beef, thinly sliced (sirloin or tenderloin)
 2 teaspoons Dijon mustard
 Salt and pepper, to taste
 1 tablespoon Worcestershire sauce
 1 onion, finely diced
 1 tablespoon all-purpose flour
 3 garlic cloves, minced
 725 ml beef broth
 225 g cremini mushrooms, sliced

Nutrition Facts

	Amount per serving
Calories	581
Total Fat	22.1g
Saturated Fat	4.1g
Cholesterol	101 mg
Sodium	243 mg
Total Carbohydrate	70 g
Dietary fibre	9 g
Total Sugars	8 g
Protein	35 g
Vitamin D	92 IU
Calcium	103 mg
Iron	5.64 mg
Potassium	1635 mg

Instructions

1. Cook egg noodles in a pot filled with salted water as per directions on the package.
2. Once the pasta water starts boiling, sauté beef in a skillet with 2 tablespoons of oil and season with pepper and salt. Cook each side for 3 minutes, then remove to a plate.
3. Sauté onion in the remaining oil for 3 minutes, then add in mushrooms and garlic and stir-cook until mushrooms are done, for another 5 minutes.
4. To deglaze the pan, pour in dry white wine, scraping up the browned bits.
5. Whisk together beef broth, 1 tablespoon Worcestershire sauce, 2 teaspoons Dijon mustard, and 1 tablespoon all-purpose flour in a small bowl until smooth.
6. Once all the wine had cooked off, add broth mixture to the pan and simmer for 5 minutes, stirring often.
7. Stir in plain Greek yogurt until combined. Transfer beef back to the skillet and stir until coated.
8. Season with pepper and salt, if desired. Serve over egg noodles and garnish with parsley.

Notes: you can cook a vegetarian version of Beef Stroganoff, just use lots of sliced mushrooms and no meat. To make it vegan substitute all dairy products with non-dairy options.