

GROUND BEEF STROGANOFF

Thom Hackett

Serves: 4



Ingredients

8 ounces "no-yolk" noodles
6 ounces packaged, pre-sliced mushrooms (about 2 cups)
1 pound 93% lean ground beef
 $\frac{3}{4}$ cup nonfat sour cream
1 medium onion, coarsely chopped
2 cloves garlic, chopped
 $\frac{1}{2}$ teaspoon freshly ground black pepper
2 tablespoons all-purpose flour
 $1\frac{1}{4}$ cups reduced-sodium, fat-free beef broth
2 teaspoons Worcestershire sauce

Cooking Method

Bring a 4-quart pot of water to a rolling boil, and cook the noodles according to package directions.

While the water is heating up...

- Coat a 12-inch nonstick skillet with cooking spray.
- Preheat skillet over medium-high heat.
- Add the mushrooms, onion, and garlic, and cook, stirring frequently, for about 7 minutes, or until the onion is soft and the mushrooms are lightly browned.
- Transfer the mixture to a bowl and set aside.

Place the beef in the skillet.

- Cook over medium-high heat, stirring constantly to crumble, for about 4 minutes, or until no pink remains.
- Drain off any excess fat.
- Stir the mushroom mixture into the beef.
- Sprinkle with the black pepper and flour, and cook, stirring constantly, for 2 minutes.
- Stir the broth into the beef, and bring to a boil.
- Cook, stirring frequently, for 3 to 4 minutes, or until the mixture has thickened.
- Stir in the Worcestershire sauce.
- Reduce the heat under the skillet to low, and wait until the mixture is no longer boiling.
- Slowly stir in the sour cream, and heat for a minute or 2, or just until hot.

Drain the noodles well.

- Divide among individual serving plates.
- Top with the Stroganoff.

Serve immediately.