

Beef Stroganoff



Makes:

6 servings

Utensil:

Saladmaster Food Processor

12" Electric Oil Core Skillet

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Contributed By:

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1

pound

sirloin steak, about $1\frac{1}{2}$ inch thick, partially frozen

(450

g)

8

ounces

fresh mushrooms, sliced, use Cone #4

(70

g)

$\frac{2}{3}$

cup

onion, julienned, use Cone #2

(77

g)

$1\frac{1}{4}$

cups

low-sodium fat-free beef broth

(300

mL)

1

large clove garlic, shredded, used Cone #1

1

cup
fat-free sour cream
(230
g)
3
tablespoons
flour
(22
g)
1
tablespoon
bottled horseradish, or to taste
(15
g)
1
tablespoon
fresh lemon juice
(15
mL)
8
ounces
no-yolk noodles, cooked
(227
g)

Directions:

1. Preheat electric skillet to 325°F/165°C.
2. Slice steak into thin strips. Add meat to electric skillet, cook and stir until browned, separating meat pieces as you stir.
3. Add onion and mushrooms, cook and stir 3 minutes.
4. Add garlic, cook and stir 1 minute.
5. Stir in beef broth, separating browned bits from surface. Cover and cook 5 - 6 minutes.
6. Meanwhile, blend flour into sour cream until smooth. Reduce electric skillet temperature to 250°F/120°C.
7. Stir sour cream into electric skillet along with horseradish. Cook, stirring frequently, just until thickened.
8. Stir in lemon juice and heat through. Serve over cooked noodles.

Nutritional Information per Serving

Calories:

387

Total Fat:

7g

Saturated Fat:

2g

Cholesterol:

53mg

Sodium:

282mg

Total Carbs:

51g

Dietary Fiber:

3g

Sugar:

1g

Protein:

27g