

## Beef Stroganoff



### Makes:

6 servings

### Utensil:

Saladmaster Food Processor  
12" Electric Oil Core Skillet

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### Recipe:

### Contributed By:

Saladmaster® Oil Core Skillet Healthy Cooking Guide

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1 pound  
sirloin steak, about 1/2 inch thick, partially frozen  
(450 g)  
8 ounces  
fresh mushrooms, sliced, use Cone #4  
(70 g)  
2/3 cup  
onion, julienned, use Cone #2  
(77 g)  
1 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** 51g  
**Carbs:**  
**Dietary Fiber:** 3g  
**Sugar:** 1g  
**Protein:** 27g