

Beef and Broccoli Stroganoff

Entrée

Serves 4

Prep time: 15 minutes

Cook time: 20 minutes

Try this lighter twist on a classic creamy dish. Make it a meal with fresh fruit and a cold glass of milk.

Ingredients

- 3/4 pound beef sirloin, thinly sliced
- 2 1/2 cups broccoli florets
- 10 large mushrooms, sliced
- 2 green onions, sliced
- 2 cloves garlic, minced
- 3 tablespoons flour
- 1 cup 1% lowfat milk
- 1 tablespoon soy sauce
- 1/2 cup dry white wine or water
- 1 1/2 cup fat-free sour cream
- 1/4 cup Parmesan cheese, grated
- 4 cups cooked brown rice

Preparation

In a large nonstick skillet, stir-fry beef until browned. Add vegetables, onions and garlic. Stir-fry over medium heat 3-5 minutes.

Add flour and stir to coat all vegetables. Stir in milk and soy sauce; cook and stir until mixture is thickened and bubbly. Add wine or water. Gradually add sour cream and parmesan cheese. Cook over medium heat until just heated through; do not boil. Serve over rice.

Nutrition Information

Per serving: 540 calories, 13 g total fat, 5 g saturated fat, 400 mg sodium, 72 g carbohydrates, 5 g fiber, 34 g protein, 340 mg calcium

Provided by:
Nutrition Education Services/Oregon Dairy Council
www.oregondairycouncil.org



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