beefy stroganoff with homestyle green beans

TOTAL TIME
30 Minutes
MAKES 6
SERVINGS

APRON'S ADVICE

Complete your meal with potato rolls and red velvet cake for dessert. Be sure to thoroughly drain the cooked pasta; excess water clinging to the pasta will dilute the sauce.

SHOPPING LIST

Dairy
1 (8-oz) container sour cream

Dry Grocery
2 (14.5-oz) cans Italian green beans
1 (10.5-oz) can condensed beef broth
1 tbsp cooked bacon pieces
2 drops liquid smoke flavoring
8 oz wide egg noodles

Meat
1 lb lean ground beef, 7% fat

Produce
1 tbsp minced garlic
4 oz pre-sliced fresh baby portabellas
1 small yellow onion

From Your Pantry
1 tbsp butter
1/4 cup flour
1/4 tsp seasoned salt

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COOKING SEQUENCE

- Prepare stroganoff through step 4 - 20 minutes
- Prepare beans and complete stroganoff; serve - 10 minutes

beefy stroganoff

INGREDIENTS

1 small yellow onion
1 tablespoon butter
1 tablespoon minced garlic
1 lb lean ground beef, 7% fat
4 oz pre-sliced fresh baby portabellas
1/4 teaspoon salt
1/8 teaspoon pepper
1/4 cup flour
8 oz wide egg noodles
1 (10.5-oz) can condensed beef broth
1 (8-oz) container sour cream

PREP

- Put water on to boil for pasta.
- Peel and dice onion.

STEPS

1. Melt butter in large sauté pan on medium-high, then add onions and garlic; cook and stir 1 minute to soften. Add beef, mushrooms, salt, and pepper (wash hands); cook and stir 5–7 minutes or until meat crumbles and no pink remains.
2. Stir flour into beef mixture; cook and stir 2 minutes.
3. Cook pasta following package instructions.
4. Stir broth slowly into beef mixture; then stir in sour cream. Reduce heat to medium; cook and stir 7–8 minutes to blend flavors.
5. Drain pasta; serve beef mixture over pasta.

CALORIES (per 1/6 recipe) 360kcal; FAT 15g; CHOL 100mg; SODIUM 520mg; CARB 31g; FIBER 2g; PROTEIN 22g; VIT A 6%; VIT C 2%; CALC 4%; IRON 20%

homestyle green beans

INGREDIENTS

2 (14.5-oz) cans Italian green beans (drain 1 can)
1 tablespoon cooked bacon pieces
1/4 teaspoon seasoned salt
1/8 teaspoon black pepper
2 drops liquid smoke flavoring

STEPS

1. Combine all ingredients in microwave-safe bowl (including liquid from 1 can of beans).
2. Cover and microwave on HIGH 5–6 minutes, stirring once, or until thoroughly heated. Serve.

CALORIES (per 1/6 recipe) 25kcal; FAT .5g; CHOL 0mg;SODIUM 370mg; CARB 4g; FIBER 2g; PROTEIN 1g; VIT A 8%; VIT C 8%; CALC 2%; IRON 6%

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