

## Beef

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# Beef Stroganoff

**Servings: 4**

*Exchanges: One serving = 2 vegetables, 4 lean meat.*

**1 pound lean top sirloin, cut into thin strips**  
**1 tablespoon butter or margarine**  
**1 cup onion, chopped**  
**3 cups sliced mushrooms**  
**2/3 cup beef broth**  
**1/3 cup dry sherry**  
**1 bay leaf**  
**2 teaspoons dijon mustard**  
**2 teaspoons tomato paste**  
**1/2 cup plain low-fat yogurt**  
**1/4 cup fresh parsley, chopped**  
**dash cayenne**

Trim off any fat from meat and slice thin.

In a nonstick skillet, brown meat in butter a little at a time, no more than two minutes for each batch. Transfer meat to a platter and keep warm as the remaining meat is browned.

Using the same skillet, add onions, mushrooms, beef stock, sherry, bay leaf, dijon mustard, and tomato paste. Stir with a wooden spoon. Simmer for five minutes. If too this, let sauce cook down.

Return meat to skillet for one minute to warm

Remove from heat and stir in yogurt.

Garnish with parsley and sprinkle of cayenne.

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Per Serving (excluding unknown items): 111 Calories; 4g Fat (36.0% calories from fat); 5g Protein; 10g Carbohydrate; 2g Dietary Fiber; 10mg Cholesterol; 322mg Sodium. Exchanges: 0 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.