

Hamburger Stroganoff

Rosemary Corcoran

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

1/4 cup butter or margarine
1/2 cup onion, minced
1 pound mushrooms, sliced
1 1/2 pounds lean ground beef
1 tablespoon all-purpose flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1 can (10-1/2 ounce) cream of chicken soup
1 cup sour cream

In a large skillet, saute' the onions and mushrooms in butter. Remove and set aside. Brown the ground beef until the pink is gone. Spoon off the excess fat.

Return the onions and mushrooms to the skillet. Mix well. Sprinkle the flour over the mixture. Add the salt, pepper and paprika. Stir in the chicken soup and blend thoroughly. Simmer for 15 minutes.

Add the sour cream. Cook until the mixture is heated through.

Serve over noodles, rice, mashed potatoes or toast.

Per Serving (excluding unknown items): 717 Calories; 59g Fat (74.5% calories from fat); 35g Protein; 11g Carbohydrate; 2g Dietary Fiber; 184mg Cholesterol; 803mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 1/2 Vegetable; 0 Non-Fat Milk; 9 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	717	Vitamin B6 (mg):	.5mg
% Calories from Fat:	74.5%	Vitamin B12 (mcg):	4.2mcg
% Calories from Carbohydrates:	6.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	19.4%	Riboflavin B2 (mg):	.9mg
Total Fat (g):	59g	Folacin (mcg):	50mcg
Saturated Fat (g):	29g	Niacin (mg):	12mg
Monounsaturated Fat (g):	22g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	3g	Alcohol (kcal):	0
			0.0%

Cholesterol (mg):	184mg
Carbohydrate (g):	11g
Dietary Fiber (g):	2g
Protein (g):	35g
Sodium (mg):	803mg
Potassium (mg):	977mg
Calcium (mg):	98mg
Iron (mg):	5mg
Zinc (mg):	8mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	975IU
Vitamin A (r.e.):	252 1/2RE

% Refuse:

Food Exchanges

Grain (Starch):	0
Lean Meat:	4 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	9
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 717 **Calories from Fat:** 534

% Daily Values*

Total Fat 59g	91%
Saturated Fat 29g	144%
Cholesterol 184mg	61%
Sodium 803mg	33%
Total Carbohydrates 11g	4%
Dietary Fiber 2g	7%
Protein 35g	
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Vitamin A	20%
Vitamin C	10%
Calcium	10%
Iron	26%

* Percent Daily Values are based on a 2000 calorie diet.