
Poor Man`s Beef Stroganoff

Venna Tredway

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 pound lean ground beef
1 medium onion, chopped
1 can sliced mushrooms
1 can cream of mushroom soup
1 can milk
1 package wide egg noodles
1 cup sour cream

In a skillet, brown the ground beef and onion. Drain off the excess fat.

Add the mushrooms, soup and milk. Stir and heat thoroughly.

Boil the egg noodles until tender. Drain and add to the beef mixture.

Top with sour cream.

Ground Beef

Per Serving (excluding unknown items): 2030 Calories; 160g Fat (71.4% calories from fat); 101g Protein; 43g Carbohydrate; 3g Dietary Fiber; 478mg Cholesterol; 1594mg Sodium. Exchanges: 1/2 Grain(Starch); 12 Lean Meat; 2 1/2 Vegetable; 1 1/2 Non-Fat Milk; 24 1/2 Fat.