

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Serving 4 for \$10

Beef Stroganoff with Noodles and Roasted Green Beans Makes 4 servings

Ingredients:

2 tablespoons canola or olive oil - divided
1 pound beef sirloin steak, thinly sliced, 2-inch strips
½ teaspoon ground pepper
8 ounces fresh mushrooms, sliced (about 2 cups)
1 cup diced onion
1 teaspoon minced garlic
3 tablespoons flour
1 (10.5 ounce) can low-sodium beef broth
1 teaspoon Worcestershire sauce
½ cup sour cream
3 cups hot cooked whole grain egg noodles

Directions:

1. Mix ground pepper with beef.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add half of the sliced beef and brown on both sides. Remove cooked beef. Add remaining beef and repeat. Remove from skillet and place in a bowl.
3. Add 1 ½ teaspoon oil to pan and add mushrooms; cook until brown, about 4 minutes. Remove from skillet and add to beef.
4. Add remaining 1 ½ teaspoon oil to pan and add onion; cook until browned, about 4 minutes. Return the mushrooms and beef to the pan.
5. In a small bowl, whisk together the flour, onion soup, and Worcestershire sauce. Add to the beef mixture; heat to boiling, stirring constantly. Simmer 5 minutes.
6. Remove from heat and stir in sour cream.
7. Serve over hot noodles.

Roasted Green Beans

Preheat oven to 400 degrees. Place 1 pound fresh green beans on baking sheet. Drizzle with 1 tablespoon oil. Sprinkle with 1 teaspoon minced garlic, a pinch of salt and a pinch of pepper. Toss to coat. Roast for 15-20 minutes until slightly browned and tender. Serve.

Nutritional Information per serving:

Calories: 435	Carbohydrates: 31g
Total Fat: 17g	Cholesterol: 115mg
Saturated Fat: 5g	Dietary Fiber: 2g
Sodium: 497mg	Protein: 28g