



All for the Beef

Prep 10 mins

Cook 25 mins

Yields 6 servings

Skillet Ground Beef Stroganoff

Recipe Card



Shopping List

Extra lean ground beef, sirloin or round
Broad curly egg noodles
Mushrooms
Onion
Sweet red pepper
Garlic cloves
Condensed fat-reduced cream of mushroom soup
Light sour cream
Worcestershire Sauce or Dijon mustard
Fresh parsley
Paprika



Ingredients

4 cups (1 L) broad curly egg noodles
1 lb (500 g) extra lean ground beef sirloin or round or extra lean ground beef
2 cup (500 mL) sliced mushrooms
1 large onion, chopped
1 small sweet red pepper, thinly sliced
2 cloves garlic, minced
1 can (10 oz/284 mL) condensed fat-reduced cream of mushroom soup
¾ cup (175 mL) light sour cream
1 tbsp (15 mL) Worcestershire Sauce or Dijon mustard
Chopped fresh parsley and paprika

Instructions

1. Cook noodles according to package directions. Drain and set aside.
2. Cook beef, mushrooms, onion, red pepper and garlic in same pasta pot until meat is thoroughly cooked and any liquid has evaporated. Stir in soup, sour cream, ¼ cup (50 mL) water and Worcestershire sauce; simmer 10 minutes.
3. Serve over hot egg noodles. Garnish with minced fresh parsley and paprika.

