



Easy Beef Stroganoff

1. Prepare and freeze

To one portion of *Make-Ahead Ground Beef*, add:

- 8 oz sliced mushrooms
- 1 can (10¾ oz) condensed cream of mushroom soup
- ¼ cup water
- 1 tsp ground paprika
- ½ tsp salt
- ¼ tsp coarsely ground black pepper

Combine in large resealable plastic bag. Freeze for up to three months.

2. Defrost

Microwave packet on DEFROST (30% power) 8-10 minutes or until softened. Pour into **(10-in.) Skillet** and bring to a simmer over medium heat.

(If cooking immediately, combine ingredients in (10-in.) Skillet and bring to a simmer over medium heat.)

3. Finish and serve!

- Stir 8 oz sour cream into beef mixture.
- Cook 1 lb egg noodles; drain. Toss with ¼ cup snipped fresh parsley and 2 tbsp melted butter.
- Spoon stroganoff over noodles and sprinkle with additional paprika and parsley, if desired.

Yield: 6 servings

Nutrients per serving (excluding optional ingredients):

Calories 400, Total Fat 22 g, Saturated Fat 11 g, Cholesterol 110 mg, Carbohydrate 27 g, Protein 22 g, Sodium 660 mg, Fiber 2 g