



# HEALTHY EASY BEEF STROGANOFF RECIPE

☰ Prep: 15 mins  
🕒 Cook: 15 mins  
🍴 Serves: 2  
★ ★ ★ ★ ★



## Ingredients

- ▲ 1 1/2 cups pasta shapes (spiral or bows), to make 2 cups cooked
- ▲ spray olive or canola oil spray
- ▲ 2 tbs plain flour
- ▲ 200 g lean beef strip, thinly sliced
- ▲ 1 tbs no-added-salt tomato paste
- ▲ 1 onion, chopped
- ▲ 1 clove garlic, finely chopped
- ▲ 100 g mushroom, chopped
- ▲ 1 carrot, chopped
- ▲ 1/4 cup water
- ▲ 1 tsp reduced-salt vegetable stock powder
- ▲ 1 tbs worcestershire sauce
- ▲ to taste pepper
- ▲ 1 cup frozen green bean
- ▲ 2 tbs reduced-fat plain yoghurt

## Method

1. Cook pasta according to packet instructions.
2. Place beef and flour in a plastic bag together, and toss to coat. Discard excess flour.
3. Heat oil in a large, non-stick frying pan and cook beef till golden brown.
4. Add the tomato paste and cook for about 1 minute, then add the vegetables (except the beans) and cook, stirring occasionally for 5-10 minutes.
5. Add water, stock powder, Worcestershire sauce and a good grind of black pepper, stir, and simmer for 5-10 minutes, until the sauce has thickened up. Add the beans and heat through.
6. Stir through the yoghurt and serve on pasta with a little more pepper.

**Comment:** \*To make this dish gluten free, use gluten free pasta and flour, and check sauces for gluten. \*Swap Worcestershire sauce for half tomato-sauce, half soy sauce to make this dish seafood-free.

**Variation:** Serve with rice or mashed potatoes instead of pasta and serve green beans on the side



**Serving Suggestion:** If making this in the slow cooker, add the beans and yoghurt just before serving. If freezing this dish, leave out the yoghurt and add just before serving.

## Nutrition Information

	per serving	per 100g
<b>Energy</b>	2028 kJ	373 kJ
<b>Protein</b>	39 g	7 g
<b>Fat, total</b>	6 g	1 g
— saturated	1 g	0.3 g
<b>Carbohydrate</b>	60 g	11 g
— sugars	14 g	2 g
<b>Sodium</b>	483 mg	89 mg
<b>Fibre</b>	12 g	2 g