

Hamburger Stroganoff

Ingredients:

8 ounces whole wheat pasta
 1/2 pound extra lean ground beef
 1/2 onion
 1/4 cup flour
 1/2 teaspoon pepper
 1 cup water
 1 cup buttermilk
 4 ounces mushrooms, canned,
 pieces

Equipment:

Cutting board
 Knife
 Sauce pan
 Non stick skillet
 Small bowl
 Measuring cups
 Measuring spoons
 Serving dish

Number of Servings: 2
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Cook noodles as directed, strain when done, and place in serving dish.
2. Heat non stick skillet to medium.
3. Cut the ends off of the onion, and peel off the brown layers. Cut the onion in half lengthwise, and save half for other uses. Place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces. Add to skillet.
4. Add ground beef to skillet with onions, cook until no longer pink. Remove to a plate covered with paper towels to drain fat.
5. In small bowl, stir together 1 cup water and 1/4 cup flour until lumps disappear.
6. Put hamburger and onions back in skillet and pour flour mixture over hamburger. Allow to thicken.
7. Slowly stir in buttermilk, continue to heat for three to four minutes. Add mushrooms before removing mixture from skillet.
8. Pour beef mixture over noodles, and serve.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 4	
Amount Per Serving	
Calories 396	Calories from Fat 99
%Daily Value*	
Total Fat 11g	17%
Saturated Fat 4g	22%
Cholesterol 41mg	14%
Sodium 229mg	10%
Total Carbohydrate 54g	18%
Dietary Fiber 6g	24%
Protein 22g	45%
Vitamin A 0%	Vitamin C 3%
Iron 22%	Calcium 11%
*Percent Daily Values are based on a 2,000 calorie diet.	

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