Portabella Beef Stroganoff

Courtesy of Carole's Creations

Prep Time: 5 minutes (10 min. to cook beef)
Cooking Time: 20 minutes
Serves: 4
CChints: Buy lean ground beef and turkey when it is on sale. Brown it, crumbled and store divided into 1 pound freezer containers that you have labeled. It will cut 10-15 minutes off the cooking time of any recipe. Portabella mushrooms have a beef type flavor that pares well with the ground beef in this recipe. Stroganoff sauce can be served over your choice of flat noodles, brown rice or spaghetti.

1 pound lean ground beef, cooked
4 servings of noodles, rice or pasta
1 tablespoon olive oil
1/2 medium sweet onion, diced
8 ounce package sliced Portabella mushrooms
Dash of salt and pepper
1 teaspoon dried oregano
1/2 teaspoon dried thyme
10-3/4 ounce can Cream of Mushroom Soup
2/3 cup skim milk
2 tablespoons tomato paste or catsup
optional garnish with 4 tablespoons reduced fat sour cream
Serve with a green vegetable or sliced tomatoes

If the ground beef is cooked and frozen, remove it from the freezer and take off the cover. Microwave it on half power for 2 minutes or until the beef is nearly thawed out. Or if beef is fresh, brown it in a large skillet of medium heat. Drain the meat on paper towels.

Determine if you are serving stroganoff over noodles, rice or pasta. Cook according to package directions, drain and keep warm until the sauce is ready. Try to time it so that the sauce is done at the same time. If your noodles, pasta or rice take longer than 10 minutes, start it now.

Add the oil to a large nonstick skillet of medium heat. Add the onions and stir occasionally for 2 minutes. Add the mushrooms for 3 more minutes. In a mixing bowl, blend together the soup through milk and tomato paste. Pour it into the skillet and blend well. Cover and cook at a simmer for 10 minutes until heated through.

Plate the meal by first putting a serving of the starch on each plate. Top with the stroganoff and a top with a dollop of sour cream. Serve with a side vegetable and enjoy.