

# Dijon Mushroom Beef

## Dijon Mushroom Beef



Adapted from Taste of Home

Serves 4 – 401 Calories/ 7 Points – not including noodles. You can reduce the points/calories by using a reduced fat soup and fat free milk.

- 1/2 pound fresh mushrooms (sliced)
- 1 medium onion (sliced)
- 2 teaspoons olive oil
- 1 pound beef top sirloin steak (thinly sliced)
- 1 10.75 oz can cream of mushroom soup, undiluted (I use Pacific Organic – great clean ingredients!)
- 3/4 cups 1% milk
- 2 tablespoons Dijon mustard
- Hot cooked noodles (optional)

1. In a large nonstick skillet, saute mushrooms and onion in oil until tender. Remove and set aside. In the same skillet, cook beef until no longer pink. Add the soup, milk, mustard and mushroom mixture. Bring to a boil. Reduce heat; cook and stir until thickened. Serve with hot cooked noodles if desired.

main dish

Beef

beef, dijon, mushrooms