

Dijon Mushroom Beef

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Serves 4 Adapted From Light and Tasty Magazine

My Personal Points: If you are a USA WW Member, Click on this link to get your points:

<https://cmx.weightwatchers.com/details/MEMBERRECIPE:61eb13e4f812574b552eeb51>

- 1 pound fresh mushrooms, sliced
 - 1 small onion, sliced
 - 2 tsp olive oil
 - 1 pound boneless beef sirloin steak, thinly sliced
 - 1 can Healthy Request Cream of Mushroom Soup
 - 3/4 cup 1% milk
 - 2 Tbsp dijon mustard
 - Hot Cooked Noodles or Mashed Potatoes, optional, not included in points
1. In a large skillet, saute mushrooms and onions in oil in 1 tsp oil until tender. Remove and set aside
 2. Add second tsp of oil to pan, heat pan until hot, cook beef until desired doneness.
 3. Add the soup, milk, mustard and mushroom mixture. Bring to a boil. Reduce heat, cook and stir until thickened.
 4. Serve over noodles or mashed potatoes if desired.

Main Course

Beef

30 minute meal, beef