

Quick Beef Stronganoff and Noodle

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Serves 6

Blue – 9 points

Purple – 5 points

Green – 9 points

- 1 pound 96% lean ground beef
- 1/4 cup onion, finely chopped
- 8 oz uncooked egg noodles (use whole wheat noodles if on purple)
- 1 can Healthy Request tomato soup
- 3 soup cans water
- 1/2 cup light sour cream
- 1/2 cup light sour cream
- 8 oz can mushrooms, drained

1. Brown ground beef and onion. Drain
2. Add noodles, tomato soup and water.
3. Simmer 15-20 minutes, stirring occasionally.
4. Add sour cream and mushrooms, heat through. Serve.

