



Mock Stroganoff



- 3 cups uncooked yolk-free Noodles
- 1 pound Ground Beef
- 1/4 cup chopped Onion
- 1/4 cup sliced fresh Mushrooms or
- 1 can (10 oz.) Cream of Mushroom soup
- 1-1/2 cups Water
- 2 envelopes Brown Gravy mix
- 2 cups (16 oz.) Sour cream

Cook noodles according to package directions. Meanwhile, in a large skillet, cook the beef, onion and mushrooms over medium heat until meat is no longer pink; drain.

Stir in water and gravy mix. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in sour cream. Drain noodles. Serve with meat mixture.

Makes: 4 servings.

1 cup stroganoff with 3/4 cup noodles:

Calories 584, Fat 32g, Chol. 136mg, Sodium 1207mg,
Carbs. 34g, Fiber 2g, Protein 31g.

