

Stroganoff-Style Beef

Makes 4 servings

Cost: \$0.65 per serving

¾ lb	ground beef	375 g
1/3 cup	chopped onion	75 ml
3 tbsp	flour	45 ml
1 cup	milk (made from skim milk powder)	250 ml
1	can (10 ozs/284 ml) sliced mushrooms, drained	1
1	beef bouillon cube	1
3 tbsp	hot water	45 ml
	salt and pepper	
	cooked egg noodles or mashed potatoes	

If your brand of bouillon makes 2 cups (500 ml) of broth per cube, use only half a cube.

1. Turn on stove to medium-high heat. Cook and stir the ground beef and onion in a large frypan until the beef has browned. Drain off fat.
2. Add flour to meat mixture. Stir well.
3. Pour milk in slowly, stirring all the time. Add mushrooms.
4. Put bouillon cube and hot water into a cup. Crush the bouillon cube with the back of a spoon to break it up. Add water and bouillon cube to meat mixture.
5. Cook and stir the meat mixture until it boils and thickens. Add salt and pepper to taste.
6. Serve over cooked noodles or mashed potatoes.

Per serving: 324 calories

Calories from fat: 47%

Good source of: iron

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