

Low-Fat Beef Stroganoff

1 pound beef top round steak
1 tablespoon all-purpose flour
non-stick spray coating
1 1/2 cups sliced fresh mushrooms
1/2 cup chopped onion
1/2 cup green pepper
1 clove garlic, minced
1 tablespoon margarine or butter
1 tablespoon all-purpose flour

1 1/4 cups water
1 tablespoon tomato paste
1 teaspoon instant beef bouillon granules
1 8-ounce carton plain low-fat yogurt
2 tablespoons all-purpose flour
2 tablespoons dry white wine
4 ounces hot cooked egg-free fettucine

Partially freeze meat. Cut on the bias into thin, bite-size strips. Coat meat with 1 tablespoon flour. Spray a large skillet with non-stick coating. Brown meat in skillet. Stir in mushrooms, onion, green pepper, and garlic. Cook for 3 to 4 minutes or till the onion and green pepper are tender, stirring the mixture occasionally. Remove the meat-mushroom mixture from skillet.

Add margarine or butter to pan drippings. Stir in 1 tablespoon flour. Stir in water, tomato paste, and bouillon granules. Cook and stir till thickened and bubbly.

Stir together yogurt and 2 tablespoons flour; add to skillet. Return meat-mushroom mixture to skillet. Cook and stir until thickened and bubbly; cook and stir 1 minute more. Stir in wine. Serve over fettuccine. Makes 4 servings.

Nutrition Information per serving: Calories 347, Fat 8 g, Cholesterol 64 mg, Sodium 245 mg, Carbohydrate 35 g, Potassium 613 mg, Protein 29 g, 45%, Vitamin A 5%, Vitamin C 6%, Thiamine 28%, Riboflavin 32%, Niacin 37%, Calcium 13%, Iron 24%, Phosphorus 35%