

## LOW FAT BEEF STOGANOFF

1 pound boneless lean beef, sliced thin  
1/2 large onion, sliced  
8 oz. fresh mushrooms, sliced  
1/4 tsp. garlic powder  
salt and pepper to taste  
2 1/2 cups beef broth OR 2 1/2 cups water with 3 tbsp. beef soup base  
1 cup nonfat dairy sour cream  
6 Tbsp. Ultra Gel  
1 pound whole wheat pasta

Brown beef in non-stick skillet. Add onion and mushrooms and cook until tender (if skillet gets dry, turn down heat and cover with a lid) Season with garlic powder and salt and pepper. Add beef broth and simmer, covered, until meat is tender. Add sourcream and stir in Ultra Gel with a whisk and let simmer a few more minutes until thickened. Cook pasta in 4 qts. of water until tender but still firm to the bite. Drain and rinse. Serve stroganoff over pasta.

If packaging for freezing, put the pasta at one end of the container and the suace at the other end)

Nutritional Info: per serving  
313 calories, 5.1 g. fat, 1.5 gr saturated fat, 37 mg. cholesterol, 14.7% cal from fat.

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