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Beef and Mushroom Stroganoff

- 6 Ounces egg noodles, whole wheat, about 3/4 cup, dry, uncooked
- 4 Tbsp margarine with plant sterols, or trans fat-free spread
- 10 Ounces beef, flank steak, trimmed
- 1 Pounds mushrooms, Portobello, stemmed, halved and thinly sliced
- 1 Large onion, white, sliced
- 3/4 Tsp thyme, fresh, or dried
- 1/2 Tsp pepper, black ground
- 2 Tbsp flour, whole-wheat
- 1 Cup broth, beef, less sodium
- 1 Tbsp vinegar, red wine
- 1/4 Cup sour cream, nonfat
- 4 Tbsp chives, fresh, chopped or 1 teaspoon dried

- 1) Heat water for noodles to boiling and then cook them 5-8 minutes; drain and then add 1 tablespoon margarine.
- 2) Meanwhile, heat 2 tablespoons margarine in a large skillet over medium high heat until hot. Add steak, brown on both sides (3 to 4 minutes per side), let rest. Cut lengthwise into 2 long pieces then crosswise, across the grain, into 1/4-inch-thick slices.
- 3) Melt remaining tablespoon of margarine in the skillet over medium heat, add the next four ingredients and cook 8 to 12 minutes.
- 4) Stir in flour until combined with the vegetables; stir in remaining liquids and bring to a boil.
- 5) Reduce heat to a simmer, and continue cooking, stirring often, until mixture is thickened; about 3 minutes.
- 6) Add sour cream, chives, the sliced steak and any accumulated juices, and blend.
- 7) Serve stroganoff over noodles. Enjoy.

Makes 4 Servings