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Beef Stroganoff

- 1 Pound lean beef, sliced into 1/4-inch pieces
- 8 Ounces button mushrooms, sliced
- 1 Medium onion, sliced
- 1 Garlic clove, minced
- 1 Cup peas
- 2 Cups beef stock or broth
- 1/2 Cup red wine
- 1 Tbsp olive oil
- 1 Tbsp butter
- 1/2 Cup low fat Greek, plus more for garnishing if you want
- 2 Tbsp cornstarch
- Salt, to taste
- Black pepper, to taste

- 1) Add the beef and cornstarch with some salt and pepper to a gallon-sized Ziploc bag and shake until all of the beef is well coated.
- 2) In a large skillet over a medium high heat, add the oil and 1/2 the beef. Don't over crowd the pan or the beef will not brown properly. I added the beef one piece at a time since the cornstarch has a tendency to make it stick together. After about two minutes turn the beef and cook it for an additional minute then remove it from the pan and repeat this process with the other half of the beef and set it aside.
- 3) Lower the heat to medium, then add the butter, mushrooms, onion and garlic to the pan with a bit more salt and pepper. Sauté the vegetables for about 5 minutes or until the onions are softened and the mushrooms begin to brown. Use a wooden spoon to stir occasionally and help pick up the pan drippings from the previous step.
- 4) Add the wine and simmer for 2 minutes, then add the beef stock and the beef and simmer uncovered on low for 30 minutes.
- 5) Add the peas and simmer for 2 minutes, then add the yogurt. Turn off the heat and stir the yogurt into the sauce until it is well combined. Serve over lightly buttered noodles.

