



Schoharie County  
173 South Grand St  
Cobleskill, NY 12043  
518.234.4303  
518.296.8310  
Fax: 518.234.4305  
schoharie@cornell.edu

Otsego County  
123 Lake St  
Cooperstown, NY 13326  
607.547.2536  
Fax: 607.547.5180  
otsego@cornell.edu

Oneonta Outreach  
31 Maple St  
Oneonta, NY 13820  
607.433.2521  
Fax: 607.436.9682

cceschoharie-otsego.org

## Beef Stroganoff

### Ingredients:

- 1 pound lean ground beef
- 8 ounces fresh mushrooms, sliced
- ½ cup onion, chopped
- 2 garlic cloves, minced
- ¼ cup flour
- 1 (10½-ounce) can condensed beef broth
- ½ cup low-fat sour cream
- dash of paprika

*Makes 6 servings - 45% calories from fat*

### Instructions:

1. In frying pan over medium high heat cook beef, mushroom, onion, and garlic, stirring constantly until lightly browned. Set aside.
2. In small bowl combine flour with ½ cup broth, blend well then add to meat mixture.
3. Add remaining broth to meat mixture. Simmer until thickened.
4. Stir in sour cream, sprinkle with paprika and cook slowly until heated thoroughly. Do not boil.

### Note:

- Serve over hot cooked noodles or rice.

Nutrition Facts	
Serving Size 2 cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 200</b>	Calories from Fat 90
% Daily Value*	
<b>Total Fat 10g</b>	<b>15%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 610mg</b>	<b>25%</b>
<b>Total Carbohydrate 10g</b>	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein 19g</b>	
Vitamin A 2%	Vitamin C 2%
Calcium 4%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Revised July 2021

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.