**Beef Stroganoff**

**Instructions**

1. Cut beef into one inch cubes; heat one teaspoon oil in a non-stick skillet; sauté onion for two minutes
2. Add beef and sauté for additional five minutes; turn to brown evenly; remove from pan and keep hot
3. Add remaining oil to pan; sauté mushrooms
4. Add beef and onions to pan with seasonings
5. Add wine, yogurt; gently stir in; heat, but do not boil
6. Serve with macaroni

Note: If thickening is desired, use two teaspoons cornstarch; calories are the same as flour, but it has double thickening power. These calories are not figured into the nutrients per serving.

**Tip**

Lean beef boosts intake of iron, which is important for healthy red blood cells. Lean beef is a low calorie food with a high amount of nutrients. Mushrooms contain selenium, a mineral which helps detoxify some cancer-causing compounds in the body. They also have bulking agents to help full the stomach longer to decrease amount of calorie intake.