



Lightened Up Crock Pot Beef Stroganoff

Recipe Source: www.shrinkingkitchen.com

Ingredients:

1 (1 lb) top round steak (1 inch thick), trimmed
1 cup chopped onion
2 TBSP chopped fresh parsley
2 TBSP Dijon mustard
 $\frac{3}{4}$ tsp salt
 $\frac{1}{2}$ tsp dried dil
 $\frac{1}{2}$ tsp black pepper
2 cups sliced mushrooms
3 garlic cloves, minced

Steps:

- Cut steak diagonally across grain into $\frac{1}{4}$ -inch-thick slices.
- Place steak and next 8 ingredients (through garlic) in a slow cooker and stir well.
- Lightly spoon flour into a dry measuring cup and level with a knife.
- Place flour in a small bowl. Gradually add broth, stirring with a whisk until blended.
- Add broth mixture and Worcestershire sauce to slow cooker; stir.
- Cover with lid. Cook on high for 4 hours or low for 7-8 hours, until steak is tender.
- Turn slow cooker off, remove lid, and let stroganoff stand 10 minutes.
- Stir in sour cream. Serve stroganoff over noodles.

Tips from the Test Kitchen: Use whole grain noodles or brown rice for serving.

Nutritional Facts: per serving Calories: 543, Carbohydrates: 62grams, Protein: 53 grams, Total Fat: 9 grams, Saturated Fat: 2 grams, Cholesterol: 107 mg, Sodium: 1131 mg, Fiber: 6 grams, Total Sugars: 4 grams.

