

Ground Beef Stroganoff

1. In a large frying pan, add:

ground beef	1 pound (454 grams)
onion, chopped	1 medium

Cook until beef is brown:

2. Add:

onion soup mix	1 package
tomatoes	1 can (796 mL)
corn kernels (undrained)	1 can (341 mL)
egg noodles (uncooked)	2 cups

Stir until it starts to boil.

3. Reduce heat to low and cover. Simmer for about 20 minutes or until noodles are tender. Stir occasionally.

Serves 4



Hot Tips

- Try ground pork, chicken or turkey for a different taste.
- Add green pepper or celery to the beef and onions.

Source: Instant Chef 2 Cookbook

Courtesy of Healthy Start for Mom & Me, Winnipeg Tel: 204-949-5350 Website: www.hsmm.ca

March 2001