

## Beef Stroganoff

(The original Hamburger Helper)

2 Tablespoons oil

1 chopped onion **WIC**

3 tablespoons garlic crushed or chopped (about 1 bulb) **WIC**

2 cups chopped or sliced mushrooms **WIC**

2 pounds low fat ground beef

1 tablespoon dried parsley

1 teaspoon paprika, remember there is hot and sweet paprika

2 teaspoons dry mustard

2 teaspoons salt

1 teaspoon Worcestershire sauce

½ cup whole wheat flour

3 cups beef broth (you can use chicken, but it will lack some flavor)

2 cups plain yogurt

Sauté onions, mushrooms and garlic in oil, add ground beef and spices. Cook until the meat is tender. Add flour and stir until it disappears. Sauté for about a minute, and then all broth. Stir until thickened. Add yogurt and sauté while you cook the noodles. Serve over noodles with a colorful side.

If you want to make a simpler version you can use canned mushroom soup, with milk in place of the sauce.