

BEEF STROGANOFF NUEVO

Total preparation & cooking time: 30 minutes



- 8 ounces uncooked linguine, broken in half
- 1 small red onion, divided
- 1 pound ground beef (95% lean)
- 3/4 cup salsa verde
- 1 container (8 ounces) fat-free sour cream (1 cup)
- 4 cups baby spinach leaves
- 2 small plum tomatoes, sliced
- 1 avocado, sliced
- 1/4 cup chopped fresh cilantro

1. Cook pasta according to package directions; drain. Set aside.
2. Meanwhile, cut 1/4 of onion into thin slices; set aside. Chop remaining onion. Brown ground beef with chopped onion in large nonstick skillet over medium heat 8 to 10 minutes, breaking beef up into 3/4-inch crumbles; drain.
3. Stir in salsa verde, sour cream and cooked pasta. Reduce heat; simmer 5 minutes, or until heated through.
4. Arrange spinach on plates. Spoon beef-pasta mixture over spinach. Top with tomatoes, avocado, sliced onion and cilantro.

Makes 4 servings

Nutrition information per serving: 531 calories; 15 g fat (4 g saturated fat; 8 g monounsaturated fat); 81 mg cholesterol; 524 mg sodium; 60 g carbohydrate; 6.1 g fiber; 36 g protein; 11.4 mg niacin; 0.6 mg vitamin B₆; 2.4 mcg vitamin B₁₂; 5.8 mg iron; 57.0 mcg selenium; 7.5 mg zinc; 107.8 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.



Funded in Part by the Beef CheckOff

