



Nutrition Facts

Serving Size SERVING (3-#8
SPOODLES; 1-1/2 CUPS)

Amount Per Serving

Calories 413

% Daily Value

Total Fat 9.4g **14%**

Saturated Fat 3.1g **16%**

Cholesterol 64mg **21%**

Sodium 275mg **11%**

Total Carbohydrate **17%**
49.5g

Dietary Fiber 2.2g **9%**

Protein 32.6g **65%**

Vitamin A 5% Vitamin C 1%

Calcium 9% Iron 13%



TIP



Amount of dry egg noodles needed for 24 servings of this recipe:
3.5 lb. dry egg noodles = 8.5 lbs. cooked

Noodles may be prepared ahead of time and refrigerated until needed.

CCP: Preheat to 165°F and then hold for hot service at 140°F or higher until needed.


Total Time
45 MIN.

Difficulty
EASY

Yields
24

Serving & Size
SERVING (3-#8 SPOODLES; 1-1/2 CUPS)

Cream of Mushroom soup delivers rich flavor and creaminess making it easier than ever to make this classic Beef Stroganoff

INGREDIENTS	WEIGHT	MEASURE
cooked cholesterol-free noodle-style pasta, rinsed, drained	135 oz.	24 cups
vegetable oil		2 tbsp.
boneless beef sirloin steak, yield from 1 lb raw, cut into thin slices	80 oz.	5
onion, chopped	6 oz.	2 cups
 Campbell's® Healthy Request® Condensed Cream of Mushroom Soup , 50 oz ea		1 cans
low fat (1%) milk		3 1/2 cups
paprika, ground		2 1/2 tsp.
black pepper, ground		1 tsp.
dried rosemary leaves		1/4 tsp.
Worcestershire sauce		2 tsp.
reduced fat sour cream	12 oz.	1 1/2 cups
fresh parsley, chopped		1/4 cups

BEEF STROGANOFF MADE WITH CAMPBELL'S® HEALTHY REQUEST CREAM OF MUSHROOM SOUP



INSTRUCTIONS

1. Cook noodles according to package directions. Reserve.

CCP: Hold for hot service at 140°F or higher.

2. Heat oil in large pan or rondeau over high heat.

3. Add the sliced beef. Cook until browned. Remove the beef from the pan.

Reserve and discard any excess fat.

4. Heat the same pan to medium. Add the onions. Cook until tender.

5. In same pan, add soup, milk, paprika, pepper, rosemary and Worcestershire.

Mix well and heat to a boil.

6. Reduce heat and stir in sour cream. Return the beef back to the pan and mix well.

CCP: Heat to a minimum internal temperature of 165°F for at least 1 minute.

To Serve:

Portion 1- 8 oz spoodle egg noodles (in the center of a bowl or a plate). Top with

1- 4 oz spoodle of beef and sauce mixture. Garnish with parsley. Serve

immediately.