

Low Fat Beef Stroganoff



This version of beef stroganoff is a lighter twist on the classic comfort dish, made with tender strips of lean beef, sautéed mushrooms, and a creamy, flavourful sauce. Packed with protein and wholesome ingredients, it's a satisfying meal perfect for weeknight dinners. Our dietitians often recommend it as a quick and nutritious option that doesn't compromise on taste. To add a serving of vegetables, try it with our [Maple Roasted Brussels Sprouts](#)

Preparation 10 min
Cooking 30 min
Servings 6
Nutrition Facts (per serving)
Calories 300
Fat 7
Carbohydrates 36
Fibre 5
Protein 22
Sodium 390

Ingredients

- 240 g (8.5 oz) lentil pasta

- 15 ml (1 tbsp) olive oil
- 255 g (9 oz) top sirloin steak, cut into strips
- 1 white onion, thinly sliced
- 454 g (1 lb) mushrooms, sliced
- 45 ml (3 tbsp) all-purpose flour
- 250 ml (1 cup) dry white wine
- 1 carton (900 ml) low sodium beef broth
- 15 ml (1 tbsp) Dijon mustard
- 80 ml (? cup) plain 0% Greek yogurt
- Pepper and salt, to taste

Topping (optional)

- Fresh parsley
- Chives
- Green onions

Preparation

1. Bring a large pot of water to a boil. Cook the lentil pasta according to package directions until al dente. Drain, rinse lightly, and set aside.
2. In a large non-stick skillet over medium-high heat, heat the olive oil. Add the beef strips in a single layer and sear for 1–2 minutes per side, just until browned. Remove from the skillet and set aside.
3. In the same skillet, add the onion and mushrooms. Cook for 5–7 minutes, stirring occasionally, until

4. Sprinkle flour over the vegetables and stir to coat evenly. Cook for about 1 minute.
5. Deglaze with the white wine, stirring and scraping up any browned bits from the bottom of the pan. Gradually stir in the beef broth and Dijon mustard. Bring to a gentle simmer and cook for 10–15 minutes, or until the sauce thickens.
6. Reduce heat to low and stir in the Greek yogurt until the sauce is smooth. Avoid boiling once the yogurt is added. Season with pepper and salt to taste.
7. Return the beef and any juices to the skillet. Simmer for 2–3 minutes, just until heated through.
8. Serve the stroganoff over the lentil pasta. If desired, garnish with fresh parsley, chives or green onions before serving.

Notes

Store in an airtight container in the refrigerator for up to 3 days. Can be frozen for up to 3 months.



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