

Lean Beef Stroganoff on Zucchini Ribbons

Yield: Serves 4

Nutritional Information based on 1 serving

INGREDIENTS

- 800g beef from the inside round, cut into small cubes or strips, whichever you prefer
- 1 small onion, finely chopped  
- 1 clove garlic, finely chopped
- ½ tsp Himalayan or fine sea salt
- ½ tsp freshly cracked black pepper
- 6 cups water, divided
- 2 tbsp Dijon mustard
- 1 tbsp fresh rosemary, finely chopped
- 450g mushrooms, quartered
- 100g frozen pearl onions
- 1 tbsp fresh parsley, finely chopped
- ½ cup fat free Greek yogurt  
- 2 tbsp arrowroot flour
- 8 yellow and green zucchinis in ribbons*  

INSTRUCTIONS

1. Preheat a large pan coated with olive over high heat and sear the pieces of beef to form a nice golden crust on all sides.
2. Add onions, garlic, salt, pepper, lower heat to medium and continue cooking until the onions are softened.
3. Add 2 cups of water, Dijon mustard and fresh rosemary and stir until the mustard is well incorporated.
4. Cover loosely, lower heat and simmer until the liquid is almost completely evaporated then add another 2 cups of water and repeat the process.
5. At this point, you want to add your mushrooms, pearl onions and another 2 cups of water. Bring back to a simmer and continue cooking until you're left with a nice, thick sauce; Turn off the heat.
6. In a mixing bowl, add yogurt, arrowroot and about a cup of your cooking liquid. Mix with a whisk until fully combined and add that to the pan.
7. Add fresh parsley and stir delicately until all is well combined.
8. Serve over zucchini ribbons

Notes

**The use of a mandolin is strongly recommended to get the zucchini slices really paper thin. Alternatively, you could also cut the zucchini into long thin strips to mimic spaghetti.*

<http://thehealthyfoodie.com/2013/01/15/skinny-beef-stroganoff-on-zucchini-ribbons/>

Recipe by Sonia! The Healthy Foodie | www.thehealthyfoodie.com