*Mexican-Style Beef Stroganoff*

Shopping List

1 pound marinated seasoned beef fajitas
1/2 chopped onion
2 diced zucchini squash (small)
1 tablespoon canola oil
1 cup chipotle salsa
1 cup frozen corn kernels
8 ounces light sour cream
Whole Wheat Vermicelli, prepared according to package directions

Recipe

1 Heat large, non-stick skillet over medium high heat. Spray skillet with non-stick cooking spray. Brown beef in skillet about 2 minutes per side. Reduce heat, loosely cover skillet, and cook 8 minutes. Place beef on cutting surface and set aside.

2 Heat oil in same skillet over medium high heat; sauté onion and zucchini 5 minutes or until tender. Stir in salsa and corn and cook for 2 minutes; set aside.

3 Slice fajitas across the grain into thin strips, then cut into bite size pieces. Stir into skillet mixture. Add sour cream and stir until heated through, about 5 minutes.

4 Server over vermicelli

Makes 6 servings

Source: HEB Cooking Connection

Nutrition Information: 392 calories, 12 grams fat, 57 grams carbohydrate, 15 grams protein, 22 mg cholesterol, 627 mg sodium, 7.7 grams fiber