

Beef Stroganoff with Fresh Spinach

Comfort food with a lower carb twist. We're making classic beef stroganoff with plenty of sautéed mushrooms and a rich cream sauce, but we're serving it spinach in place of the traditional carb-heavy noodles. Yum!

35 Minutes to the Table

35 Minutes Hands On

2 Whisks Easy

Getting Organized

EQUIPMENT

Large Skillet

FROM YOUR PANTRY

Olive Oil

Salt & Pepper

Flour (½ Tbsp / serving)

Butter (¾ Tbsp /
serving)

6 MEEZ CONTAINERS

Steak

Onions & Garlic

Mushrooms

Stroganoff Sauce

Spinach

Sour Cream & Parsley

Make The Meal Your Own

This is a lower-carb version of the classic. If you love egg noodles, they'd be a great addition.

Good To Know

Be sure to generously season your steak with salt and pepper before cooking; the salt adds flavor while also keeping the meat tender. We recommend using ½ tsp of each.

It's important to let the steaks rest to keep them tender and juicy. Give them at least 3 to 5 minutes off the heat before you slice and serve.

Health snapshot per serving – 540 Calories, 38g Fat, 38g Protein, 15g Carbs, 19 Smart Points

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Spinach, Mushrooms, Red Onion, Garlic, Cream, Sour Cream, Chicken Broth, Tomato, Parsley, Miso, Tamari, Brown Sugar, Black Pepper, Dijon Mustard,

meez *meals*

1. Cook the Steak

Heat 1 Tbsp of oil in a skillet over high heat. While the skillet is heating, pat the **Steak** dry with a towel and season generously with salt and pepper (we recommend ½ tsp of each). When the skillet is very hot, add the steaks to the pan.

Cook until the bottoms brown and the sides start to color, about 3 minutes. Flip and continue cooking for 3 minutes if you prefer your steak **medium-rare**. (Cook for 4 minutes for **medium**, and 5 to 6 for **well done**). Set aside to rest for 5 minutes on a cutting board.

After the steaks have rested, arrange them horizontally and using a sharp knife, cut the steaks into even strips (we aim for ¼ to ½ inch strips).

2. Sauté the Onions & Garlic and Mushrooms

While the steaks are resting, wipe out the skillet used for steak and heat 1 Tbsp of oil over medium-high heat. Add the **Onions & Garlic** and cook until the onions are translucent, 4 to 6 minutes. Add the **Mushrooms** and continue cooking until the mushrooms start to brown and soften, 4 to 6 minutes.

3. Create the Sauce

Add 1 Tbsp flour and 1½ Tbsp butter and stir continuously until the butter is melted, the flour is beginning to brown, and both are well mixed in with the veggies and mushrooms without any flour clumps, about 2 minutes.

Add the **Stroganoff Sauce** and stir, scrapping the browned bits off the bottom of the pan. Cook until the sauce is the consistency of gravy and has turned a golden brown, about 2 to 3 minutes. Once the sauce has thickened, add the **Spinach** and stir continuously until all the spinach has softened and is bright green, about 2 to 3 minutes. Remove from the heat and stir in the **Sour Cream & Parsley**

4. Put It All Together

Top the spinach & mushrooms with the sliced steak & drizzle remaining sauce on top. Enjoy!

Test if the skillet is hot enough by holding your hand about 6 inches above the skillet. If you can feel serious heat, it's ready to go.

Ensure heat is high enough so the sauce is bubbling as it thickens during this step.

Add the spinach a little at a time if your pan gets too full. It will soften and cook down as you stir it in.

Instructions for two servings.

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