

Beef Stroganoff

Stroganoff is a classic saucy Russian dish made with sliced beef and finished with a healthy dose of sour cream. This easy weeknight version uses one big pot to brown the ground beef with onions, then simmers it all with paprika, wine, beef broth, and browned mushrooms. Dried egg noodles are added right to the pot to cook until tender, and sour cream is stirred in at the end to finish the creamy sauce. Serve with a green salad and you're done like dinner!



Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<ul style="list-style-type: none"> • 1 tbsp olive oil • 8 oz mushrooms, sliced ¼” thick • 1 lb ground beef • 2 tbsp unsalted butter • 1 yellow onion, diced finely • 2 garlic cloves, minced • 3 tbsp flour • 1 tsp paprika • ¼ cup white cooking wine • 1 tbsp Worcestershire sauce • 4 cups beef broth • salt & pepper • 8 oz dried egg noodles • ¾ cup sour cream 	<ul style="list-style-type: none"> • 2 tbsp olive oil • 16 oz mushrooms, sliced ¼” thick • 2 lb ground beef • 4 tbsp unsalted butter • 2 yellow onions, diced finely • 4 garlic cloves, minced • 6 tbsp flour • 2 tsp paprika • ½ cup white cooking wine • 2 tbsp Worcestershire sauce • 8 cups beef broth • salt & pepper • 16 oz dried egg noodles • 1 ½ cups sour cream 	<ul style="list-style-type: none"> • 3 tbsp olive oil • 24 oz mushrooms, sliced ¼” thick • 3 lb ground beef • 6 tbsp unsalted butter • 3 yellow onions, diced finely • 6 garlic cloves, minced • 9 tbsp flour • 3 tsp paprika • ¾ cup white cooking wine • 3 tbsp Worcestershire sauce • 12 cups beef broth • salt & pepper • 24 oz dried egg noodles • 2 ¼ cups sour cream

Directions:

- 1) Heat the oil in a large pot over medium-high heat. Add the mushrooms, season with salt and pepper, and cook, stirring rarely, until browned (5 min). Transfer to a medium bowl and set aside.
- 2) Reduce the heat to medium and add the beef, season with salt and pepper, and break the meat into smaller pieces with a wooden spoon. Cook, stirring occasionally, until it's just cooked through and no longer pink (6-8 min). Drain off excess fat.
- 3) Add the butter, onion and garlic, and cook, stirring occasionally, until softened (4-5 min).

- 4) Sprinkle in the flour and paprika, stir to coat the meat, and cook, stirring occasionally, until the raw flour has disappeared (1-2 min).
- 5) Add the wine and cook, stirring occasionally and scraping up any browned bits that have accumulated on the bottom of the pot, until almost evaporated (1-2 min).
- 6) Add the Worcestershire sauce, broth, salt and pepper and stir to combine. Increase the heat to medium high and bring to a simmer.
- 7) Add the noodles and cooked mushrooms along with their accumulated juices and stir to combine. Reduce the heat to medium low and simmer, stirring occasionally, until the noodles are just cooked through (6-8 min).
- 8) Remove from the heat and stir in the sour cream. Taste and season with salt and pepper as needed. Garnish with chopped parsley if desired.

Adapted from Chowhound: <http://www.chowhound.com/recipes/one-pot-beef-stroganoff-with-egg-noodles-30939>

“Half Veggie” Burgers

These burgers are a great way to stretch your dollars by using less meat and adding healthy, inexpensive lentils. Incorporate whichever veggies you have on hand and serve with roasted root vegetables for a nutritious take on a classic favourite.

Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<ul style="list-style-type: none">• 1 ½ cups cooked lentils• ½ cup bell pepper, finely diced• ½ lb ground beef• 1 egg• salt & pepper	<ul style="list-style-type: none">• 3 cups cooked lentils• 1 cup bell pepper, finely diced• 1 lb ground beef• 1 egg• salt & pepper	<ul style="list-style-type: none">• 4 ½ cups cooked lentils• 1 ½ cup bell pepper, finely diced• 1 ½ lb ground beef• 2 eggs• salt & pepper

Directions:

You can use almost any vegetable to make these burger patties, except lettuce and other greens. If you pick a hard vegetable like potato, squash, or eggplant, you’ll need to cook it first. Vegetables need to be finely chopped or small to begin with (like corn or peas).

- 1) Roughly mash the lentils in a large bowl.
- 2) Mix the veggies, egg and meat into the lentils. Season with salt and pepper.
- 3) Form into patties.
- 4) Store in container with layers separated by wax paper.

At Home:

- Grill the patties either on the barbecue or a pan on the stovetop over medium-high heat. Sear until dark brown on one side, then flip them and do the same on the other side. If you want cheeseburgers, lay cheese on the patties after flipping them once.
- Serve on toasted buns with your favorite condiments and fresh vegetables.
- If you won’t eat all the burgers at once, wrap the raw patties in plastic. Refrigerate for a few days or freeze for up to 2 weeks.

Adapted from “*Good and Cheap: Eat Well on \$4/Day*” (2014), Leanne Brown



Quinoa Tabbouleh Salad

Tabbouleh (pronounced “tah-boo-lee”) is a Mediterranean salad usually made of chopped parsley, onion, mint, tomatoes and bulgur wheat. It is usually served as a “*mezze*” (small plates of appetizers) in Arab countries. This version replaces bulgur wheat with quinoa (pronounced “keen-wah”), a tiny nutritional powerhouse loaded with protein, calcium, fibre and magnesium.



Ingredients:

<i>For 1 person (4 servings)</i>	<i>For 2 people (8 servings)</i>	<i>For 3 people (12 servings)</i>
<ul style="list-style-type: none"> • 2 tbsp lemon juice • 1 garlic clove, minced • 3 tbsp olive oil • salt & pepper • ¾ cup cooked quinoa • ½ of a cucumber, diced • 1 tomato, diced • 2/3 cup chopped parsley • ¼ cup chopped mint • 1 green onion, diced 	<ul style="list-style-type: none"> • 4 tbsp lemon juice • 2 garlic cloves, minced • 6 tbsp olive oil • salt & pepper • 1 ½ cup cooked quinoa • 1 cucumber, diced • 2 tomatoes, diced • 1 1/3 cup chopped parsley • ½ cup chopped mint • 2 green onions, diced 	<ul style="list-style-type: none"> • 6 tbsp lemon juice • 3 garlic cloves, minced • 9 tbsp olive oil • salt & pepper • 2 ¼ cups cooked quinoa • 1 ½ cucumbers, diced • 3 tomatoes, diced • 2 cups chopped parsley • ¾ cup chopped mint • 3 green onions, diced

Directions:

- 1) Whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
- 2) Measure quinoa into a large bowl. Mix in half the dressing.
- 3) Add cucumber, tomatoes, parsley, mint, and green onions to the quinoa. Stir to coat all the ingredients.
- 4) Season to taste with salt and pepper. Drizzle remaining dressing over. Salad will keep in fridge for up to 3 days.

How to Cook Quinoa:

- Rinse quinoa in a strainer with water
- Add quinoa and double the amount of water or broth (i.e. 1 cup quinoa + 2 cups water/broth) to a pot with a pinch of salt
- Bring to a boil, then reduce heat to a simmer and cook covered for 15 minutes until water is absorbed
- Remove from heat and let sit with lid on for 5 minutes before fluffing with a fork
- Serve immediately or store in the fridge for up to 5 days

Adapted from: Epicurious,
<http://www.epicurious.com/recipes/food/views/quinoa-tabbouleh-395939>