



1 ½ lbs sirloin steak

8oz sliced cremini mushrooms (or baby portabella)

½ cup chopped onion

3 tbsp butter, divided

3 tbsp all-purpose flour

1 ¼ cup beef broth

¼ tsp salt

¼ tsp black pepper

¾ cup whole milk Greek yogurt

3-4 cups hot cooked egg noodles

1. Slice steak across the grain into ¼ inch wide strips.
2. Heat a large non-stick skillet over medium-high heat. Pour in olive oil, just to coat pan. Add beef and sauté 2-3 minutes or until lightly browned. Remove beef and liquid produced from cooking from pan and place in a medium bowl, keep warm.
3. Turn heat down to medium, add 1 tablespoon of butter to pan with mushrooms and onions and sauté for 3-4 minutes. Remove mushrooms and onions from pan and add to beef.
4. Melt remaining butter in pan and add flour. Cook for 1 minute, whisking constantly. Slowly add beef broth while whisking until all the broth is added and the sauce thickens and bubbles.
5. Add beef, mushrooms, onions, salt and pepper to the pan and bring to a boil. Remove from heat. Let stand 30 seconds then stir in yogurt. Serve over hot egg noodles.

