

# BEEF SHORT RIB STROGANOFF

## INGREDIENTS

1 cup yellow onion, sliced

1 cup mushrooms, sliced

4 garlic cloves, minced

¼ cup fresh rosemary, finely chopped

1 teaspoon ground black pepper

2 tablespoons vegetable oil

14 oz beef short ribs, bone-in\*

½ cup **no salt added** beef broth

½ cup water

3 tablespoons cornstarch

3 tablespoons water

¾ cup light sour cream

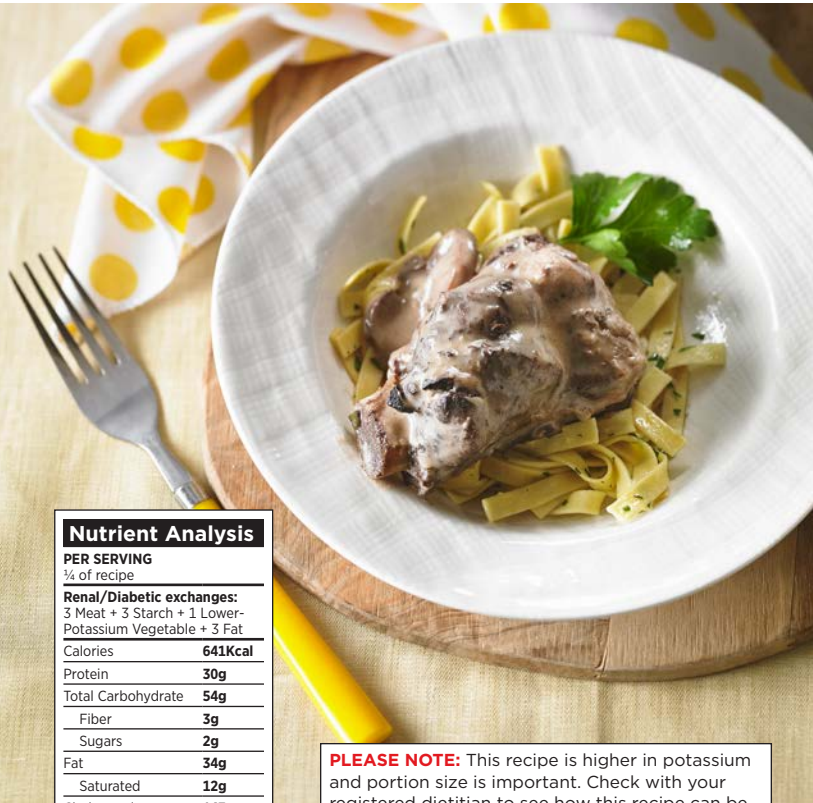
\* If you want to avoid bones, you can use stewing beef instead

## PREPARATION

- 1** To the bottom of a slow cooker, add the onion, mushrooms, garlic, rosemary and pepper.
- 2** In a large skillet, heat the oil on high heat. Fry the beef short ribs on all sides.
- 3** Add the short ribs to the slow cooker and top with broth and water. Cover and cook on low for 9 hours. The meat will fall off the bones. Discard all bones.
- 4** In a small bowl, dissolve the cornstarch in water.
- 5** Add the cornstarch mixture to the slow cooker and stir to incorporate. The cornstarch mixture will thicken the liquid.
- 6** Cover and cook for another hour. Then turn off the heat and stir in the sour cream.
- 7** Serve the stroganoff with egg noodles and enjoy.



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## Nutrient Analysis

### PER SERVING

¼ of recipe

### Renal/Diabetic exchanges:

3 Meat + 3 Starch + 1 Lower-Potassium Vegetable + 3 Fat

Calories	<b>641Kcal</b>
Protein	<b>30g</b>
Total Carbohydrate	<b>54g</b>
Fiber	<b>3g</b>
Sugars	<b>2g</b>
Fat	<b>34g</b>
Saturated	<b>12g</b>
Cholesterol	<b>143mg</b>
Sodium	<b>146mg</b>
Potassium	<b>582mg</b>
Phosphorus	<b>361mg</b>
Calcium	<b>128mg</b>
Iron	<b>4mg</b>
Magnesium	<b>67mg</b>
Vitamin C	<b>4mg</b>

**PLEASE NOTE:** This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

### Diet Types

- |  |   |
|--|---|
| <input checked="" type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis         | <input type="checkbox"/> Transplant                   |

## POTASSIUM CHECK ✓

### Onions, garlic and fresh herbs

Eating foods low in sodium is a cornerstone of the chronic kidney disease diet. Many of us have eaten high-sodium foods or added salt to foods most of our lives; thus eliminating salt from the diet can be difficult. Foods initially will seem bland as the tongue expects the overpowering flavor of salt to be first and foremost, but over time your taste buds will adjust and it'll become much easier to eliminate salt.

An excellent way to add flavor to foods without adding sodium, phosphorus and potassium is to use onions, garlic and a variety of fresh herbs. Add fresh or sautéed onions and garlic to meats, stews, soups and mixed dishes. There are many types of fresh herbs that can be used to increase flavor. Fresh herbs can be expensive to buy in the grocery store, but don't let that stop you from using them, as they can be fun to grow in small pots at home.

When using herbs for the first time, remember that they should enhance the flavor of your food, not overpower or mask its natural flavor. Begin by using no more than one or two herbs at a time. Also, start with no more than ¾ teaspoon of fresh chopped herbs for every four servings of food or one pound of meat. You can always increase this amount as desired. The correct blend of herbs is whatever tastes best to you. Be adventuresome and create new flavor combinations that you enjoy.

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