

LiveWell

Turkey stroganoff

Yield: 6 servings



Ingredients:

- 1 Tablespoon extra virgin olive oil
- 1 medium yellow onion, diced
- 1 pound 93% lean ground turkey
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika
- 1 teaspoon black pepper
- 2 teaspoons Dijon mustard
- 10.5-ounce can reduced-sodium condensed cream of mushroom soup
- 1 cup baby bella mushrooms, sliced
- 4 cups low-sodium beef broth
- 8 ounces whole-wheat egg noodles
- 2 cups frozen sweet peas
- 3/4 cup reduced-fat sour cream
- 1 1/2 Tablespoons chopped fresh parsley

Directions:

1. Place olive oil in a large skillet or pot over medium heat. Add diced onion and sauté until translucent, about 3 to 4 minutes.
2. Add ground turkey, garlic powder, smoked paprika and pepper to skillet. Brown the ground turkey, breaking it down into bite-size pieces, about 5 to 7 minutes.
3. Add Dijon mustard and stir well to combine. Add cream of mushroom soup and stir well. Add sliced mushrooms and beef broth to the skillet or pot.
4. Bring to a boil and add noodles, stirring often. Cook until noodles are "al dente" (cooked through but slightly firm) and liquid has been absorbed, about 8 to 9 minutes.
5. Reduce heat and stir in frozen peas; cook for an additional 3 to 4 minutes. Remove skillet or pot from heat and stir in sour cream. Garnish with parsley.

Nutrition information per serving:

Calories: 361	Sodium: 263 mg	Food exchanges:
Fat: 9 grams	Carbohydrates: 41 grams	3 meat,
Saturated fat: 3.5 grams	Fiber: 6 grams	2 carbohydrate
Cholesterol: 53 mg	Protein: 31 grams	3 vegetable