



Easy Stroganoff

Ingredients

- 8 ounces whole grain egg noodles, uncooked
- 1 pound lean ground beef or ground turkey
- 1 onion, chopped
- 1 bell pepper, chopped
- 8 ounces canned mushroom pieces, drained
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ½ teaspoon beef bouillon granules
- 1 cup low-fat plain yogurt

Directions

1. In a saucepan, prepare noodles according to package directions. Drain when cooked.
2. Meanwhile, brown ground beef or turkey and onions in a skillet until meat is no longer pink and onions are translucent.
3. Add pepper, mushroom pieces, garlic powder, black pepper, and beef bouillon.
4. Cover and let simmer for 15 minutes. Add yogurt during last 5 minutes of cooking time.
5. To serve, place 1 cup of egg noodles on plate. Top with ½ cup of beef or turkey mixture.

Nutrition Facts

Serving Size 1 serving (401.79g)
Servings Per Container 4

Amount Per Serving

Calories 480 **Calories from Fat** 120

% Daily Value*

Total Fat 13g **20%**

Saturated Fat 4g **20%**

Trans Fat 0g

Cholesterol 135mg **45%**

Sodium 150mg **6%**

Total Carbohydrate 57g **19%**

Dietary Fiber 5g **20%**

Sugars 12g

Protein 35g

Vitamin A 6% • Vitamin C 45%

Calcium 20% • Iron 25%

* Percent Daily Values are based on a 2,000 calorie diet.