

Ground Turkey Stroganoff

Ingredients:

8 ounces egg noodles, uncooked
 1 pound ground turkey
 1 onion
 1 small green pepper, chopped
 8 ounces mushroom pieces
 1/2 teaspoon garlic powder
 1/2 teaspoon black pepper
 1/2 teaspoon beef bouillon granules
 8 ounces sour cream, light

Equipment:

Knife
 Cutting board
 Saucepan for noodles
 Measuring spoons
 Non stick skillet with lid
 Spatula

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. In large saucepan, prepare noodles according to package directions. Drain.
2. While noodles are cooking, cut ends off of onion and peel off brown layers. Chop into small pieces. Cut green pepper in half. Remove seeds and stem. Chop into small pieces.
3. Meanwhile, brown ground turkey and onions in non stick skillet until meat is no longer pink and onions are translucent.
4. Add green pepper, mushroom pieces, garlic powder, black pepper and beef bouillon cube. Cover and let simmer for 15 minutes. Add sour cream during last 5 minutes of cooking time.
5. To serve, place 1 cup of egg noodles on plate, top with 1/2 cup of turkey mixture.

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Nutrition Facts

Serving Size: 1 c. noodles, 1/2 c. turkey mixture
 Servings: 4

Amount Per Serving		%Daily Value*	
Calories	288	Calories from Fat 81	
Total Fat	9g	14%	
Saturated Fat	3g	13%	
Cholesterol	99mg	33%	
Sodium	119mg	5%	
Total Carbohydrate	32g	11%	
Dietary Fiber	2g	9%	
Protein	21g	41%	
Vitamin A	3%	Vitamin C	34%
Iron	18%	Calcium	5%

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

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