

Eat Smart • Move More

Easy Stroganoff

Prep Time: 5 minutes

Total Time: 35 minutes



Ingredients

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

Nutrition Facts

4 servings per container	
Serving size	1 serving (519.65g)
Amount per serving	
Calories	480
% Daily Value*	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 390mg	17%
Total Carbohydrate 56g	20%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes g of Added Sugars	
Protein 35g	
Vitamin D 1mcg	4%
Calcium 187mg	15%
Iron 4mg	25%
Potassium 757mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Pair with fruit for a complete meal.
- ▶ Ground turkey can be used in place of ground beef. Cook ground poultry to 160°F.
- ▶ For a extra flavor, add Dijon mustard, chives, thyme, or parsley.
- ▶ Can also use plain Greek yogurt for more protein.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

Directions

- In a saucepan, prepare noodles according to package directions. Drain when cooked. Set aside.
- Meanwhile, brown ground beef in a skillet until meat is cooked and onions are translucent. NOTE: Cook ground beef to 165°F.
- Add water, bell pepper, mushroom pieces, garlic powder, black pepper, and beef bouillon.
- Cover and let simmer for 15 minutes. Add yogurt during last 5 minutes of cooking time.
- Serve with egg noodles and top with beef mixture.

(Recipe adapted from: <http://www.foodnetwork.com>.)

www.eatsmartmovemoreva.org