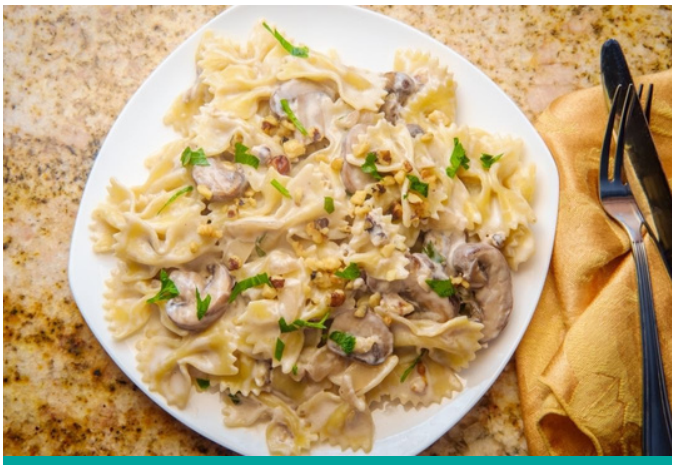
RECIPE

Mushroom Stroganoff



Try this healthy take on a traditional comfort food.
Enjoy on a crisp fall night!

Makes: 6 servings

Prep Time: 10 minutes
Cook Time: 20 minutes

Source: foodhero.org recipes mushroom stroganoff

Small Changes, BIG Differences!

Ingredients

- 1 Tablespoon margarine or butter
- 2 ½ cups chopped onion (2 1/2 medium onions)
- 4 cups sliced mushrooms (16 to 20 medium fresh button mushrooms)
- 3/4 cup water
- 3/4 cup bouillon (vegetable, beef or chicken)
- 1 teaspoon garlic powder
- 1 Tablespoon corn starch
- 3 Tablespoons light sour cream
- 3 cups cooked whole grain noodles or brown rice

Directions

1. Heat the margarine in a large skillet over medium-high heat (350 degrees in an electric skillet). Add onion and mushrooms. Sauté and stir until starting to brown.
2. In a small bowl, mix water, bouillon, garlic powder and cornstarch. Add to skillet and cook until sauce is thickened.
3. Remove from heat. Stir in sour cream.
4. Serve with cooked whole grain noodles or brown rice. Garnish with paprika and chopped parsley if desired.
5. Refrigerate leftovers within 2 hours.

Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	180
Total Fat:	4 g
Saturated Fat:	2 g
Cholesterol:	10 mg
Sodium:	90 mg
Total Carbohydrates:	32 g
Dietary Fiber:	3 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	5 g

Utensils Needed

- Cutting Board
- Knife
- Mixing Bowl
- Spoon
- Large Skillet
- Large Pot

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