Ground Turkey Stroganoff

Ingredients:
- 8 ounces egg noodles, uncooked
- 1 pound ground turkey
- 1 onion, sliced
- 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

Directions
2. In large saucepan, prepare noodles according to package directions. Drain.
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.

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

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>%Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories 288</td>
<td>14%</td>
</tr>
<tr>
<td>Calories from Fat 81</td>
<td>13%</td>
</tr>
<tr>
<td>Total Fat 9g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat 3g</td>
<td>32%</td>
</tr>
<tr>
<td>Cholesterol 90mg</td>
<td>11%</td>
</tr>
<tr>
<td>Sodium 119mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate 32g</td>
<td>41%</td>
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<tr>
<td>Dietary Fiber 2g</td>
<td></td>
</tr>
<tr>
<td>Protein 21g</td>
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</tr>
<tr>
<td>Vitamin A 9g</td>
<td>3%</td>
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<tr>
<td>Vitamin C 34g</td>
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<tr>
<td>Iron 18mg</td>
<td>5%</td>
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<tr>
<td>Calcium 34%</td>
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*Percent Daily Values are based on a 2,000 calorie diet.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes

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The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.

2013

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VCEP-5NP