



Mushroom Stroganoff

Servings 6 | Prep time 10 mins. | Total time 30 mins.

Equipment: Large frying pan, Small bowl

Utensils: Measuring cups and spoons

Ingredients

- 1 1/2 tablespoons butter OR margarine
- 2 cups onion, chopped (about 2 medium onions)
- 8 ounces mushrooms, sliced
- 1 cup reduced sodium vegetable broth
- 1 tablespoon garlic, minced OR 1 1/2 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon cornstarch OR 1 1/2 tablespoons flour
- 3 tablespoons light sour cream
- 3 cup whole grain noodles, cooked

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Heat the butter in a large frying pan over medium-high heat. Add onion and mushrooms. Sauté and stir until mushrooms and onions start to brown.
3. In a small bowl, mix vegetable broth, garlic, salt, black pepper, and cornstarch. Add to frying pan and cook until sauce is thickened.
4. Remove from heat and stir in sour cream.
5. Serve with cooked noodles.

Nutritional Information:

Calories 340
Total Fat 7g
Sodium 260mg
Total Carbs 62g
Protein 12g