

Turkey Meatball Stroganoff

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 4

*1 pound lean ground turkey
1/2 cup soft bread crumbs
1/2 cup onion, finely chopped
1 teaspoon country-style Dijon mustard
1/2 teaspoon salt
1/2 teaspoon freshly ground pepper
2 packages (8 ounce ea) fresh whole mushrooms, quartered
1 can (14 ounce) reduced-sodium beef broth
5 cups (8 ounce) uncooked wide egg noodles
1/3 cup all-purpose flour
1/3 cup cold water
1 container (12 ounce) light French onion dip
fresh Italian parsley (flat-leaf) (ired), chopped*

Preparation Time: 25 minutes

Spray a 3-1/2- to 4-quart slow cooker with cooking spray.

In a medium bowl, mix the turkey, bread crumbs, onion, mustard, salt and pepper. Shape the mixture into sixteen meatballs.

Spray a twelve-inch nonstick skillet with cooking spray. Add the meatballs. Cook over medium-high heat until brown.

Place the meatballs in the slow cooker. Top with the mushrooms. Add the broth.

Cover and cook on LOW heat setting for six to seven hours.

Cook and drain the noodles according to package instructions.

Remove the meatballs and mushrooms from the slow cooker using a slotted spoon. Cover to keep warm.

In a small bowl, mix the flour and water. Gradually stir into the slow cooker until blended. Increase the heat setting to HIGH.

Cover and cook for 15 to 20 minutes or until thickened. Stir in the dip. Heat until hot. Stir in the meatballs and mushrooms.

Serve over the noodles. Garnish with parsley.

Start to Finish Time: 6 hours 45 minutes

Per Serving (excluding unknown items): 223 Calories; 8g Fat (33.5% calories from fat); 25g Protein; 13g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 379mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fat.

Per Serving Nutritional Analysis

Calories (kcal):	223	Vitamin B6 (mg):	trace
% Calories from Fat:	33.5%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	22.2%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	44.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	22mcg
Saturated Fat (g):	2g	Niacin (mg):	1mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	73mg	% Refused:	0 0%
Carbohydrate (g):	13g	Food Exchanges	
Dietary Fiber (g):	1g	Grain (Starch):	1/2
Protein (g):	25g	Lean Meat:	3 1/2
Sodium (mg):	379mg	Vegetable:	1/2
Potassium (mg):	52mg	Fruit:	0
Calcium (mg):	15mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	0
Zinc (mg):	trace	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	1IU		
Vitamin A (r.e.):	0RE		

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 223 **Calories from Fat:** 75

% Daily Values*

Total Fat 8g	13%
Saturated Fat 2g	10%
Cholesterol 73mg	24%
Sodium 379mg	16%
Total Carbohydrates 13g	4%
Dietary Fiber 1g	3%
Protein 25g	
Vitamin A	0%
Vitamin C	2%
Calcium	1%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.