

Turkey Stroganoff on a Shoestring

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*1 pound egg noodles
1 pound ground turkey
2 tablespoons canola oil
1 cup fresh mushrooms,
sliced
1 small onion, chopped
2 cloves garlic, minced
1 small can vegetable juice
3 dashes Worcestershire
sauce
1/2 teaspoon salt
3 twists cracked black
pepper
1 small container low-fat
sour cream*

Prepare the noodles according to package directions.

In a large skillet with canola oil, brown the meat. Add the mushrooms, onion and garlic. Cook until the onions are transparent.

Add the vegetable juice, Worcestershire sauce, salt and pepper.

Let simmer for about 5 minutes.

Gently blend in the egg noodles along with the sour cream.

Per Serving (excluding unknown items): 2836 Calories; 86g Fat (27.5% calories from fat); 151g Protein; 362g Carbohydrate; 22g Dietary Fiber; 796mg Cholesterol; 2320mg Sodium. Exchanges: 22 Grain(Starch); 11 Lean Meat; 4 1/2 Vegetable; 6 1/2 Fat; 1/2 Other Carbohydrates.