

# 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](http://foodhero.org) recipes mushroom stroganoff

## 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)
- ¾ cup water
- ¾ 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.



Small Changes,  
BIG Differences!



## 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

# SHOPPING LIST

Average total cost without oil and seasonings: \$9.59

Average cost/serving: \$1.60

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 2 to Cart:  
Onions



Add 1 to Cart:  
Bouillon



Add 2 to Cart:  
Whole Mushrooms (8 oz)



Add 1 to Cart:  
Corn Starch (16 oz)



Add 1 to Cart:  
Whole Wheat Pasta (16 oz)



Add 1 to Cart:  
Plain Non-Fat Greek Yogurt  
(5.3 oz)

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Cooking Tips

- No broth bouillon? Use 1 cube of dry broth.
- No sour cream? Use plain regular or Greek yogurt.
- Try brown rice instead of whole wheat pasta.

### Similar Recipes

- Cut on costs by reusing these ingredients in other recipes found on [snapedny.org](http://snapedny.org), such as:
  - Italian Stuffed Peppers
  - Mushroom Bulgur Pilaf
  - Pasta with Roasted Vegetables