

Meatball Stroganoff

Makes 4 servings

Total time: 35 minutes

- 4 cups dry egg noodles
- 1 cup sliced button mushrooms (4 oz.)
- 2 Tbsp. vegetable oil, divided
- 1 cup diced onion
- 1/2 tsp. paprika
- 1/4 tsp. cayenne pepper
- 1 Tbsp. unsalted butter
- 1/4 cup dry white wine
- 2 Tbsp. all-purpose flour
- 2 cups low-sodium chicken broth
- Juice of 1/2 a lemon
- 2 Tbsp. stone-ground mustard
- 1/4 cup sour cream
- 1 Tbsp. chopped fresh dill
- 1 recipe Mini-Bacon Meatballs, (page 46) thawed
- Salt and black pepper to taste

Boil a large pot of salted water for the egg noodles.

Sauté mushrooms in 1 Tbsp. oil in a nonstick skillet over medium-high heat until browned, about 5 minutes. Transfer to a plate.

Sauté onion, paprika, and cayenne in remaining oil in same skillet until onion is soft, about 5 minutes.

Prepare noodles according to package directions; drain, toss with butter; set aside.

Deglaze skillet with wine; simmer until liquid is nearly evaporated. Sprinkle flour over onions and stir.

Whisk in broth. Add lemon juice and mustard; simmer until thick, 8–10 minutes.

Stir in cooked mushrooms, sour cream, dill, and meatballs. Cook until meatballs are heated through. Season with salt and pepper.

Per serving: 500 cal; 23g total fat (8g sat); 137mg chol; 659mg sodium; 44g carb; 3g fiber; 25g protein