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Posted on April 4, 2011

## Portobello Mushroom Stroganoff

A hearty, Russian classic, our budget-friendly, clean version replaces the beef with portobellos, making up for lost protein with tofu in the creamy sauce. The family will be saying "spasiba" in no time.

By Jeanette Hurt | Photo: Gibson & Smith

Recipe

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Serves: 8  
Hands-on time: 30 minutes.  
Total time: 30 minutes.

CATEGORY:  
Under 45 Minutes

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### INGREDIENTS:

- 12 oz whole-wheat egg noodles
- Olive oil cooking spray
- 1 medium yellow onion, thinly sliced
- 4 oz white mushrooms, thinly sliced
- 8 oz portobello mushrooms, thinly sliced
- 1 clove garlic, minced
- 14 oz medium-firm tofu, pureed in blender or food processor
- 8 oz low-fat sour cream
- 8 oz low-sodium beef stock
- 1 tbsp unsalted tomato paste
- 1/2 tsp Cajun seasoning
- Sea salt and fresh ground black pepper, to taste
- 1 tsp dried dill

FULL PRICE  
\$9.79

COST PER  
SERVING  
**\$1.22**

### INSTRUCTIONS:

1. Cook noodles according to package directions. Drain and set aside.

**Surprise! GOLEAN® cereals**  
have as much **protein** as an egg\*



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\*GOLEAN® cereals = 9-12g protein per avg. One large egg = 6g.

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2. Heat a large nonstick or cast-iron skillet over high for 1 minute.
3. Reduce heat to medium-low, mist with cooking spray and add onion. Sauté for about 8 minutes or until caramelized. Add white and portobello mushrooms and garlic. Mist with cooking spray, if needed, and saute until cooked, about 5 more minutes.
4. Add tofu, sour cream, stock and tomato paste, and stir until smooth. Stir in seasoning, salt and pepper.
5. Pour mushroom sauce over cooked noodles. Serve topped with dill.

Nutrients per 1-cup serving: Calories: 140, Total Fat: 3.5 g, Sat. Fat: 0.5 g, Carbs: 18 g, Fiber: 1 g, Sugars: 3 g, Protein: 9 g, Sodium: 140 mg, Cholesterol: 15 mg

### Nutritional Bonus:

Mushrooms are not only low-cal wonders – 1 white mushroom contains only 5 calories and is fat-free; 1 oz of portobello mushrooms contains 10 calories and zero fat (that includes saturated fat!) – but they are also an impressive source of potassium, which helps regulate blood pressure and maintain heart health. Just 5 oz of mushrooms contain more potassium than a banana!

**KEYWORDS:** mushrooms, pasta, portobello mushroom, noodles, egg noodles

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