

# Ground Turkey Stroganoff



Easy to make, fast ground turkey stroganoff recipe for cold nights.

**Prep:** 15 mins

**Cook:** 35 mins

**Total:** 50 mins

**Servings:** 4

**Yield:** 4 servings



## Ingredients

1 (12 ounce) package egg noodles

¼ cup salted butter

½ (8 ounce) package fresh mushrooms, thinly sliced

½ cup minced onion

3 cloves garlic, minced

1 pound ground turkey

2 tablespoons all-purpose flour

1 teaspoon salt

1 teaspoon ground black pepper

2 tablespoons Worcestershire sauce

1 (10.75 ounce) can condensed cream of mushroom soup with roasted garlic

⅓ cup milk

⅓ cup water

½ cup sour cream

## Directions

### Step 1

Fill a large pot with lightly salted water and bring to a rapid boil. Cook egg noodles at a boil until tender yet firm to the bite, 7 to 9 minutes. Drain and keep warm.

### Step 2

Meanwhile, heat butter in a large saucepan or deep skillet over medium heat. Saute mushrooms, onion, and garlic until soft, 5 to 7 minutes. Stir in ground turkey and cook until browned and no longer pink, 5 to 7 minutes more. Stir in flour, salt, and pepper; cook for 5 minutes. Mix in Worcestershire sauce.

### Step 3

Stir in soup, milk, and water. Bring to a simmer and cook, uncovered, for 10 minutes. Add sour cream and stir until heated through. Serve over egg noodles.

## Cook's Note:

You can use ground beef instead of turkey.

## Nutrition Facts

**Per Serving:** 746 calories; protein 38.3g; carbohydrates 76.8g; fat 31.9g; cholesterol 202.1mg; sodium 1150.2mg.