



INGREDIENTS

- 1 tablespoon extra virgin olive oil
- 1 medium yellow onion, diced
- 1 pound 93% lean ground turkey
- ½ teaspoon garlic powder
- ½ teaspoon paprika
- 1 teaspoon black pepper
- 2 teaspoon Dijon mustard
- 10.5 ounce can reduce sodium condensed cream of mushroom
- 1 cup baby bella mushrooms, sliced
- 4 cups low-sodium beef broth
- 8 ounces whole-wheat egg noodles
- 2 cups frozen peas
- ¾ cup reduced fat-sour cream
- 1 ½ tablespoons chopped fresh parsley

Nutrition Information:

Calories: 361, Total Fat: 9g, Saturated Fat: 3.5g, Cholesterol: 53mg, Sodium: 263mg, Total Carbohydrates: 41g, Fiber: 6g, Protein: 31g

DIRECTIONS (Yields 6 servings)

1. Place olive oil in a large skillet or pot over medium heat. Add diced onion and sauté until translucent, about 3 to 4 minutes. Add ground turkey, garlic powder, smoked paprika and pepper to skillet.
2. Brown the turkey, breaking it down into bite-size pieces, about 5 to 7 minutes. Add Dijon mustard and stir well to combine. Add cream of mushroom soup and stir well. Add sliced mushrooms and beef broth to the skillet or pot.
3. Bring to a boil and add noodles, stirring often. Cook until noodles are “al dente” (cooked through but slightly firm) and liquid has been absorbed, about 8 to 9 minutes. Reduce heat and stir in frozen peas; cook for an additional 3 to 4 minutes.
4. Remove skillet or pot from heat and stir in sour cream. Garnish with parsley.