

Ingredients:

1 tbsp olive oil
1 ½ lbs ground turkey
1 tsp salt, plus more to taste
½ tsp pepper, plus more to taste
2 tbsp unsalted butter
1 onion, diced
8 oz baby bella mushrooms, chopped
3 cloves garlic, minced
½ cup dry white wine
3 tbsp flour
1 ½ cups low sodium chicken stock
1 tbsp worcestershire sauce
1 cup full fat sour cream
12 oz egg noodles
minced chives, for garnish

Directions:

1. Heat olive oil in a large saute pan over medium high heat. Add ground turkey, 1 tsp salt, and ½ tsp pepper. Cook until turkey is no longer pink. Remove turkey from the pan, and drain any leftover drippings.
2. Add butter to the pan, and reduce the heat to medium. When the butter has melted, add onions, and cook for 3-4 mins until they start to soften. Add in the mushrooms, and cook for 7-8 mins until the veggies start to brown and caramelize. Add garlic, and cook until fragrant, about 1 minute.
3. Add wine to the pan. Cook until the wine has mostly evaporated, about 5-6 mins, making sure to scrape up any browned bits from the bottom of the pan. Once the wine has evaporated, add the turkey back to the pan. Add flour, stir to combine, and cook for about 1 minute to cook off the raw flour taste. Stir in the chicken stock, worcestershire sauce, and a pinch of salt and pepper. Bring to a simmer, and simmer for 5-6 mins until the sauce has thickened.
4. Meanwhile, cook egg noodles in salted water until al dente according to package directions. Drain.
5. After the sauce has thickened, reduce the heat to low. Stir in the sour cream until fully incorporated, and cook for 1-2 mins until the sour cream has heated through. Remove from heat.
6. To serve, layer noodles in a serving bowl. Top with stroganoff sauce. Garnish with minced chives, if desired. Serve!

Recipe notes:

*Feel free to omit the wine, if necessary. It does not need to be replaced.

*Try to time the cook of the noodles so that they're ready to go at the same time that the sauce is ready. That way, the noodles won't have to sit undressed for too long which can make them a little tacky.

*Full fat plain greek yogurt can be substituted for the sour cream. However, sour cream is traditional in this dish.

