

# Mushroom Stroganoff



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

Scan for interactive recipe

**Serves:** 6

**Prep:** 10 minutes | **Cook:** 20 minutes

## INGREDIENTS

- 12 ounces pasta (about 4 cups)
- 2 pounds mushrooms, sliced
- 1 medium onion, diced
- 1/4 teaspoon thyme (optional)
- 4 cloves of garlic, minced
- 3 tablespoons butter\*
- 2 cups vegetable or mushroom broth
- 3 tablespoons cornstarch or flour
- 1/2 cup plain yogurt
- Salt and pepper to taste

## DIRECTIONS

1. Cook pasta according to packaging.
2. Preheat large, deep skillet or pan on medium heat, and add the butter.
3. Add onion and cook for 3 minutes. Stir often. If using thyme, add now.
4. Add mushrooms and garlic. Cook uncovered on medium-high heat for 10 minutes. Stir occasionally.
5. In a medium-sized bowl, combine the broth, cornstarch/ flour, salt, and pepper. Add to skillet/pan, and bring to a boil. Reduce heat to low, and let simmer for 5 minutes.
6. Turn off heat. Add yogurt, and stir. Serve over pasta.

\*Substitutions

3 tablespoons butter	→	2 1/4 tablespoons oil (vegetable, olive, etc.)
----------------------	---	--



## Nutrition Information

*Serving Size: 1/6 of recipe (2 cups)*

<b>Calories</b>	<b>333</b>
<b>Total fat</b>	<b>7 g</b>
Saturated Fat	4 g
<b>Cholesterol</b>	<b>18 mg</b>
<b>Sodium</b>	<b>365 mg</b>
<b>Carbohydrates</b>	<b>56 g</b>
Fiber	3 g
Sugars	6 g
<b>Protein</b>	<b>12 g</b>

Recipe source: iFOODreal