

# Try our Healthier Alternatives!



*Recipes for a Healthier Life!*

## **Healthier Beef Stroganoff**

1 pound 93% lean ground beef

1 cup fat free yogurt, plain

1 can Healthy Request Cream of Mushroom Soup

1 –12 ounce box whole wheat noodles (your choice, we used Smart Taste®)

1 cup mushrooms, fresh

Directions: Cook noodles according to instructions on box, omitting the salt. Brown ground beef add mushrooms at the end. Drain off all excess fat put back in pan. Add soup mix well and heat. Turn heat to low and add yogurt, stir well, watch closely so that mixture does not curdle. Serve over noodles.

Nutrition Facts: 193 calories, 5 grams of fat, 21 grams carb, 180mg sodium

**What this means for you:** 52% lower in calories, 80% lower in fat, 60% lower in sodium

### **Loaded Recipe:**

1 pound of ground meat

1 cup sour cream

1 can cream of mushroom soup

Dash of ketchup

Dash of garlic salt

Wide egg noodles

Nutrition Facts for loaded recipe: 405 calories, 26grams of fat, 24grams carb, 456mg sodium

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