

# *Beef (or Turkey) Stroganoff*

**1 MEDIUM ONION (CHOPPED)**  
**1/8 CUP MINCED RED BELL PEPPER (OPTIONAL)**  
**OLIVE OIL**  
**1 1/2 LB. LEAN GROUND BEEF OR TURKEY**  
**(BROWNED & DRAINED)**  
**1 CLOVE GARLIC (MINCED)**  
**1 PACKET OF BEEFY ONION SOUP MIX**  
**4 DASHES WORCESTERSHIRE SAUCE**  
**1/2 TSP. BLACK PEPPER & 1 TSP. SALT**  
**2 CUPS MILK**  
**3 HEAPING TBSP. CORN STARCH**  
**1 CUP SOUR CREAM**  
**COOKED EGG NOODLES OR RICE**

Sauté onion and pepper in a little olive oil, then set aside. Brown your beef/turkey and drain grease. Then, add sautéed onion & peppers, garlic, soup mix, Worcestershire, pepper, and salt to the meat and stir over medium-high heat. Combine cornstarch and milk with whisk, then add to the mixture. Finally, add sour cream and stir everything well. Simmer on low for 5 minutes. Serve over egg noodles or rice.

## For a lower fat version:

Use ground turkey and low-fat sour cream.

## Cream of Soup Option:

Replace the onion soup mix, 2 cups milk, and cornstarch with 2 cans of cream of mushroom soup and 1 cup milk.