


# Vegetarian Stroganoff

## INGREDIENTS

- 1 (8 oz) package Egg Noodles
- 1 lb Jensen® Plant-Based Patties, thawed
- 1 Yellow Onion, chopped
- 1, 10.75 oz can Condensed Cream of Mushroom Soup
- 1 tsp Garlic Powder
- ½ C Sour Cream
- Salt and Pepper to taste



 Serves 4

 Allergens: Milk, Soy, Wheat

## DIRECTIONS

1. Prepare the egg noodles according to package directions and set aside.
2. In a separate, large skillet, sauté the plant-based patties and chopped onion over medium heat for 5–10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.
3. Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1 Bowl</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>590</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 27g	<b>35%</b>
Saturated Fat 12g	<b>60%</b>
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 920mg	<b>40%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 4g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	<b>60%</b>
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	