

Venison or Beef Stroganoff

Ingredients:

- 1 1/2 lb. ground venison or beef
- 1 to 2 Tbsp. cooking oil
- 1 (10.25-ounce) can reduced-fat, reduced-sodium cream of mushroom soup
- 1 (4-ounce) can mushrooms, drained
- 1/2 c. light sour cream
- 3 c. cooked white rice or brown rice

Directions:

- Prepare rice according to package instructions.
- Brown ground venison in oil. If using beef, omit oil and drain after browning. Stir in soup, mushrooms and sour cream. Heat to an internal temperature of 165 F.

Makes 6 servings. Per serving (including rice): 360 calories, 10 grams (g) fat, 27 g carbohydrate and 500 milligrams sodium.

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