

Turkey Stroganoff



Warm and satisfying. Makes enough for 2 meals; lunch and dinner.

Instructions

Brown ground turkey. When meat is browned remove from pan.

Add oil to hot pan and add in sliced mushrooms. Soften broccoli in microwave for 2 minutes. Add broccoli to pan with mushroom, saute until mushrooms are browned.

Prepare Gravy: Combine Ideal Protein Mashed potatoes, broth and soya sauce in a bullet and blend.

Add meat back into pan, pour in gravy. Stir and simmer until warm and combined.

Ingredients

- 8 oz raw ground turkey
- 2 tsp oil
- 2 cups sliced mushrooms
- 2 cups bite sized broccoli pieces
- 1 pkg Ideal Protein Mashed Potato
- 1/4 tsp ea. pepper, garlic, italian spice
- 2 tsp soy sauce
- 1/3 to 1/2 cup chicken broth

