

# Italian Meatballs Stroganoff Can Simplify Dinner

Yield: 4 min  
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-cream-of-mushroom-soup-recipe>

## Ingredients:

- 1 pound ground turkey or beef
- 1/2 cup quick oats uncooked
- 1/3 cup milk
- 1 large egg
- 1 small onion finely chopped
- 3/4 teaspoon salt
- 3/4 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1 can cream of mushroom soup 10-3/4 ounces
- 4 ounces cream cheese or Neuchatel
- 1/2 cup water
- 1 tablespoon Parmesan cheese
- 1 tablespoon spaghetti sauce
- 12 ounces cooked noodles
- 1 pound ground turkey or beef
- 1/2 cup quick oats uncooked
- 1/3 cup milk
- 1 large egg
- 1 small onion finely chopped
- 3/4 teaspoon salt
- 3/4 teaspoon dried basil
- 1/2 teaspoon black pepper
- 1 can cream of mushroom soup 10-3/4 ounces
- 4 ounces cream cheese or Neuchatel
- 1/2 cup water
- 1 tablespoon Parmesan cheese
- 1 tablespoon spaghetti sauce
- 12 ounces cooked noodles

## **Nutrition:**

1. Calories: 760 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 355 milligrams
4. Fat: 48 grams
5. Fiber: 2 grams
6. Protein: 53 grams
7. SaturatedFat: 19 grams
8. Sodium: 1910 milligrams
9. Sugar: 7 grams

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