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“Meatball Stroganoff Casserole”

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Great recipe for calcium! Shorten the preparation time by making meatballs ahead and freezing. Serves 6

Ingredients:

- 1/2 pound lean ground beef
- 1/4 cup All Bran cereal
- 3 tablespoons milk
- 1 egg
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon black pepper
- 1 clove crushed garlic
- 2 packets dry beefy onion soup mix
- 6 ounces egg noodles
- 1 can (4 oz.) sliced mushrooms
- 1 can (10.75 oz.) condensed cream mushroom soup
- 2 cups plain lowfat yogurt
- 1 cup part-skim shredded mozzarella cheese
- fresh parsley to garnish

Method:

Preheat oven to 425⁰ F.

Combine beef, bran cereal, milk, egg, Worcestershire sauce, pepper, garlic, and one packet of onion soup mix; mix well. Shape into 18 meatballs. Place meatballs on baking sheet, sprayed with non-stick spray, and cook 15-20 minutes or until cooked through; remove from oven and reduce oven heat to 350⁰ F.

Prepare egg noodles according to package directions; do not overcook. Drain, place in buttered 9x13 baking pan. Arrange meatballs on noodles. Drain mushrooms and arrange on noodles.

Combine mushroom soup, 2nd packet onion soup mix, and yogurt. Spread over meatballs. Sprinkle with cheese. Bake 30 minutes or until hot and bubbly. Garnish snipped fresh parsley.

NOTE: Try substituting beef soup mix for the onion.

Nutrition Facts

Serving Size 1/6 (309g)
Servings Per Container 6

Amount Per Serving

Calories 380 **Calories from Fat 130**

% Daily Value*

Total Fat 15g **22%**

Saturated Fat 6g **30%**

Cholesterol 90mg **30%**

Sodium 1830mg **76%**

Total Carbohydrate 38g **13%**

Dietary Fiber 4g **14%**

Sugars 10g

Protein 25g

Vitamin A 6% • Vitamin C 4%

Calcium 35% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4