



PRICE: \$11.50 CA | \$10.50 US (PACK OF 3)

VOLUME: 50 g (1.8 oz)

FLAVOUR PROFILE

Classic stroganoff flavors of creamy mushroom, onion, and paprika.

FEATURES & BENEFITS

No artificial colors or flavors.

One-pot wonder! Prep in 10 min, cook in 20 min.

LABEL DIRECTIONS

Makes 6 servings.

Combine seasoning with 1¾ cups water. Set aside. Heat 2 tbsp oil in a large fry pan over medium/high heat. Brown 1 lb (450 g) lean ground beef or beef strips. Remove from pan. Add 2 cups sliced mushrooms to pan and brown. Return beef and any juices to pan, then stir in reserved seasoning mixture. Bring to a boil, reduce heat, and simmer for 3 minutes. Remove from heat and stir in 1 cup plain Greek yogurt or sour cream and 1 tsp Worcestershire sauce. Serve over 6 cups cooked egg noodles. Season to taste with salt and pepper.

INGREDIENTS LIST*

Black pepper, corn starch, garlic, mushrooms, natural beef flavor, onion, paprika, parsley, sea salt.

Allergens and sensitivities:

Garlic, onion.

*Ingredient list is in alphabetical order for proprietary reasons.

WE KEEP IT SIMPLE: CLEAN INGREDIENTS, ALWAYS.

- Free of preservatives and artificial colors.
- 100% gluten-free and nut-free.
- Sodium and sugar conscious.
- Made from ethically sourced ingredients.
- 90% Non-GMO Project Verified.

RECIPE IDEAS

- Great filling for savory crepes.
- Prepare sauce without meat; spoon over grilled or roasted meats or veggies.
- Use prepared sauce as a pizza or nacho topper.
- Add spinach or peas towards the end of cooking.

KITCHEN HACK

For a richer sauce, use crème fraiche or sour cream instead of Greek yogurt.

TASTING TIP

Prepare half the recipe (follow label directions) using all mushrooms.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- **Better Than Bacon Topper**
- **Garlic & Onion Nutritional Yeast Topper**
- **Better Than Bacon Topper**
- **Turmeric & Black Pepper Blend**

COOKWARE:

- **Wok & Glass Lid**
- **4 Cup Prep Bowl**
- **Prep Pro Utensil Set**
- **Prep Pro Chef Knife**

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/6 package dry mix (8.2 g) / Par 1/6 du sachet de mélange (8,2 g)			
	Dry Mix ¹ Mélange ¹	Prepared ² Préparé ²	
Calories	30	450	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 0.2 g ¹	1 %	21 %	
Saturated / saturés 0 g			
Trans / trans 0 g	0 %	23 %	
Carbohydrate / Glucides 6 g			
Fibre / Fibres 1 g	4 %	11 %	
Sugars / Sucres 0 g	0 %	3 %	
Protein / Protéine 1 g			
Cholesterol / Cholestérol 0 mg			
Sodium 190 mg	8 %	23 %	
Potassium 125 mg	3 %	10 %	
Calcium 20 mg	2 %	6 %	
Iron / Fer 0.3 mg	2 %	17 %	

¹Amount in dry mix / Teneur dans le mélange.
²Prepared adds 420 Calories, 16 g Fat (4.5 g Saturated, 0.2 g Trans), 42 g Carbohydrate (2 g Fibre, 3 g Sugars), 26 g Protein, 90 mg Cholesterol, 330 mg Sodium.
 / La recette préparée ajoute 420 Calories, 16 g Lipides (4.5 g saturés, 0.2 g trans), 42 g Glucides (2 g Fibres, 3 g Sucres), 26 g Protéines, 90 mg Cholestérol, 330 mg Sodium.
 *5 % or less is a little. 15 % or more is a lot
 *5 % ou moins, c'est peu. 15 % ou plus, c'est beaucoup