**Stroganoff with Red Cabbage**

**Produce**

Garlic *(if needed)*

2 sweet onions

one-half head red cabbage

8 oz. Crimini mushrooms  
  
1 tart apple

**Canned/Dried Foods**

8 oz. dry egg noodles or Fresh Fettuccine noodles

low-sodium vegetable broth

dill pickle (if needed)

unbleached flour (if needed)

bay leaf (if needed)

Hungarian paprika (if needed)

ground clove *(if needed)*caraway seed (ground or whole - if needed)

red wine to cook with (if needed)

white wine to cook with (if needed)

**Frozen Foods**

one 10 oz. package of Chik’n Strips of choice (if eating meatless)

**Meat/Fish/Poultry**

6 oz. skinless turkey breast fillet (if eating meat)

**Chilled Foods/Dairy**

nonfat milk *(if needed)*

plain, nonfat yogurt