

Beef Stroganoff

Ingredients

- 2 TBS olive oil
- 1 lb lean ground beef- I do grass fed
- 1 small onion, diced
- 8 oz fresh mushrooms, diced
- 3 TBS flour
- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp pepper
- ½ tsp salt
- 2 cups beef broth
- 2 tsp Worcestershire sauce
- 1 pound egg noodles of choice
- ½ cup plain greek yogurt

Optional:

- Fresh Parsley

Directions

1. Heat olive in a large pan over medium heat. Add onions and mushrooms to the pan and saute for 3-4 minutes. Add ground beef to the skillet, and cook until browned, stirring to break up into small pieces.
2. Add flour, paprika, and garlic powder to the skillet and mix together. Cook for 2 minutes.
3. Add beef broth and Worcestershire sauce to the skillet. Bring to a boil.
4. Once boiling, add egg noodles to the skillet, turn heat to simmer, and cover with the lid. Cook for 10-12 minutes, or until egg noodles are tender (stir occasionally)
5. Turn off heat, and take 3-4 TBS of the liquid from the skillet and mix with greek yogurt (this will prevent the yogurt from curdling). Add mixture to the skillet and mix gently.
6. Top with fresh parsley if desired
7. Enjoy!

MADE WITH LOVE

by Teresa Forchard