

# Crockpot Beef Stroganoff

## Ingredients:

- 1 lb lean ground beef- I do lean grass fed
- 1 small onion, diced
- 8 oz fresh mushrooms, diced
- 3 TBS flour
- 1 tsp paprika
- 1 tsp garlic powder
- 1/2 tsp pepper
- 1/2 tsp salt
- 2 cups beef broth
- 2 tsp Worcestershire sauce
- 8 oz wide egg noodles
- 1/2 cup plain greek yogurt
- Optional: Fresh parsley

## Directions

1. Spray crockpot with olive oil spray. Add all ingredients to the crockpot EXCEPT egg noodles and greek yogurt. Stir ingredients together well, and cook on low for 5 hours, or on high for 2-3 hours.
2. Partially cook egg noodles in boiling water - I prefer to cook mine in beef broth for added flavor - in a saucepan on the stove. Drain. Break meat apart gently in the crockpot, and add noodles to the crockpot.
3. Take some of the hot crockpot mixture and mix with green yogurt in a small bowl - this will temper the yogurt and prevent it from curdling. Add to the crockpot, and mix together gently.
4. Replace lid - cook on high for 10 more minutes. Remove lid and top with fresh parsley if desired.

MADE WITH LOVE

by Teresa Forehand