

Creamy Ground Beef Stroganoff



One-Pot Comfort in under 30 Minutes



Servings: 8



Total Time: ~30 minutes




Ingredients

For the Base:

- * 1 tbsp olive oil
- * 1 lb lean ground beef (85% lean)
- * 1/2 medium yellow onion, finely diced
- * 2 garlic cloves, minced
- * 1 lb fresh mushrooms, sliced

For the Sauce:

- * 2 tbsp all-purpose flour 
- * 1 cup beef broth (low sodium preferred)
- * 1 cup heavy whipping cream
- * 1/3 cup full-fat sour cream
- * 1 tbsp Worcestershire sauce
- * 1/2 tsp salt (or to taste)
- * 1/2 tsp black pepper (or to taste)



Instructions

1. Preheat a large skillet over medium-high heat and add olive oil.
2. Brown the ground beef, breaking it apart into small crumbles.
3. Add onions and garlic, sauté until onions are soft and golden.
4. Stir in sliced mushrooms and cook until their moisture evaporates.
5. Sprinkle flour and stir well to coat everything. Cook 1 minute.
6. Slowly pour in beef broth, then add cream, Worcestershire, salt, and pepper.
7. Simmer on low 5-7 minutes until sauce thickens slightly.
8. Remove from heat, stir in sour cream, adjust seasoning.
9. Serve over egg noodles, mashed potatoes, or rice. Garnish if desired.



3 Stroganoff Variations to Try

1. Keto-Friendly Stroganoff

- Swap flour for almond flour
- Use cauliflower rice instead of noodles
- Add cream cheese for extra richness

2. No-Mushroom Stroganoff

- Omit mushrooms entirely
- Add diced bell peppers or peas for texture
- Stir in shredded cheddar for a kid-friendly version

3. Turkey Stroganoff

- Use ground turkey instead of beef
- Finish with fresh thyme or parsley



Storage & Reheating

- **Fridge:** Store in airtight container up to 4 days
- **Freezer:** Freeze (without sour cream) up to 2 months
- **Reheat:** Gently warm on stove and stir in sour cream at the end