

Zucchini Bread Recipes

Creamy Ground Beef Stroganoff – Ready In 30 Minutes

10 min Prep time	**20 min** Cook time	**30 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 8 oz wide egg noodles
- [ ] 1 cup sliced mushrooms
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup beef broth (low-sodium)
- [ ] 1 cup sour cream
- [ ] 2 tsp Dijon mustard
- [ ] 2 tbsp butter
- [ ] 1 tbsp olive oil
- [ ] Salt and pepper to taste

Optional Garnish

- [ ] Fresh parsley, chopped
- [ ] Extra sour cream dollop

Instructions

1. Heat olive oil and butter in a large skillet over medium-high heat. Add the ground beef, break it up, and brown until no pink remains—about 5 minutes.



2. Add the diced onion, garlic, and sliced mushrooms. Cook, stirring occasionally, until the onions turn translucent and the mushrooms release their moisture, roughly 4 minutes.

3. Pour in the beef broth, scraping up any browned bits. Let it simmer for 2 minutes, then stir in the Dijon mustard.



4. Reduce the heat to low, whisk in the sour cream until the sauce is smooth. Season with salt and pepper. Keep the sauce warm but not boiling.



5 Meanwhile, cook the egg noodles according to package directions until al dente. Drain and toss with a little butter. Combine the noodles with the creamy beef sauce, garnish with parsley, and serve immediately.



Nutrition per serving

420 kcal	25 g	38 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste and adjust seasoning at the end; a pinch of extra salt often makes a big difference.
- If the sauce thickens too much, stir in a splash of warm broth or water.
- For a richer taste, finish with a drizzle of garlic butter bites.