


Plate Dream

# Creamy Ground Beef Stroganoff – Ready in 30 Minutes

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| **10 min**<br>Prep time | **20 min**<br>Cook time | **30 min**<br>Total time |
| **4**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 8 oz mushrooms, sliced
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 tsp paprika
- [ ] 1 cup beef broth (low-sodium)
- [ ] 1 cup sour cream
- [ ] 2 tbsp butter
- [ ] 2 tbsp flour
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Cooked egg noodles or rice, for serving

## Instructions

1. Heat a large skillet over medium-high heat, melt butter, then add the ground beef. Break it up and brown it until no longer pink, about 5-6 minutes.
2. Add the diced onion, garlic, and paprika; sauté until the onion becomes translucent and fragrant, roughly 3 minutes.
3. Stir in the sliced mushrooms and cook until they release their moisture and begin to brown, about 4 minutes.
4. Sprinkle the flour over the mixture and stir for 1 minute to coat; this will help thicken the sauce.
5. Pour in the beef broth, scraping the browned bits from the pan, and bring to a gentle simmer. Let it reduce slightly, about 3 minutes.
6. Turn off the heat and fold in the sour cream and lemon juice, stirring until smooth. Season with salt and pepper.
7. Serve the creamy beef stroganoff over hot egg noodles or rice, and garnish with a sprinkle of fresh parsley.

### Nutrition per serving

| 420 kcal | 28 g | 30 g | 22 g |
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| Calories | Protein | Carbs | Fat |

### Tips & notes

- For extra depth, deglaze with a splash of dry white wine before adding broth (omit if avoiding alcohol).
- If the sauce is too thick, thin with a little more broth or water.
- Leftover sauce reheats best over low heat, adding a dash of broth to restore creaminess.