

Helergon Kitchen

Creamy Ground Beef Stroganoff - Ready in 30 Minutes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**Russian-American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 12 oz egg-noodles
- [ ] 1 cup sliced mushrooms
- [ ] 1 medium onion, finely chopped
- [ ] 2 cloves garlic, minced
- [ ] 1 cup low-sodium beef broth
- [ ] 1 cup sour cream
- [ ] 2 tbsp butter
- [ ] 1 tsp paprika
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Heat a large skillet over medium-high heat, melt butter, then add the ground beef. Break it up, season with salt, pepper, and paprika, and brown until no longer pink.
2. Add the chopped onion, garlic, and sliced mushrooms to the skillet. Sauté until the onions are translucent and mushrooms have released their juices, about 4-5 minutes.
3. Pour in the beef broth, stirring to deglaze the pan and scrape up any browned bits. Let it simmer for 2 minutes.
4. Meanwhile, cook the egg-noodles according to package directions until al dente; drain and set aside.
5. Reduce heat to low, stir in the sour cream until fully incorporated—do not let it boil. Add the cooked noodles, toss to coat, and heat through for another minute.
6. Taste and adjust seasoning if needed. Serve hot, garnished with fresh parsley, and enjoy the comforting aroma.

Nutrition per serving

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

Tips & notes

- For extra richness, stir in a splash of heavy cream with the sour cream.
- If the sauce seems thin, let it simmer uncovered for a minute to thicken.
- A pinch of nutmeg can add a subtle warmth without overwhelming the dish.