

Bite Spoon

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 (85% lean)
- [ ] 8 oz egg noodles
- [ ] 1 cup mushrooms, sliced
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp butter

For the Sauce

- [ ] 1 cup low-sodium beef broth
- [ ] 1 cup sour cream
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tsp smoked paprika
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste

Instructions

1. Bring a pot of salted water to a boil, add noodles and cook until al dente; drain and set aside.
2. In a large skillet, melt butter over medium-high heat, add onion and garlic, sauté until fragrant, then add ground beef and brown, breaking it up with a wooden spoon.
3. Add sliced mushrooms and continue cooking until they release their moisture and turn golden.
4. Stir in beef broth, paprika, and mustard; let simmer for 3-4 minutes, allowing the flavors to meld.
5. Remove skillet from heat, whisk in sour cream and lemon juice, season with salt and pepper, then fold in cooked noodles. Serve warm.

Nutrition per serving

420 kcal	28 g	38 g	18 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
> - Taste the sauce before adding salt; the broth may already be seasoned.
> - If the sauce feels too thick, thin with a splash of milk or broth.
> - For extra richness, drizzle a little olive oil just before serving.