

Beef Stroganoff

Yield: 6 servings

RECIPE CUSTOMIZATION

To make it gluten-free, swap flour for gluten-free flour (check label for correct ratio)

To make it dairy-free, swap butter for dairy-free alternative

To make it low-FODMAP, omit garlic and swap onion for green part of green onions or chive

Ingredients

3 cups pasta, organic and gluten-free
1 lb ground beef
1 Tbsp butter
½ lb fresh mushrooms, sliced
1 large onion, thinly sliced
3 cloves garlic, minced
2 Tbsp tomato paste
¼ tsp salt, kosher
¼ tsp pepper, ground
2 Tbsp all-purpose flour
1 cup beef stock

Directions

1. Cook pasta according to package directions.
2. In a Dutch oven, cook the beef until browned and crumbled.
3. Remove beef with a slotted spoon and set aside, making sure to leave any rendered fat in the pan.
4. Add the butter (1 Tbsp), mushrooms (½ lb), onion, and garlic (3 cloves), and cook over medium heat until softened.
5. Add the tomato paste (2 Tbsp), salt (¼ tsp), and pepper (¼ tsp), and cook while stirring for about three minutes.
6. Add the flour (2 Tbsp), stir, and cook for another two minutes.
7. Add beef stock (1 cup). Bring to a simmer over medium heat while stirring frequently.
8. Return beef to the pan. Cook while stirring until heated through. Do not boil.
9. Serve the beef mixture poured over the top of the prepared pasta, or toss the beef mixture with the pasta to serve.



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Nutrition Facts

Serving size 1 (7.8oz)

Amount Per Serving **221g**

Calories **357**

% Daily Value

Total Fat 11.4g **17%**

Saturated Fat 4.8g **24%**

Cholesterol 83mg **28%**

Sodium 340mg **14%**

Total Carbohydrate 41g **14%**

Dietary Fiber 6g **23%**

Sugars 3g

Protein 27g **53%**

Vitamin A **4%**

Vitamin C **16%**

Calcium **3%**

Iron **20%**