

Photo Coming Soon



Flavor-Packed Beef Stroganoff

INGREDIENTS

- 12 oz Noodles *
- 1 lb Ground Beef
- 2 Tablespoons Unsalted Butter
- 1 Small Onion, Diced
- 4 Garlic Cloves, Minced
- 1 Tablespoons All-Purpose Flour
- 2 Cups Low-Sodium Beef Broth
- 1 Cup Heavy Cream
- 1 teaspoon Dijon Mustard
- 1 Tablespoon Worcestershire Sauce
- 1/2 Cup Sour Cream, room temperature *
- 1 teaspoon Fresh Thyme*
- Salt and Pepper to taste

DIRECTIONS

1. Bring a pot of generously salted water to a boil. Cook the noodles according to the package directions. I prefer mine past al dente. Reserve 1 cup of pasta water then drain pasta and set aside.
2. While the noodles are cooking, heat a large skillet over medium-high heat. Add the ground beef and cook until browned. Once browned, drain the beef but keep about 1 tablespoon of grease in the skillet.
3. Reduce the heat to medium. Add the butter and diced onion to the skillet. Cook for 4-5 minutes, stirring occasionally, until the onion is soft and translucent.
4. Stir in the minced garlic. Cook for 30 seconds, just until fragrant.
5. Add the flour into the onion mixture and stir to create a roux.
6. Slowly pour in the beef broth while whisking constantly until the mixture is smooth. Stir in heavy cream Dijon mustard, and Worcestershire sauce.
7. Return the cooked beef to the skillet. Bring the sauce to a gentle simmer and cook for 5-7 minutes, stirring occasionally, until the sauce has thickened slightly.
8. Remove the skillet from the heat and add the sour cream, stirring to combine.
9. Add thyme and taste sauce. Season with salt and pepper as needed. Add the noodles and toss to combine.
10. Serve warm and enjoy!

NOTES

- **Noodles**

When it comes to pasta, I believe you should use whichever noodle you enjoy most! For beef stroganoff, I personally like using bowtie pasta, but rotini, egg noodles, macaroni, or even other pasta shapes work just as well. There are no rules when it comes to choosing the perfect noodle for this dish.

- **Sour Cream**

This recipe calls for room temperature sour cream. If you add cold sour cream directly to a hot sauce, it has a greater chance of curdling because of the sudden temperature change. Allowing it to come to room temperature first helps it blend smoothly into the sauce, giving you a creamy finish.

- **Thyme**

This recipe uses fresh thyme, but if dried thyme is all you have on hand, don't worry! Simply substitute ½ teaspoon of dried thyme for the fresh thyme.

- **Mushrooms**

Many beef stroganoff recipes include cream of mushroom soup or fresh mushrooms, but I decided to leave them out of this recipe. I know plenty of people who aren't fans of mushrooms, so I wanted to create a version everyone could enjoy. If you love mushrooms, feel free to sauté them with the onions before adding the garlic.