

Slow Cooker Hamburger Stroganoff

Adapted from the [skinnytaste Fast and Slow Cookbook](#) by Gina Homolka

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Ingredients

2 lbs 93% lean ground beef
1/4 tsp. kosher salt
freshly ground black pepper
1 c. chopped onion
2 Tbsp. tomato paste
16 oz. sliced cremini mushrooms
2 sprigs fresh thyme
1 tsp. Worcestershire sauce
1 c. 2% Greek yogurt
1/4 c. all-purpose flour (or gluten free alternative)
4 tsp. chicken bouillon
1 tsp. sweet paprika
1/4 c. chopped fresh parsley, for garnish

Directions

Set a large nonstick skillet over high heat. Add the beef and season with the salt and pepper. Cook, using a wooden spoon to break the meat into small pieces as it browns, 4 to 5 minutes. Reduce the heat to medium, add the onion and tomato paste, and cook, stirring, until the onions are soft, 4 to 5 minutes. Transfer to a slow cooker and add the mushrooms, thyme, and Worcestershire sauce.

In a blender, combine 1 1/2 c. water, the Greek yogurt, flour, bouillon, and paprika and blend until smooth. Pour the mixture

over the beef.

Cover and cook on low for 6 hours. Discard the thyme. Garnish with the parsley and serve.



*Serve this over cooked egg noodles (as pictured), or for a lighter, healthier alternative, zoodles or roasted butternut squash noodles (below)..

How to Make Roasted Butternut Squash Noodles

Preheat the oven to 400 degrees F. Spray 2 large rimmed baking sheets with oil. Peel the top cylindrical part of the squash (the hollow bottom won't go through the spiralizer) and spiralize it using the thickest noodles setting. Cut the strands into 5- to 6-inch pieces so they're easy to eat. Transfer the noodles to the prepared baking sheets and toss with 1 tsp. olive oil, salt, and pepper. Roast until soft, 7 to 10 minutes. One large butternut squash is enough for two 1

1/2-cup servings as a main, or four servings as a side dish.