

Slow Cooker Hamburger Stroganoff

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From Skinnytaste Fast and Slow

Servings: 8

Ingredients

- 2 lbs 93% lean ground beef
- 1/4 t salt

- Freshly ground black pepper
- 1 c chopped onions
- 2 T tomato paste
- 16 oz cremini mushrooms, sliced
- 2 sprigs fresh thyme
- 1 t Worcestershire sauce
- 1 c light sour cream
- 1/4 c all-purpose flour
- 4 t chicken boullion
- 1 t sweet paprika
- 1/4 c chopped fresh parsley for garnish

Steps

- Heat skillet over medium-high heat. Add ground beef, breaking into chunks, and seasoning with salt and pepper. Cook 4 to 5 minutes or until browned. Drain fat if necessary.
- Reduce heat to medium and add onions and tomato paste. Cook until onions are soft, about 4 to 5 minutes longer.
- Transfer to slow cooker and add mushrooms, Worcestershire sauce, and thyme.

- Blend 1 1/2 cups of water, sour cream, flour, chicken bouillon, and paprika until smooth.
- Pour over ground beef, cover and cook on low for 6 hours.
- Discard thyme. Serve over cooked egg noodles or spaghetti squash and garnish with parsley if desired.

