

Slow Cooker Hamburger Stroganoff

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SERVES 8

SC GF FF

My entire family loves when I make this budget-friendly dish, which I've adapted for the slow cooker. This recipe makes enough for two meals in perfect for leftovers the next day, or to freeze for another night.

2 pounds 93% lean ground beef
1/4 teaspoon kosher salt
Freshly ground black pepper
1 cup chopped onion
2 tablespoons tomato paste

16 ounces sliced cremini mushrooms
2 sprigs of fresh thyme
1 teaspoon Worcestershire sauce*
1 cup light sour cream

1/4 cup
4 teas
1 teas
1/4 cup c
garnish

*Read the labels to be sure these products are gluten-free.

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 cups water, the sour cream, 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.

HOW TO MAKE ROASTED BUTTERNUT SQUASH NOODLES

Preheat the oven to 400°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 medium blade setting. Cut the strands into 2- to 6-inch pieces so they're easy to eat. Toss the noodles with the prepared baking spray and toss with 1 tablespoon oil, salt, and pepper. Roast until soft, 15 to 20 minutes.

PERFECT PAIR
this over cooked egg (pictured), or for a lighter alternative, roasted butternut noodles (see below).

PER SERVING	
CALORIES	211
FAT	11g
SATURATED FAT	5g
CHOLESTEROL	82mg
CARBOHYDRATE	12g
FIBER	1g
PROTEIN	28g
SUGARS	3g
SODIUM	499mg

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.

