

Treasure Barrel

Creamy Ground Beef Stroganoff – Ready in 30 Minutes

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef (80/20)
- [ ] 12 oz egg noodles
- [ ] 1 cup mushrooms, sliced
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 2 tbsp butter
- [ ] 2 tbsp flour
- [ ] 1 cup beef broth
- [ ] 1 tbsp Dijon mustard
- [ ] 1 tsp smoked paprika
- [ ] ¾ cup sour cream
- [ ] Salt and pepper to taste

Instructions

1. In a large skillet, melt butter over medium-high heat; add onion and garlic, sauté until fragrant and translucent.
2. Add ground beef, break it up, and brown well—this is where the flavor builds. Season with salt, pepper, and paprika.
3. Stir in mushrooms and cook until they release their juices, then sprinkle flour over the mixture and stir for a minute.
4. Deglaze with beef broth, scraping up any browned bits, and let the sauce simmer until it thickens, about 5 minutes.
5. Reduce heat to low, whisk in Dijon mustard, then fold in sour cream until smooth; avoid boiling.
6. Meanwhile, cook egg noodles according to package directions; drain and add to the skillet, tossing to coat.
7. Taste and adjust seasoning, then plate. Garnish with a sprinkle of fresh parsley if desired.

Nutrition per serving

480 kcal	30 g	40 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, thin with a splash of pasta water.
- For extra depth, stir in a tablespoon of Worcestershire sauce.
- Serve with a side of steamed vegetables or a simple green salad.