

Choco Fever Dream

Creamy Ground Beef Stroganoff – Ready in 30 Minutes

15 min Prep time	**20 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb ground beef
- [ ] 12 oz egg noodles
- [ ] 1 cup mushrooms, sliced
- [ ] 1 medium onion, finely diced
- [ ] 2 cloves garlic, minced
- [ ] 1 cup beef broth
- [ ] 1 cup sour cream
- [ ] 2 tbsp butter
- [ ] 1 tsp paprika
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (for garnish)

Instructions

1. Heat a large skillet over medium-high heat, melt the butter, then add the ground beef. Cook, breaking it up, until browned—about 5 minutes.
2. Add the diced onion, garlic, and sliced mushrooms. Sauté until the vegetables soften and the onion turns translucent.
3. Stir in the paprika, then pour in the beef broth. Bring to a gentle simmer, letting the flavors meld for 3–4 minutes.
4. Meanwhile, cook the egg noodles in salted water until al dente; drain and set aside.
5. Reduce the heat to low, fold in the sour cream until smooth—do not boil. Add the cooked noodles, toss to coat, and heat through.
6. Season with salt and pepper, garnish with fresh parsley, and serve immediately.

Nutrition per serving

480 kcal	28 g	45 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the sauce gets too thick, add a splash more broth.
- For a richer flavor, deglaze the pan with a touch of white wine before adding broth.
- A pinch of nutmeg can add subtle warmth to the creaminess.