

Choco Fever Dream

Slow Cooker Beef Stroganoff

15 min Prep time	**7 h** Cook time	**7 h 15 min** Total time
4 Servings	**Easy** Difficulty	**Russian** Cuisine

Ingredients

Beef and Vegetables

- [ ] 2 lbs beef stewing cubes
- [ ] 1 large onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 2 cups button mushrooms, quartered
- [ ] 1 tbsp paprika
- [ ] 1 cup low-sodium beef broth

For the Sauce

- [ ] 1 cup sour cream
- [ ] 2 tbsp all-purpose flour
- [ ] 2 tbsp unsalted butter
- [ ] 1 tbsp lemon juice
- [ ] Salt and pepper to taste
- [ ] Fresh parsley, chopped (optional)

Instructions

1. Pat the beef dry and season with salt and pepper. In a skillet, brown the beef in batches over medium-high heat; this adds depth.
2. Transfer browned beef to the slow cooker. Add onion, garlic, mushrooms, paprika, and broth. Stir gently.
3. Set the cooker to LOW and cook for 6-8 hours until the meat is fork-tender.
4. In a small saucepan, melt butter, whisk in flour, and cook for 1 minute to form a roux.
5. Stir the roux into the slow cooker, then mix in sour cream and lemon juice. Let it heat through for 10 minutes without boiling.
6. Serve over cooked egg noodles, garnish with parsley, and enjoy the comforting aroma.

Nutrition per serving

420 kcal	28 g	18 g
Calories	Carbs	Fat

Tips & notes

- For extra richness, add a splash of red wine when sautéing onions (optional).
- If the sauce is too thin, add a bit more flour mixed with cold water.
- Taste and adjust seasoning right before serving.