



Long Livo

# Slow Cooker Beef Stroganoff

**15 min**

Prep time

**4**

Servings

**7 h**

Cook time

**Easy**

Difficulty

**7 h 15 min**

Total time

**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**

Calories

**28 g**

Carbs

**18 g**

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.