

DINNER

Easy Ground Beef Stroganoff

5 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
75 min	15 min	60 min	6	\$1.60	432 kcal



Easy Ground Beef Stroganoff takes roughly 1 hour and 15 minutes from beginning to end. For \$1.6 per serving, this recipe covers 17% of your daily requirements of vitamins and minerals. One serving contains 432 calories, 28g of protein, and 30g of fat. This recipe serves 6.

Ingredients

- ☐ 6 cubes beef bouillon
- ☐ 4½ ounce mushrooms, drained
canned
- ☐ 4 tablespoons all-purpose flour
- ☐ 1 clove garlic, minced
- ☐ 2 pounds ground beef
- ☐ ¼ teaspoon ground black pepper
- ☐ 2 onions, chopped
- ☐ 2 teaspoons salt
- ☐ 4 tablespoons tomato paste
- ☐ 1½ cups water

EQUIPMENT Frying pan

Method

- 1

Heat a large skillet over medium-high heat.
- 2

Add ground beef, add onions, garlic, and mushrooms; saute until onion is golden brown. Season with salt and black pepper.
- 3

Stir 2 cups hot water, bouillon cubes, and tomato paste into meat mixture. Stir together 1 1/2 cups cold water and flour; stir into pan. Reduce heat to low, and simmer for 1 hour.

Nutrition per serving			
	432	28 g	30 g
	KCAL	PROTEIN	FAT
			11 g
			CARBS
Saturated Fat			11.7 g · 73% of daily needs
Fibre			1.7 g · 7% of daily needs
Sugar			3.4 g · 4% of daily needs
Sodium			1,071 mg · 47% of daily needs
Cholesterol			107 mg · 36% of daily needs
Vitamin C			5.2 mg · 6% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/easy-ground-beef-stroganoff-147956