

DINNER

No Sour Cream Beef Stroganoff

21 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
35 min	20 min	15 min	4	\$2.87	587 kcal



No Sour Cream Beef Stroganoff is a main course that serves 4. One serving contains 587 calories, 36g of protein, and 39g of fat. For \$2.87 per serving, this recipe covers 22% of your daily requirements of vitamins and minerals. 33 people were glad they tried this recipe.

Ingredients

- ☐ 1 tablespoon butter
- ☐ 8 ounce mushrooms, drained
canned
- ☐ 4 tablespoons flour
- ☐ 1½ pounds ground beef
- ☐ 4 servings salt to taste
- ☐ 4 servings Worcestershire sauce to taste
- ☐ 10½ ounce 1/2 beef broth
canned
- ☐ 10½ ounce cream of mushroom soup
canned
- ☐ 1 clove garlic, minced
- ☐ 1 onion, chopped
- ☐ ½ cup white wine

Method

- 1

Brown ground beef in a large skillet over medium heat. Season with salt. Stir in butter, mushrooms, onion, and garlic; cook until the onions are soft.
- 2

In a small bowl, stir together white wine and flour. Stir into meat, along with mushroom soup and beef broth. Simmer for 10 to 15 minutes, allowing to thicken. (If you need more liquid, stir in additional broth.)
- 3

Serve seasoned with a dash of Worcestershire sauce.

Nutrition per serving			
	587	36 g	39 g
	KCAL	PROTEIN	FAT
Saturated Fat			15.9 g · 99% of daily needs
Fibre			2.2 g · 9% of daily needs
Sugar			2.9 g · 3% of daily needs
Sodium			1,392 mg · 61% of daily needs
Cholesterol			132 mg · 44% of daily needs
Vitamin C			2.4 mg · 3% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/no-sour-cream-beef-stroganoff-144391