



## One-Pot Beef Stroganoff with Egg Noodles

READY IN



50 min.

SERVINGS



6

CALORIES



499 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black as needed freshly ground plus more
- 8 ounces crimini mushrooms trimmed sliced
- 0.3 cup wine dry white
- 8 ounces extra wide egg noodles dried
- 3 tablespoons flour all-purpose
- 2 medium garlic clove finely chopped
- 1 pound ground beef
- 1.5 teaspoons kosher salt as needed plus more
- 1 quart beef broth low-sodium

- 1 tablespoon olive oil
- 1 teaspoon paprika
- 1 tablespoon parsley fresh italian finely chopped
- 0.8 cup cream sour
- 2 tablespoons butter unsalted ()
- 1 medium onion yellow

## Equipment

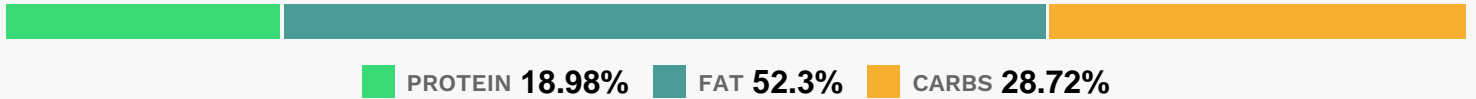
- bowl
- pot
- wooden spoon
- dutch oven

## Directions

- Heat the oil in a large heavy-bottomed pot or Dutch oven over medium-high heat until shimmering.
- Add the mushrooms, season with salt and pepper, and cook, stirring rarely, until browned, about 5 minutes.
- Transfer to a medium bowl and set aside.Reduce the heat to medium and add the butter. When the butter has melted, add the onion and garlic, season with salt and pepper, and cook, stirring occasionally, until softened, about 4 to 5 minutes.
- Add the beef, season with salt and pepper, and break the meat into smaller pieces with a wooden spoon. Cook, stirring occasionally, until it's just cooked through and no longer pink, about 6 to 8 minutes.
- Sprinkle in the flour and paprika, stir to coat the meat, and cook, stirring occasionally, until the raw flavor has cooked off the flour, about 1 to 2 minutes.
- Add the wine and cook, stirring occasionally and scraping up any browned bits that have accumulated on the bottom of the pot, until almost evaporated, about 1 to 2 minutes.
- Add the broth, measured salt, and measured pepper and stir to combine. Increase the heat to medium high and bring to a simmer.

- Add the noodles and reserved mushrooms along with their accumulated juices and stir to combine. Reduce the heat to medium low and simmer, stirring occasionally, until the noodles are just cooked through, about 6 to 8 minutes.
- Remove from the heat and stir in the sour cream. Taste and season with salt and pepper as needed.
- Sprinkle with the parsley and serve.

## Nutrition Facts



### Properties

Glycemic Index:45, Glycemic Load:13.92, Inflammation Score:-6, Nutrition Score:18.556086778641%

### Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg, Quercetin: 3.74mg

### Nutrients (% of daily need)

Calories: 498.63kcal (24.93%), Fat: 28.65g (44.07%), Saturated Fat: 11.9g (74.37%), Carbohydrates: 35.39g (11.8%), Net Carbohydrates: 33.3g (12.11%), Sugar: 3.28g (3.64%), Cholesterol: 112.42mg (37.47%), Sodium: 942.97mg (41%), Alcohol: 1.03g (100%), Alcohol %: 0.34% (100%), Protein: 23.4g (46.79%), Selenium: 53.61µg (76.59%), Vitamin B12: 1.83µg (30.56%), Zinc: 4.51mg (30.04%), Phosphorus: 293.27mg (29.33%), Vitamin B3: 5.76mg (28.8%), Potassium: 873.74mg (24.96%), Manganese: 0.49mg (24.73%), Vitamin B2: 0.41mg (24.24%), Vitamin B6: 0.43mg (21.43%), Copper: 0.38mg (18.76%), Iron: 2.76mg (15.33%), Vitamin K: 15.33µg (14.6%), Vitamin B5: 1.46mg (14.56%), Vitamin B1: 0.18mg (12.06%), Magnesium: 46.28mg (11.57%), Vitamin A: 540.88IU (10.82%), Folate: 39.25µg (9.81%), Fiber: 2.09g (8.35%), Vitamin E: 1.12mg (7.45%), Calcium: 74.09mg (7.41%), Vitamin C: 2.82mg (3.41%), Vitamin D: 0.3µg (1.98%)