



## Rich and Creamy Beef Stroganoff

 Popular

READY IN



110 min.

SERVINGS



8

CALORIES



578 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pound beef chuck cut into 1/ strips
- 1.3 cups beef stock
- 0.3 cup butter
- 3 ounce cream cheese softened
- 0.3 cup flour all-purpose
- 3 cloves garlic minced
- 0.5 teaspoon ground pepper black
- 1 cup mushrooms sliced

- 1 tablespoon olive oil extra-virgin
- 1 large onion diced
- 2 teaspoons pepper flakes red crushed
- 0.5 cup red wine
- 1 teaspoon salt
- 0.3 cup cup heavy whipping cream sour
- 1 tablespoon worcestershire sauce
- 1 teaspoon mustard yellow prepared

## Equipment

- bowl
- frying pan
- paper towels
- whisk

## Directions

- Place the beef into a large bowl. Stir in the red wine, salt, and black pepper. Marinate for 10 minutes, then remove the beef and pat dry with a paper towel. Reserve the remaining marinade.
- Heat the olive oil in a large skillet over medium heat. Stir in the beef; cook and stir until browned, then transfer to a plate, 5 to 7 minutes.
- Drain any remaining grease from the skillet. Melt 2 tablespoons butter over medium heat. Stir in the onion, garlic, and a pinch of salt. Cook and stir until the onion is soft and translucent.
- Transfer the onion mixture to the plate with the prepared beef; set aside.
- Melt another 2 tablespoons butter in the same skillet over medium heat, and stir in the mushrooms. Cook and stir until the mushrooms are tender, about 10 minutes.
- Place the cooked mushrooms in a bowl and set aside. Melt 1/4 cup of butter in the skillet.
- Whisk in the flour, cook and stir until the flour no longer tastes raw, about 4 minutes. Slowly whisk in the beef stock. Bring to a boil, stirring constantly, then reduce heat to medium low.

- Pour in the reserved red wine marinade, Worcestershire sauce, prepared mustard, and red pepper flakes, then add the beef and onion mixture. Cover and simmer until the meat is tender, about 1 hour. Season with salt and black pepper.
- Stir in the mushrooms, sour cream, and cream cheese about 5 minutes before serving.

## Nutrition Facts

**PROTEIN 32.45%**

**FAT 61.83%**

**CARBS 5.72%**

### Properties

Glycemic Index:40, Glycemic Load:2.97, Inflammation Score:-6, Nutrition Score:27.158260900041%

### Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg, Delphinidin: 0.3mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg, Peonidin: 0.19mg Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg, Catechin: 1.07mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg, Epicatechin: 0.57mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg, Quercetin: 3.98mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

### Nutrients (% of daily need)

Calories: 578.48kcal (28.92%), Fat: 39.29g (60.45%), Saturated Fat: 18.49g (115.55%), Carbohydrates: 8.17g (2.72%), Net Carbohydrates: 7.37g (2.68%), Sugar: 2.35g (2.61%), Cholesterol: 188.13mg (62.71%), Sodium: 680.53mg (29.59%), Alcohol: 1.59g (100%), Alcohol %: 0.57% (100%), Protein: 46.4g (92.81%), Zinc: 17.4mg (116.01%), Vitamin B12: 6.25µg (104.2%), Selenium: 51.6µg (73.71%), Vitamin B3: 10.98mg (54.91%), Phosphorus: 490.2mg (49.02%), Vitamin B6: 0.97mg (48.56%), Iron: 5.45mg (30.26%), Vitamin B2: 0.49mg (29.11%), Potassium: 977.38mg (27.93%), Vitamin B5: 1.73mg (17.32%), Vitamin B1: 0.22mg (14.91%), Magnesium: 55.39mg (13.85%), Copper: 0.23mg (11.48%), Vitamin A: 561.07IU (11.22%), Vitamin E: 1.18mg (7.89%), Calcium: 77.01mg (7.7%), Manganese: 0.15mg (7.39%), Vitamin K: 6.29µg (5.99%), Folate: 22.66µg (5.66%), Fiber: 0.8g (3.2%), Vitamin C: 2.36mg (2.86%), Vitamin D: 0.25µg (1.67%)