

Beef Stroganoff

Ready in 30 minutes

2 tubes ground beef (3 pounds)

2 tsp. onion powder

2 onion finely diced

8 oz organic sour cream (unless you're lucky enough to get grass fed sour cream)

1 Large package wide egg noodles

salt and pepper to taste

12 oz. fresh sliced mushrooms (optional – determine amount to own taste)

3 Tbsp olive oil

Brown ground beef on medium heat in a large skillet or large pan, depending on recipe and proportions. Sautee onions and mushrooms in olive oil. Add onions and mushrooms to ground beef. Season to taste. Add sour cream in the last 15 minutes before serving.

Boil wide egg – noodles with a little salt until they are firm but done. Serve beef stroganoff over egg – noodles.

Stroganoff can also be served on top of baked potatoes or bread.

*As a side note, one of my favorite cool salads to serve with stroganoff is cucumber – tomato – onion vinaigrette. Mix 3 sliced cucumbers with 2 thinly sliced tomatoes and 1 thinly slice red onion. Toss with vinaigrette of 1 Cup red wine vinegar, ½ cup oil, ½ cup sugar, salt, pepper and dill to taste. As always, proportion ingredients to taste.