

# Crock Pot Beef Stroganoff

Ok fans, this is the recipe you chose for today! Beef stroganoff is a great one-pot meal. You've got meat, dairy and carb (when served on noodles or rice) and if you count mushrooms as a veggie, then don't bother serving this with side dish. There is something great about the creaminess of this recipe that really makes the flavors melt together.

While skillet beef stroganoff really focuses on browning everything in a pan, the crock pot version really fuses the flavors together in a better way. The skillet version tastes to me like butter and burning, so I like that in the crock pot everything turns out soft and sweet.

While you might like trying everything light or fat-free, I'd rather see recipes that use moderation, but keep to the true versions. If you want to save calories, eat less stroganoff and serve it with a salad or steamed vegetable. And drink it with a Diet Coke, of course. Enjoy!

1 lb. beef tenderloin, cut into thin strips

1 medium sweet onion, sliced thin

8 oz. baby portobello mushrooms, cleaned and sliced

1 c. beef bouillon

2 cloves garlic, minced

1/2 t. black pepper

1/8 t. ground nutmeg

1 T. parsley flakes

1 T. flour

1 c. sour cream

1 lb cooked pasta (egg noodles, farfalle or fettuccine) or 4 c. cooked white rice

Place beef, onion, garlic, mushrooms in the crock pot. Pour in bouillon and then sprinkle with seasonings. Cook on low for 4 hours. In a separate bowl, mix together flour and sour cream and add to crock pot, then cook for another 1 hour on low. Serve on a bed of hot noodles or rice.

*VARIATIONS: If you don't have beef tenderloin, try one pound of browned ground beef or chicken. If you don't like mushrooms, then use green beans, corn or just go without.*