

## Italian Style Low Carb Ground Beef Stroganoff



Serves: 6

### Ingredients:

- 1 small yellow onion, diced
- 2 cloves garlic, minced
- 1-pound lean ground beef
- ¾ pound fresh, sliced mushrooms
- 3 Tablespoons flour
- 2 cups low sodium beef broth
- ¼ teaspoon ground pepper
- ¼ teaspoon Italian seasoning
- 1 – 2 teaspoons Worcestershire sauce
- ¾ cup sour cream
- 2 tablespoons chopped fresh parsley (optional)
- Pinch of red pepper flakes (optional)
- 1 tablespoon grated Parmesan cheese (optional)

**Directions:**

1. Over medium heat, sauté the onions and garlic brown in a large skillet until the vegetables are soft
2. Add the ground beef and cook until no longer pink. (Try to keep the beef in large chunks for texture.)
3. Drain the excess fat.
4. Add the sliced mushrooms and sauté for about two to three minutes.
5. Now add the flour. Stir and cook for a few minutes.
6. Add the beef broth, Worcestershire sauce, and salt and pepper to taste.
7. Bring to a boil.
8. Once the Stroganoff begins to boil, turn the heat to low and simmer for about 10 minutes-until the sauce thickens.
9. Remove the skillet from the heat and stir in the sour cream.
10. Top with parsley, Parmesan cheese and red pepper flakes.
11. Serve over your favorite spiralized vegetable. (If you aren't counting carbs, serve over egg noodles.)