

# Ground Beef Stroganoff

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/ground-beef-bowl-recipes>

## Ingredients:

- 1 pound hamburger
- 10 3/4 ounces condensed cream of mushroom soup
- 1 packet brown gravy mix
- 1/2 cup sour cream
- 2 tablespoons chopped onion
- salt
- pepper
- 1 can sliced mushrooms I used fresh mushrooms
- egg noodles
- rice

## Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 23 grams
3. Cholesterol: 105 milligrams
4. Fat: 28 grams
5. Fiber: 1 grams
6. Protein: 27 grams
7. SaturatedFat: 11 grams
8. Sodium: 790 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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