

# Easy Mushroom Beef Stroganoff

Yield: 4 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-beef-stroganoff-recipe-sour-cream>

## Ingredients:

- 1 pound lean ground beef use more or less to make it as meaty as desired, 1/2 lb is usually a great ratio
- 32 ounces egg noodles medium-width
- 2 cans sliced mushrooms drained
- 1 can cream of mushroom soup Campbell's Healthy Request version works great and is better for you than the regular cream soup!
- 10 1/2 ounces beef consommé, an equal amount of beef broth plus one beef bouillon cube can be substituted
- 12 ounces sour cream
- 1 medium onion chopped
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 1410 calories
2. Carbohydrate: 171 grams
3. Cholesterol: 355 milligrams
4. Fat: 45 grams
5. Fiber: 8 grams
6. Protein: 74 grams
7. SaturatedFat: 20 grams
8. Sodium: 780 milligrams
9. Sugar: 11 grams
10. TransFat: 0.5 grams

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