

Skillet Ground Beef Stew

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1 pound ground beef lean, at least 80%
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons all purpose flour
- 8 ounces sliced fresh mushrooms about 3 cups
- 1 1/2 cups broth beef-flavored
- 1/3 cup heavy whipping cream
- 4 teaspoons Dijon mustard
- 1 pound Yukon Gold potatoes unpeeled, cut into 1/2-inch cubes, 3 medium I used Yukon Gold
- 2 medium carrots thinly sliced, 1 cup
- 2 tablespoons chopped fresh parsley

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 21 grams
3. Cholesterol: 95 milligrams
4. Fat: 23 grams
5. Fiber: 5 grams
6. Protein: 27 grams
7. SaturatedFat: 10 grams
8. Sodium: 630 milligrams
9. Sugar: 3 grams
10. TransFat: 1 grams

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