

Beef Stroganoff

9 ingredients · 25 minutes · 4 servings



Directions

1. Heat half the oil in a large skillet over medium-heat. Cook the beef and season with salt and pepper, for about five minutes or until cooked through. Drain any excess liquid and transfer to a plate.
2. Heat the remaining oil in the same skillet over medium-high heat. Cook the onions and mushrooms until soft, about five to eight minutes. Stir in the beef broth and dijon mustard.
3. In a small bowl, whisk the arrowroot powder with a bit of water until dissolved. Add the mixture to the skillet and lower the heat to a gentle simmer for five minutes.
4. Add the yogurt and cooked beef slices. Add more salt and pepper as needed. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately one cup.

Dairy-Free

Use coconut cream instead of yogurt.

More Flavor

Add garlic, thyme, Worcestershire sauce, and white wine.

Additional Toppings

Garnish with fresh parsley. Serve with noodles, brown rice, cauliflower rice, or quinoa.

Ingredients

- 2 **tbps** Extra Virgin Olive Oil (divided)
- 1 **lb** Beef Tenderloin (thinly sliced)
- Sea Salt & Black Pepper (to taste)
- 1 Yellow Onion (medium, finely diced)
- 8 Cremini Mushrooms (sliced)
- 1 **1/2 cups** Beef Broth
- 2 **1/4 tsps** Dijon Mustard
- 1 **tbsp** Arrowroot Powder
- 1/4 **cup** Plain Greek Yogurt