



Always baked from scratch with a lot of love.

Slow Cooker Beef Stroganoff



I use my slow cooker a lot in the winter months. Since I hate to cook it is the perfect way for me to get a meal on the table. Put everything in in the morning and voila dinner at the appropriate hour. I found this recipe last year and thought it was great. And, the author pictured it served over Orzo – what a great idea, so much easier to eat! It would also be great over rice or mashed potatoes for those who don't want to eat pasta. Enjoy!

(GF and no cream of soups involved)
Recipe from 365 Days of Slow Cooking
4 servings
Cooking time: 6-8 hours on low or 3-4 hours on high

Ingredients

2 TBSP non-fat dried powdered milk
2 TBSP cornstarch
1 tsp. garlic powder
½ tsp. salt
½ tsp. onion powder
1 tsp. beef bouillon
1/8 tsp. black pepper
½ tsp. dried basil
½ tsp. dried onion
1-cup water
16 oz. sliced mushrooms
1 lb. beef chuck roast, cut into cubes or 1lb. beef stew meat
½ cup sour cream, room temperature
1 TBSP. flour (CAN USE GF)
Salt, pepper and garlic powder to taste
Sliced green onion for garnish



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Directions

In a large plastic zipper bag combine the powdered milk, cornstarch, garlic powder, salt, onion powder, beef bouillon, pepper, basil, parsley and onion. Shake to mix. Add in the cubed meat and seal the bag. Shake until all pieces of meat are thoroughly coated. Pour contents of bag into the bottom of the slow cooker.

Top with dried onion and mushrooms. Pour water over top.

Cover and cook on LOW 6-8 hours or HIGH for 3-4 hours, or until meat is very tender.

Remove lid and stir a bit. Stir together the sour cream and flour in a small bowl (this will prevent curdling). Stir the sour cream mixture into the slow cooker. Add salt, pepper and garlic powder is to taste. Let mixture cook with lid off on HIGH for about 10 minutes. Serve over noodles, (I really like the Orzo option) rice, or mashed potatoes.