

Slow Cooker Beef Stroganoff

Servings: 6

Ingredients

- 1 large onion, chopped
- 1 pound stew meat
- 8 oz. fresh mushrooms (or 10z. frozen)
- 1 can Cream of Mushroom soup
- ½ Tbl. garlic powder
- 1½ Tbl. fresh thyme
- 2 Tbl. tapioca
- ½ Tbl. beef bouillon
- 1½ c. water
- 1c. light sour cream
- 8 oz. frozen green peas

Directions:

1. Layer onion, mushrooms then meat.
2. Mix the garlic, thyme, tapioca, bouillon, and soup with the water
3. Pour soup mixture over meat
4. Cook 4½ hours on HIGH, or 10 hours on LOW
5. Turn off slow cooker
6. Mix in sour cream and peas
7. Enjoy over your choice of rice or noodles (*we have a rice cooker with rice available all the time*)

Nutrition:

 (Serving size: ~1 cup just stroganoff)

Calories: 303 Protein: 23g total carbohydrate: 19g total fat: 14.5g
sugars: 8g saturated fat: 6g sodium: 680mg dietary fiber: 3g

Nutrition:

 (Serving size: ~1 cup stroganoff over ¾ cup rice)

Calories: 467 Protein: 26g total carbohydrate: 53g total fat: 16g
sugars: 8g saturated fat: 6g sodium: 681mg dietary fiber: 6g