

# Slow-Cooker Beef Stroganoff

Weeknight Cooking  
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## Servings: 4

*1 1/2 pounds beef chuck roast*  
*2 tablespoons all-purpose flour*  
*1 teaspoon sweet paprika*  
*1 teaspoon dried thyme*  
*Kosher salt*  
*freshly ground pepper*  
*1 onion, chopped*  
*2 cloves garlic, minced*  
*8 ounces sliced mushrooms*  
*1 1/4 cups mushroom or vegetable broth*  
*12 ounces whole-wheat egg noodles*  
*1 tablespoon unsalted butter*  
*3/4 cup sour cream*  
*chopped fresh parsley (for serving)*

## Preparation Time: 20 minutes

Trim the excess fat from the chuck roast. Cut the meat into quarters. Transfer to a six-quart slow cooker and toss with the flour, paprika, thyme, 1/2 teaspoon salt and a few grinds of pepper. Add the onion, garlic, mushrooms and broth. Cover and cook on LOW until the beef is fork-tender, seven to eight hours.

Skim off any excess fat from the slow cooker with a ladle. Using two forks, break up the beef into bite-size pieces and keep warm.

Bring a large pot of salted water to a boil. Add the egg noodles and cook as the label directs. Drain and return to the pot. Toss with the butter.

Divide the noodles among the bowls. Add the sour cream to the slow cooker and stir to combine. Divide the beef mixture among the bowls and top with parsley.

Per Serving (excluding unknown items): 514 Calories; 39g Fat (68.2% calories from fat); 30g Protein; 11g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 112mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; 5 Vegetable; 0 Non-Fat Milk; 5