
Ground Beef Stroganoff

Joan Reinhold

Nettles Island Cooking in Paradise - 2014

2 tablespoons butter
1/2 cup onions, minced
1 pound ground beef
1/2 teaspoon garlic salt or powder
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1 can cream of mushroom soup
1 cup sour cream

In a skillet, cook the ground beef and onions in butter. Mix in the flour.

Add the garlic salt, salt, pepper, paprika, soup and sour cream. Mix well.

Cook until thoroughly heated.

Serve over mashed potatoes.

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Per Serving (excluding unknown items): 2323 Calories; 201g Fat (78.1% calories from fat); 88g Protein; 39g Carbohydrate; 3g Dietary Fiber; 553mg Cholesterol; 3832mg Sodium. Exchanges: 1 1/2 Grain(Starch); 11 Lean Meat; 1 Vegetable; 1/2 Non-Fat Milk; 34 Fat.