Beef Stroganoff

⏱ <40 min

🍽 4 servings

Ingredients

1 lb grass-fed sirloin steak, sliced (or premium ground beef works great!)
4 Tbsp coconut oil (used for cooking)
1 medium onion (chopped)
2 cloves garlic (pressed)
1 cup sliced mushrooms (cleaned and sliced)
1 cup beef broth
¾ cup coconut milk
1 Tbsp parsley (chopped)
2 tsp coconut aminos
¼ cup red wine vinegar
½ tsp salt
Pepper to taste

Preparation

Add 2 Tbsp of coconut oil to a skillet, heat to medium, add meat, and cook until lightly browned but not done (about 2 minutes), set aside. Add the mushrooms to the skillet and cook for 2-3 minutes (until tender), set aside. Add 2 Tbsp coconut oil skillet, add onions and garlic, cook on medium until tender (3-4 minutes), leave in the skillet. Add the vinegar, broth, and coconut milk, making a creamy sauce.

Return the beef and mushrooms to the skillet, reduce the heat to medium-low and simmer for 7-9 minutes, stirring occasionally.

Serve over zucchini pasta, Miracle Noodles, or cauliflower rice.

This recipe is deliciously satisfying... and dairy-grain free. You'll have leftovers to enjoy the rich taste more than once. Serve over zucchini pasta or Miracle Noodles.

- Protein & Fiber (beef, beef broth, onion, garlic)
- Vitamins & Minerals... trace minerals, collagen, potassium, glycine (beef broth)
- Healthy Fats (coconut milk, coconut oil)
- Immune Boost (beef broth, garlic, onion, mushrooms, vinegar)