

Quick Beef Stroganoff

Serves 4—6

Grab this stuff:

- 1 lb. lean ground beef or turkey
- 1 ½ cups vegetable or chicken stock
- 1 cup light sour cream
- 1 tsp. cornstarch (optional)
- Salt and pepper, to taste



Let's get cooking:

1. Brown the meat over medium heat in a large sauté pan. Once cooked, drain.
2. Add stock and sour cream to the pan. Heat over medium-high temperature until combined.
3. Add salt and pepper, to taste.
4. Optional: Add the suggested amount of cornstarch to thicken the sauce.

Serve over whole grain egg noodles or brown rice and enjoy!

