



GROUND BEEF STROGANOFF

By Dr. Cindy Tanzar
(Standard/Maintenance)

Beef Stroganoff is a Russian comfort dish made popular in the mid-19th century. It consists of tender slices of beef in a creamy mushroom and sour cream sauce, traditionally served over a bed of buttery noodles. This recipe has been adapted to create a very quick meal that is quite delicious and low-glycemic. Replace the noodles by serving the stroganoff over a bed of **Cauliflower Mashed Faux-Tatoes** or cauliflower rice, and you will enjoy a hearty meal that will easily become a family favorite. If you are in maintenance, you can always substitute the coconut cream for sour cream.

This recipe makes 4 servings. One serving covers your protein, fat and 1/2 cup cooked vegetables.



INGREDIENTS

- 1-pound grass-fed ground beef
- 1 Tbsp avocado or coconut oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 8 oz. fresh Baby Bella or white mushrooms, sliced
- Xanthan gum, approx. 1 tsp (thickener), see Notes below
- 2 cups organic beef broth
- Pink Himalayan sea salt & freshly-ground pepper, to taste
- 1/4-1/3 cup canned coconut cream (to your liking), see Notes below
- 1-2 tsp fresh lemon juice, to taste
- Fresh parsley, optional



INSTRUCTIONS

In a large skillet over medium-high heat, add oil. When hot, add ground beef in larger chunks, allowing to brown well on one side before stirring. Add in onions and garlic and mix well, breaking the beef into smaller chunks. Cook until no longer pink.

Add the mushrooms, cooking 3-5 minutes, or until nicely browned. Lightly sprinkle the xanthan gum over the mixture, then mix well (do not toss it in as a spoonful or it will clump).

Add beef broth, sea salt and pepper, and bring to a simmer for 5-10 minutes. The mixture should be thickened. If you need to add more xanthan gum to make it thicker, do so in 1/4 tsp additions. You can always thin it back out with a bit more broth if you add too much.

Remove beef from heat and stir in coconut cream, lemon juice and parsley. Serve over a 1/2 cup of mashed cauliflower or cauliflower rice.

NOTES:

- Xanthan Gum is found at many grocery stores now. It is a thickening agent. Carrington, found at Walmart, is about \$5.97; Now Brand is about \$5.79 on Amazon and Bob's Red Mill varies from \$8-10.50 in stores. A little goes a very long way and you will have it for a long time. It is great for thickening soups, stews, sauces, etc., so is perfect to have around. It is also a great binder in gluten-free baking.
- Canned coconut comes in either coconut milk or coconut cream. They are easily blended and liquified at room temperature, but harden in cooler temperatures. To separate the cream from a can of coconut milk, refrigerate it for at least an hour or overnight. Scoop the hardened cream off the top, as it will separate from the coconut water. You can use any leftover cream in your shakes as a healthy source of fat or whip it like whipping cream to serve over your berries. Coconut cream that has hardened may need to soften a bit to whip, or you will end up with chunks of cream that don't incorporate.