

Crockpot Beef Stroganoff

2-3 pounds stew meat (or a chuck roast, cubed) I use about 1 ½ pounds

1 tsp. salt

1/2 tsp. black pepper

1/2 medium yellow onion, diced

1/4 tsp. garlic salt (or garlic powder)

1 tbsp. Worcestershire sauce

1 1/2 cups beef broth

1 tbsp. ketchup

1/3 cup flour

6 tbsp. water (1/4 cup + 2 tbsp.)

4-8 ounces sliced mushrooms (optional)

1/2 cup light or regular sour cream

1. Place beef, salt, pepper, onion, garlic salt, Worcestershire sauce, broth, and ketchup into a slow cooker. Stir to combine. Cook for 7-9 hours on low or 4-5 hours on high.

2. About 30 minutes before serving, combine the flour and water in a small bowl, whisking vigorously to combine well. The roux should be thick but still pourable, so add a tablespoon of water at a time to thin, if needed. Pour the flour mixture into the slow cooker, whisking quickly to mix in the roux with the stew meat and juices to avoid lumps. Add the mushrooms (if using) and stir. Cook on high for 30 minutes.

3. Stir in 1/2 cup sour cream right before serving. Serve over pasta, rice or baked potatoes.

*Freezable Meal: (I haven't tried this, but the original source from the recipe lists these instructions) The leftovers of the stroganoff can be frozen. Store the leftovers in a freezer-safe container and then thaw in the refrigerator (usually takes about a day) and reheat over medium-low heat in a saucepan on the stove.

Recipe Source:

<http://www.melskitchencafe.com/2008/04/the-ultimate-beef-stroganoff.html>

<http://michellesnewrecipes.blogspot.com/2013/01/crockpot-beef-stroganoff.html>