

Gluten Free, Keto Friendly Beef Stroganoff

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Low carb, gluten free, keto friendly beef stroganoff

If you want this to be gluten free you can add some gluten free noodles to this and if you want this to be keto friendly, then you can just eat this without any noodles which works quite fine.

This recipe cooks in the **slow cooker**.

Ingredients :

- 3 lbs round steak cut into 1 inch chunks
- 1 8 ounce package of cream cheese
- 2 (3 ounce) can of mushrooms
- 1 -2 cups of sour cream
- 2 onion diced
- 2 tablespoon of **Worcestershire sauce** (look for the gluten free kinds, to which Lea and Perrins is gluten free)
- 2 cups of beef broth (make sure it is gluten free)

Directions:

1. Add the beef, beef broth, onions, mushrooms and Worcestershire into the **slow cooker**.
2. Cook on low for 8 hours.
3. In a **pan** add the cream cheese, sour cream and take out 3/4 of the juice from the **slow cooker** and add it to the **pan**
4. Cook on low until it reduces to 1/2, stirring occasionally with a **wire whisk**.
5. Add the suace back to the **slow cooker** and serve.