



# Hamburger Stroganoff

A RECIPE BY DARCY KELLER

Prep Time - 15 minutes  
Cook Time - 40 minutes

Serves - 6 people

## ingredients

- 1 to 1 ½ lb. Lean ground beef
- 1 small onion, chopped
- 1 clove garlic, pressed
- 1 Tbsp flour
- 1 tsp Worcestershire sauce
- 10 oz Mushrooms fresh, sliced
- 10 oz can Cream of Mushroom soup
- ¾ cup plain yogurt
- Egg noodles

## directions

- Brown meat in a large frying pan, breaking it up. Drain off the fat.
- Add onion and garlic to meat and saute for 2 to 3 minutes.
- Reduce heat.
- Stir in flour, Worcestershire sauce, mushrooms with juice and soup.
- Cover and simmer for 40 minutes. Stir occasionally.
- Stir in yogurt and heat through.
- When the mixture is approximately 10 minutes from completion, cook your egg noodles separately.
- Serve over noodles.