

One-Pot Beef Stroganoff



Whole grain pasta may take longer to cook and may need slightly more water than indicated below.

- 1 pound extra-lean ground beef
- salt and pepper, to taste
- 1/2 onion, chopped
- 2 cups water
- 2 cups sliced mushrooms
- 2 beef bouillon cubes (organic if possible)
- 4 cups macaroni (or other spiral pasta)
- 1 tablespoon worcestershire sauce
- 1 cup sour cream

Heat a large non-stick skillet over medium-high heat. Add a bit of oil, brown beef and onion; season with salt and pepper. Cook until beef is no longer pink.

Add remaining ingredients except sour cream. Bring to a boil. Lower heat, cover and simmer, stirring occasionally, for 10-12 minutes or until pasta is just cooked and water is absorbed (add additional water if necessary).

Stir in sour cream. Heat through.

Makes: 6 servings

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