



Paleo Beef Stroganoff

Active Time: 20 minutes | **Total Time:** 20 minutes | **Serves:** 4

Nutrition Information Per Serving

304.5 calories, 6.27 g carbohydrate, 0.65 g fiber, 5.62 g NET carbs, 23.4 g protein, 21.38 g fat

Ingredients

- 1 cup Kettle & Fire Beef Bone Broth
- 1/2 cup(s) chopped organic onion
- 1/2 tsp(s) sea salt
- 2 cup(s) organic crimini mushrooms
- 2 Tbsp(s) organic virgin coconut oil
- 1/4 tsp(s) freshly ground black pepper
- 1/4 cup(s) organic dry white wine
- 1/2 tsp(s) organic fresh dill
- 12 ounce(s) grass-fed beef strip steaks, thinly sliced
- 1 cup coconut milk
- 1 tsp garlic, minced

Preparation

1. In a large, safe nonstick skillet, melt the oil over medium-high heat.
2. Add beef slices to skillet in a single layer. Cook until brown on both sides, turning only once, about 4 minutes. Remove from skillet. Repeat with remaining beef. Keep warm.
3. Add onions and garlic to the pan and sauté 1 minute. Add mushrooms, dill, salt and pepper. Cook, stirring constantly for 4 minutes.
4. Return beef to skillet and pour in wine. Cook until heated through, 2-3 minutes.
5. Remove from heat, stir in coconut milk and beef broth. Simmer 5-7 minutes, stirring.
6. Serve with cauliflower rice or Paleo pasta.

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