**Beef Stroganoff**

**Ingredients:**

* 2 lbs. beef stew meat (we use grass fed chuck roast), cut in cubes
* ½ small onion
* 1 clove garlic, minced
* 1 cup beef broth
* 2 tsp paprika
* 2 TBSP arrowroot or tapioca flour
* 1 TBSP Primal Kitchen Spicy Brown Mustard
* 1 TBSP Primal Kitchen Steak Sauce
* 1 package button mushrooms, sliced
* 1 cup organic sour cream (for dairy free cull fat coconut cream separated from the water)
* 1-2 packages Cappello’s Fettuccine Noodles (gluten-free, grain free)
* Salt and pepper to taste

**Directions:**

**To cook in a slow cooker**

Place meat, onion, mushrooms, and garlic into the slow cooker. Add broth and paprika.

Cover with lid and cook on high for 5-6 hours or low for 7-8.

Whisk together flour, sour cream, mustard and steak sauce until combined.

Add the ingredients to the slow cooker and allow to cook for 10-15 minutes.

Cook Cappello’s noodles and add to the slower cooker, stir to combine.

**To cook in an Instant Pot**

Place meat, onion, mushrooms, and garlic into the slow cooker. Add broth and paprika.

Cook on Manual High for 45 minutes.

Do a Quick Release and, once pressure is released open cover.

Whisk together flour, sour cream, mustard and steak sauce until combined.

Turn Instant Pot to saute function and cook for 3-5 minutes.

Cook Cappello’s noodles and add to the Instant Pot, stir to combine.

\*\* This recipe is from Primal Kitchen