EASTERN EUROPEAN · DINNER

Creamy Beef and Mushroom Stroganoff

25 min · Serves 4 · 495 kcal a serve · Video 5:16 · Pure Delicious

Gluten-free ingredients · No nuts listed

A full 680 g of mushrooms bulks out the beef, giving about 30 g protein per serve, B vitamins and a creamy sauce thickened without flour, for roughly 8 g net carbs.

Diet notes: Keto (8 g net carbs a serve).

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Ingredients 13 · SERVES 4

- [ ] 3 tbsp **butter**, divided
- [ ] 450 g **ground beef** (85% lean)
- [ ] **kosher salt**, to taste
- [ ] **black pepper**, to taste
- [ ] 680 g **mushrooms**, sliced
- [ ] 1 large **garlic** clove, minced
- [ ] **Stock**: 240 ml low-sodium beef stock or bone broth
- [ ] 120 g **cream cheese**
- [ ] 120 g **sour cream**
- [ ] 2 tsp **Worcestershire sauce**
- [ ] 2 tsp **Dijon mustard**
- [ ] 1/2 tsp **paprika**
- [ ] finely chopped **parsley**, to garnish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish, Milk, Mustard, Sulphites. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Melt 1 tbsp butter in a large skillet over medium-high heat. Add the beef, season with salt and pepper and cook, breaking it up, for 6–7 minutes until browned. Set it aside on a plate. 0:07
2. Add another tablespoon of butter and the mushrooms and cook, stirring now and then, until their liquid has evaporated and they are golden brown; add the last tablespoon of butter if the pan looks dry. 1:49
3. Stir in the garlic with a little salt and pepper for about 30 seconds, until fragrant. 2:35
4. Add the cream cheese, sour cream, Dijon, paprika, Worcestershire sauce and stock and stir until smooth. 3:08
5. Simmer for a minute or two, then fold the beef back in and scatter with parsley. Serve over cauliflower mash or cauliflower rice. 3:52

> **Tip** Serves 4 (our estimate; the video doesn't say). Creamed spinach is the cook's pick of side. Keeps 3–4 days in the fridge.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
495 kcal	30 g	10 g	2 g	38 g	740 mg
2,070 kJ	61% of a day	8 g net · 6.1 g sugars	7% of a day	19 g saturated	32% of a day
		4% of a day		49% of a day	

Energy from net carbs 6% · protein 24% · fat 70% — fits keto: 8 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Vitamin B12 103% · Selenium 71% · Zinc 59% · Vitamin B6 32% · Vitamin A 25% · Potassium 20%

Source of (10–19%) Iron 19% · Vitamin K 16% · Omega-3 16% · Folate 11% · Magnesium 10%

Recipe and video: Pure Delicious (@Puredeliciouss) on YouTube — youtube.com/watch?v=hjM40rKJMzA, published 17 May 2026. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-beef-mushroom-stroganoff