

Low Carb Beef Stroganoff Meatballs

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Servings: Author: Mellissa Sevigny Yield: 4 servings Category: Meatballs

Ingredients

For the meatball mix:

- 1 lb ground beef (80/20)
- 1 egg
- 1/4 cup almond flour
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1 tsp dried parsley
- 1 tsp Worcestershire sauce
- 2 Tbsp butter (for frying)

For the sauce:

- 1 Tbsp butter
- 2 cups sliced mushrooms (white or cremini)
- 1 cup sliced onions
- 1 clove garlic, minced
- 1 1/2 cups beef broth
- 3/4 cup sour cream
- 1/4 tsp xanthan gum
- salt and pepper to taste
- 2 Tbsp fresh parsley, chopped

Steps

1. Combine the meatball ingredients (except the butter) in a medium bowl and mix well.
2. Form into 12 meatballs.
3. Heat the 2 Tbsp of butter in a large, nonstick saute pan.
4. Cook the meatballs on medium heat in the butter until browned on all sides and cooked through (2-3 minutes per side.)
5. Remove the meatballs from the pan and set aside.
6. Add the 1 Tbsp of butter and the 2 cups of sliced mushrooms to the pan.
7. Cook until the mushrooms are golden and fragrant (4-5 minutes.)
8. Remove the mushrooms from the pan.
9. Add the onions and garlic and cook for 3-4 minutes or until softened and translucent.
10. Remove the onions from the pan.
11. Add the beef broth to your pan and scrape the bottom to get all the yummy bits off.
12. Whisk in your sour cream and xanthan gum until smooth.
13. Add the meatballs, mushrooms, onions and garlic back to the pan and stir.
14. Simmer on low for 20 minutes.
15. Season with salt and pepper to taste.
16. Garnish with the fresh parsley right before serving.

