

## **Homemade Ground Beef Stroganoff**

1 pound lean ground beef or chuck  
1/2 medium onion, chopped  
2 stalks celery, chopped  
4 oz. fresh mushrooms, sliced  
1 teaspoon minced garlic  
1/4 teaspoon dried crushed thyme  
Mrs. Dash Garlic and Herb Blend, (or salt) to taste  
Ground black pepper, to taste  
8 ounces of pasta (I used Farfalle, also known as Bow-Tie)  
Splash of white wine or chicken broth, for deglazing  
Homemade cream of mushroom and celery base (recipe below)  
4 to 8 ounces sour cream

### **Homemade Cream of Mushroom and Celery Base**

2 tablespoons real butter  
1/8 cup small diced mushrooms  
1/8 cup small diced celery  
1/4 cup flour  
1/2 cup chicken broth, low sodium or homemade  
1/2 cup milk (any kind)

To start, begin browning the ground beef in a large skillet. After a few minutes, stir in the onion, celery, mushrooms, garlic and seasonings to taste. Also put some water in a pot for the pasta on medium high heat to get ready to boil.

Meanwhile, make the cream of mushroom and celery base (recipe above). Add the butter to a small saucepan with the mushrooms and onions over medium heat, and cook until vegetables are softened. Add the flour and mix into the butter to form a paste. Slowly stir in the chicken broth, then whisk until smooth. Then slowly stir in the milk, whisking until smooth again. Turn to the lowest heat possible at this point, or set aside.

At the same time, keep an eye on the ground beef, stirring occasionally until the mushrooms have released their water and the burger has cooked through. Deglaze the pan with a splash of white wine or chicken broth.

Once the water in the pasta pot is boiling, add the pasta to the pot and cook according to package directions.

Once the ground beef and cream base are done, add the cream base to the burger mixture and bring to a simmer. Stir in sour cream, and simmer until pasta is done. Serve over the hot noodles, with shredded parmesan cheese if you like.