Hamburger Stroganoff

Serves: 6

Ingredients

- 1-1/2 pounds ground beef
- 1/2 cup chopped onion
- Dash garlic salt
- 2 tablespoons all-purpose flour
- 1 cup water or beef broth
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- can (10-3/4 ounces) condensed cream of Chicken soup, undiluted
- 1 can (4-1/2 ounces) mushrooms, drained
- 1 cup sour cream
- Salt and pepper to taste
- Cooked noodles or rice
- Chopped fresh parsley, optional

Directions

1. In a skillet, cook beef over medium heat, breaking into crumbles, until no longer pink, 5-7 minutes; drain.
2. Add onion and garlic salt to beef; continue to cook until onion is soft.
3. Stir in the flour; cook and stir 2-3 minutes. Add water or beef broth, condensed soup and mushrooms;
4. bring to a simmer. Reduce heat; cook, stirring occasionally, 8-10 minutes.
5. Gently fold in sour cream; heat only until warm. Add salt and pepper to taste. Serve over noodles or rice and if desired, top with parsley.