



## French Onion Beef Stroganoff

over Egg Noodles



30min



2 Servings

Here, grass-fed ground beef, earthy mushrooms, sweet caramelized onions, and tender egg noodles come together in a skillet version of these two classic dishes. It's the perfect marriage of two old-world flavors—French onion soup and stroganoff—finished with a blanket of melted cheese and a shower of fresh parsley.



## What we send

- 1 yellow onion
- 4 oz mushrooms
- ¼ oz fresh parsley
- ¾ oz Parmesan <sup>2</sup>
- 6 oz egg noodles <sup>3,1</sup>
- 10 oz pkg grass-fed ground beef
- 1 pkt beef broth concentrate
- 2 oz shredded fontina <sup>2</sup>

## What you need

- kosher salt & ground pepper
- olive oil
- all-purpose flour <sup>1</sup>
- butter <sup>2</sup>
- garlic

## Tools

- medium pot
- microplane or grater
- medium ovenproof skillet

## Allergens

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 1040kcal, Fat 59g, Carbs 78g, Protein 53g



### 1. Prep ingredients

Bring a medium pot of **salted water** to a boil. Halve and cut **all of the onion** into ½-inch pieces.

Wipe **mushroom caps**, then trim stems and cut caps into ¼-inch thick slices.

Finely chop **2 teaspoons garlic**. Coarsely chop **parsley leaves and tender stems**. Finely grate **Parmesan**.



### 4. Cook ground beef

Preheat broiler with an oven rack in the top position. Heat **2 teaspoons oil** in same skillet over medium-high. Add **ground beef** and **chopped garlic**; season with **salt** and **pepper**. Cook, breaking up meat into smaller pieces, until beef is deeply browned and cooked through, 5–6 minutes.

Pour off **any excess fat**. Add **1 tablespoon flour**; cook, stirring, until coated, 1 minute.



### 2. Cook noodles

Add **noodles** to pot with boiling water and cook, stirring occasionally, until al dente, 4–5 minutes. Drain noodles and set aside until step 5 (to prevent sticking, toss with a drizzle of oil).



### 5. Add vegetables & noodles

Return **mushrooms** and **onions** to skillet; stir in **broth concentrate** and **1 cup water**, scraping up any browned bits from bottom of skillet.

Bring to a simmer, then carefully stir in **noodles**, **half of the chopped parsley**, and **1½ tablespoons butter**. Remove skillet from heat; season to taste with **salt** and **pepper**. Sprinkle **both cheeses** over top.



### 3. Sauté vegetables

Meanwhile, heat **1 tablespoon oil** in a medium ovenproof skillet over high. Add **onions** and **mushrooms**; season with **salt** and **pepper**. Cook, stirring, until tender and browned in spots, 6–7 minutes. (If vegetables are browning too quickly, reduce heat to medium). Transfer vegetables to a bowl, then return skillet to stovetop.



### 6. Broil & serve

Broil on top oven rack until **cheeses** are melted and browned in spots, 3–4 minutes (watch closely as broilers vary). Let stand for 5 minutes. Garnish with **remaining chopped parsley**. Enjoy!