

Keto Beef Stroganoff Soup

Hands-on 20 minutes Overall 60 minutes

Nutritional values (per serving): Total carbs: 10.8 g, Fiber: 1.4 g, Net carbs: 9.4 g,

Protein: 35.1 g, Fat: 38.1 g, Calories: 523 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 6 servings)

2 large beef rump (sirloin) steaks (800 g/ 1.76 lb)

600 g brown or white mushrooms (1.3 lb)

1/4 cup ghee or lard (55 g/ 1.9 oz)

2 cloves garlic, minced

1 medium white or brown onion, chopped (110 g/ 3.9 oz)

5 cups bone broth or chicken stock or vegetable stock (1.2 l/ quart)

2 tsp paprika

1 tbsp Dijon mustard you can make your own

juice from 1 lemon (~ 4 tbsp)

1 1/2 cup sour cream or heavy whipping cream (345 g/ 12.2 oz) -

you can use paleo-friendly coconut cream

1/4 cup freshly chopped parsley

1 tsp salt

1/4 tsp freshly ground black pepper

Optionally, you can use a thickener: 1 tbsp ground chia seeds (+ 0.1 g net carbs per serving) or arrowroot powder (+ 1.2 g net carbs per serving) mixed in 1/4 cup water or use cream & egg yolk mixture like I did in my Pork & Kohlrabi Stew.

and minced garlic in the pan and cook until lightly browned and fragrant, for about 2-3 minutes. Add the sliced mushrooms and cook for 3-4 more minutes while stirring occasionally.

4. Add Dijon mustard, paprika, and pour in the bone broth. Add lemon juice and bring to a boil. Cook for 2-3 minutes. Add the browned beef slices and sour cream. Take off the heat.
5. If using a thickener, add to the pot and stir well. Finally, add freshly chopped parsley. Eat hot with a slice of toasted Keto Bread or let it cool down and store in the fridge for up to 5 days. Enjoy!

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Instructions

1. Place the steaks in the freezer in a single layer for 30-45 minutes.

This will make it easy to slice the steaks into thin strips. Meanwhile, clean and slice the mushrooms. When the steaks are ready, use a sharp knife and slice them as thin as you can. Season with some salt and pepper.

2. Grease a large heavy bottom pan with half of the ghee. Once hot, add the beef slices in a single layer - do not overcrowd the pan. Quickly fry over a medium-high heat until browned from all sides. Remove the slices from the pan and place in a bowl. Set aside for later. Repeat for the remaining slices.
3. Grease the pan with the remaining ghee. Place the chopped onion