

Steak Paprika Over Egg Noodles

Ingredients:

- 1 T. olive oil or butter
- 1 1/2 pounds beef sirloin steak, cut into 1-inch pieces
- 1/3 cup beef broth
- 1 large onion, chopped
- 1 large green bell pepper, cleaned and chopped (*optional*)
- 1 pound mushrooms, sliced
- 2 T. flour or [glucomannan](#)
- 2 T. paprika
- 1 t. caraway seeds (*optional*)
- 1/2 t. dry mustard
- [Pink Himalayan salt](#) and black pepper, to taste
- 1 cup Italian-style diced tomatoes
- 2 c. beef broth, (*can use homemade*)
- 1 c. low-fat sour cream or Greek yogurt
- 1 package egg noodles, cooked (*or use 2 c. cooked brown rice*)

Directions:

Heat the oil or butter in a large skillet over medium-high heat.

Brown the beef and then remove from skillet and set aside.

In the same skillet, add the 1/3 c. of broth and quickly whisk up all of the browned bits from the bottom of the pan.

Add onion, bell peppers and mushrooms and cook for 10 minutes.

Quickly stir in flour and seasonings, cook for 3-4 more minutes.

Add the diced tomatoes and the remaining broth.

Bring this mixture to a boil, stirring constantly, reduce the heat and simmer for 8 to 10 minutes.

Add the browned beef and stir in the sour cream just before serving.

Serve hot over noodles or rice.

We like to eat this with some steamed veggies on the side.