

## **LOW CARB BEEF STROGANOFF**

### Ingredients:

- 1 brown onion quartered
- 2 cloves of crushed garlic
- 2 slices of streaky bacon
- 1.1 lb beef,
- 1 tsp. smoked paprika
- 3 tbsp. tomato paste
- 1 cup beef stock
- 8 oz mushrooms quartered

### Instructions

- Place all the ingredients in slow cooker
- Mix
- Set on LOW for 6-8 hours or HIGH for 4-6 hours
- Serve with sour cream (optional)

### **Nutrition**

Serves 4

317 calories, 19g fat, 8g carbs, 29g protein

Gluten-Free/Keto Friendly

Visit [360fit.biz](http://360fit.biz) for more recipes & look for me on facebook @360fit.julia