**Easy, Gluten-Free Beef Stroganoff**

### Ingredients:

* 1 package gluten-free egg noodles
* 1 pound grass-fed ground beef
* ¼ cup Worcestershire sauce
* 1½ cup mushrooms, chopped
* ½ cup plain, grass-fed goat or sheep yogurt
* 1 tablespoon garlic powder
* 1 tablespoon onion powder
* 2 teaspoons sea salt or Himalayan pink salt
* 2 teaspoons pepper
* 1 tablespoon arrowroot starch
* ¼ cup water

### Directions:

1. Cook egg noodles according to package instructions.
2. In a large skillet, over medium-high heat, add in ground beef.
3. Using a wooden spoon, break up ground beef into equal pieces and cook for 5 minutes, or until beef is almost done.
4. Add in Worcestershire sauce and mushrooms and cook for an additional 10 minutes.
5. Reduce heat to medium-low.
6. Add in remaining ingredients, except the noodles and water and simmer for 10–12 minutes.
7. Slowly add in water until desired thickness is reached.
8. Add in the noodles, stirring until well-combined.
9. Add salt and pepper to taste.
10. Top with additional parsley if desired.