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Keto Beef Stroganoff Soup

Keto Beef Stroganoff Soup is a low-carb, high-fat soup that combines the flavors of traditional beef stroganoff with the comforting warmth of a soup. It is made with tender beef, mushrooms, onions, and a rich and creamy broth. This soup is perfect for those following a ketogenic diet or anyone looking for a delicious and satisfying meal.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

500 g	Beef
200 g	Mushrooms
100 g	onion
1000 ml	beef broth
200 g	sour cream

50 g	butter
2 cloves	garlic
2 tsp	Paprika
1 tsp	Salt
1 tsp	Pepper

Directions

Step 1

Stove

Heat butter in a large pot over medium heat. Add onions and garlic, and cook until onions are translucent.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add beef to the pot and cook until browned. Season with paprika, salt, and pepper.

Prep Time: 5 mins

Cook Time: 10 mins

Step 3

Stove

Add mushrooms to the pot and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Stove

Pour beef broth into the pot and bring to a boil. Reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 5

Stove

Stir in sour cream and heat until warmed through. Serve hot.

Prep Time: 5 mins

Cook Time: 5 mins

Nutrition Facts

Calories: 450 kcal

Fat: 35 g

Protein: 25 g

Carbohydrates: 10 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	12 g	N/A	N/A
Saturated Fat	20 g	90.91%	117.65%
Fat	35 g	125%	140%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	8 mg	8.89%	10.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	40 mcg	1666.67%	1666.67%
Vitamin E	6 mg	40%	40%
Vitamin D	4 mcg	26.67%	26.67%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%
Potassium	600 mg	17.65%	23.08%
Zinc	25 mg	227.27%	312.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Lunch

Dinner

Snack

Supper

Nutritional Content

High Protein

Low Carb

Low Sodium

High Iron

High Calcium

Course

Main Dishes

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Difficulty Level

Medium

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