

# Zucchini Stroganoff

Makes 6 Servings

## *Ingredients:*

- 1 LB. Ground Meat
- 1/5 LB Breakfast Sausage
- 2 LG. Eggs
- Onion Powder (to taste)
- Minced Garlic (to taste)
- Italian Seasoning (to taste)
- Worcestershire Sauce (to taste)
- ½ C. Almond Flour
- Salt & Pepper (to taste)
- 2 TBSP Butter (real, unsalted)
- ½ C. Sliced Mushrooms
- 1 ½ C. Chicken Stock
- Zucchini (shredded like pasta)
- (optional) Yellow Squash or Spaghetti Squash

## *Alfredo Sauce:*

- 8 oz. Philadelphia Cream Cheese
- 2 C. Heavy Whipping Cream
- ¼ C. Butter (½ stick)
- 1 C. Parmesan Cheese (real, shredded)
- Salt and pepper



Original Recipe Courtesy of:  
Sheila McGarity

## *Directions*

1. *Make Meatballs:* Mix meat, egg, onion, garlic, Italian seasoning, Worcestershire, almond flour, salt, pepper, and roll into 2 inch balls
2. Melt 2 TBSP butter (real and unsalted)
3. Cook meatballs in frying pan about 4 minutes per side. {OR, if you have a pressure cooker, brown balls in a skillet, then cook in Quickpot 15 minutes.}
4. In 2 TBSP butter, sauté onions, garlic, mushrooms (set aside)
5. Slice zucchini (or Squash) in slivers, cut like pasta. (I use pasta maker)
6. Bring to a boil chicken stock and 1 cup water
7. Place zucchini in chicken stock and boil approximately 8-10 minutes. (OR cook in a Quickpot at the same time as the meatballs, with veggies below meatballs.)
8. *Make Alfredo sauce:* Mix all Alfredo ingredients. Heat in a large pan while whisking for about 3 minutes or until cheese is melted.
9. Add meatballs and zucchini to Alfredo sauce
10. Simmer and meld flavors on low 10 minutes