**Crockpot Stroganoff**

1. 2 cans condensed Golden cream of mushroom soup (10 and 3/4 oz. each)
2. 2 Tablespoons Worcestershire
3. 1/2 cup of water
4. 1/4 teaspoon Garlic Salt
5. a dash of Paprika
6. 1 yellow onion, chopped (~ 1 cup)
7. 2 pounds cubed stew meat
8. 8 oz. 1/3 less fat "Cream" Cheese, also labeled as Neufchatel Cheese (Regular cream cheese can be substituted)
9. ~Optional~ 8 oz. fresh mushrooms (two 4oz cans of drained sliced mushrooms are a good substitute)
10. 12 oz. bag of Egg Noodles

The last 3 ingredients are not needed until the 20 minutes before serving. In your cold crock pot, stir the first 7 ingredients. Cook on low for 8-10 hours.

Twenty minutes before serving: Stir the sauce well. Rinse the mushrooms and chop them into uniform slices. Stir them into the crock pot and cover. Cube the block of Neufchatel Cheese and stir it in well.  Let the cheese melt and the mushrooms cook to tender in your crock pot while you boil a pot of water and cook, following the directions on the package of egg noodles. It should take less than 10 minutes to boil the whole bag. Drain the noodles and mix them into the crockpot.

Tips: Mushrooms can, of course, be canned or omitted completely. Beef can be frozen or fresh. No need to alter cook times. Onions can be frozen or onion powder can be substituted. Cream cheese can be frozen and then thawed.