

Beef and Mushroom Casserole

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 4

2 pounds top round steak, sliced thin and cut in 1-1/2x3-1/2 inch strips
1 cup dried mushrooms, soaked an hour or more in dry red wine
1/4 cup flour
1 1/2 teaspoons salt
1/8 teaspoon freshly ground pepper
2 tablespoons salad oil
1 - 2 cups consomme'
1 1/2 cups onion, chopped
sour cream (optional)

Place the flour, salt and pepper in a paper bag. Shake the pieces of meat in it, a few at a time, to dredge them lightly.

In a heavy skillet, heat the oil to sizzling. Brown the meat strips well on both sides. Arrange them in a medium casserole. Add 3/4 cup of consomme'. Cover.

Bake in a 300 degree oven. After 30 minutes, begin to watch and add more consomme' as needed.

After one hour cooking, stir in the onions. Cover again. Continue to cook.

About 15 minutes before serving, stir in the mushrooms and cover again. (The overall cooking time for this casserole is about two hours. There should be next to no liquid left at the end of that time.)

Per Serving (excluding unknown items): 678 Calories; 28g Fat (36.6% calories from fat); 55g Protein; 56g Carbohydrate; 8g Dietary Fiber; 107mg Cholesterol; 920mg Sodium. Exchanges: 1/2 Grain(Starch); 6 1/2 Lean Meat; 9 1/2 Vegetable; 1 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	678	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	36.6%	Vitamin B12 (mcg):	6.0mcg
% Calories from Carbohydrates:	31.9%	Thiamin B1 (mg):	.4mg

% Calories from Protein:	31.5%
Total Fat (g):	28g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	13g
Polyunsaturated Fat (g):	108g
Cholesterol (mg):	107mg
Carbohydrate (g):	56g
Dietary Fiber (g):	8g
Protein (g):	55g
Sodium (mg):	920mg
Potassium (mg):	1798mg
Calcium (mg):	34mg
Iron (mg):	6mg
Zinc (mg):	13mg
Vitamin C (mg):	6mg
Vitamin A (i.u.):	trace
Vitamin A (r.e.):	0RE

Riboflavin B2 (mg):	1.1mg
Folacin (mcg):	128mcg
Niacin (mg):	18mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	n n%

Food Exchanges

Grain (Starch):	1/2
Lean Meat:	6 1/2
Vegetable:	9 1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 678	Calories from Fat: 248
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% Daily Values*

Total Fat 28g	44%
Saturated Fat 9g	45%
Cholesterol 107mg	36%
Sodium 920mg	38%
Total Carbohydrates 56g	19%
Dietary Fiber 8g	32%
Protein 55g	
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Vitamin A	0%
Vitamin C	10%
Calcium	3%
Iron	33%

* Percent Daily Values are based on a 2000 calorie diet.