

Beef with Olives

Louise Rousseau Brunner
Casserole Treasury (1964)

3 pounds chuck roast, cut
in 1-1/2-inch cubes
1 cup pitted green olives
1/2 cup flour
salt
pepper
3 tablespoons salad oil
12 little white onions, peeled
1 clove garlic, mashed
1 teaspoon fresh thyme, chopped
1 1/2 cups condensed consommé
1/4 cup parsley, chopped
2 tablespoons butter or margarine
2 tablespoons flour

Preheat the oven to 300 degrees.

Place 1/2 cup of flour, two teaspoons of salt and the pepper in a paper bag. Dredge the beef cubes in the bag. In a skillet, brown the beef cubes in hot oil. Transfer to a large heavy casserole.

In the fat remaining in the skillet, lightly sauté the onions and garlic. Add the thyme and the consommé. Pour over the meat in the casserole, scraping up all of the brown bits in the skillet. Cover.

Bake about one hour in a slow oven.

Stir in the olives and parsley. Cover again.

Bake about 45 minutes longer or until the meat is fork tender.

Knead the butter and two tablespoons of flour together. Stir into the casserole to thicken the sauce to taste. Check the seasoning before serving.

Per Serving (excluding unknown items): 3851 Calories; 291g Fat (69.0% calories from fat); 224g Protein; 70g Carbohydrate; 7g Dietary Fiber; 849mg Cholesterol; 2108mg Sodium. Exchanges: 4 Grain(Starch); 31 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 38 1/2 Fat.

Beef

Calories (kcal): 3851
% Calories from Fat: 69.0%
% Calories from Carbohydrates: 7.4%
% Calories from Protein: 23.6%
Total Fat (g): 291g
Saturated Fat (g): 107g
Monounsaturated Fat (g): 132g
Polyunsaturated Fat (g): 19g
Cholesterol (mg): 849mg
Carbohydrate (g): 70g
Dietary Fiber (g): 7g
Protein (g): 224g
Sodium (mg): 2108mg
Potassium (mg): 3767mg
Calcium (mg): 248mg
Iron (mg): 33mg
Zinc (mg): 47mg
Vitamin C (mg): 23mg
Vitamin A (i.u.): 2230IU
Vitamin A (r.e.): 350 1/2RE

Vitamin B6 (mg): 4.2mg
Vitamin B12 (mcg): 35.2mcg
Thiamin B1 (mg): 1.9mg
Riboflavin B2 (mg): 2.4mg
Folacin (mcg): 125mcg
Niacin (mg): 42mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: n n%

Food Exchanges

Grain (Starch): 4
Lean Meat: 31
Vegetable: 1/2
Fruit: 1/2
Non-Fat Milk: 0
Fat: 38 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 3851 **Calories from Fat:** 2658

% Daily Values*

Total Fat	291g	448%
Saturated Fat	107g	534%
Cholesterol	849mg	283%
Sodium	2108mg	88%
Total Carbohydrates	70g	23%
Dietary Fiber	7g	29%
Protein	224g	
Vitamin A		45%
Vitamin C		38%
Calcium		25%
Iron		184%

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