

Boeuf a la Baronne

Louise Rousseau Brunner
Casserole Treasury (1964)

Servings: 6

2 1/2 pound slice top round steak
boiling water
1 bay leaf
3 small onions
3 tablespoons capers
1 sprig parsley
1 1/2 cups dry red wine
1/2 teaspoon salt
1/8 teaspoon pepper
flour-and-water thickening (optional)

Preheat the oven to 375 degrees.

Place the steak in a skillet just about its size. Pour the boiling water over the steak just to the surface of the meat. Cover. Simmer for 30 minutes at extremely low heat.

Transfer the meat and the liquid to a shallow casserole a little larger than the meat.

Add the bay leaf, onions, capers, parsley, wine, salt and pepper. Cover (use aluminum foil if a tight-fitting lid isn't available).

Bake about 30 minutes or until tender.

Drain the liquid into a saucepan. Thicken it slightly with flour-and-water paste, if desired. Pour the liquid back over the casserole.

Per Serving (excluding unknown items): 140 Calories; 4g Fat (35.7% calories from fat); 10g Protein; 6g Carbohydrate; 1g Dietary Fiber; 20mg Cholesterol; 282mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1 Vegetable; 0 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	140	Vitamin B6 (mg):	.3mg
% Calories from Fat:	35.7%	Vitamin B12 (mcg):	1.1mcg
% Calories from Carbohydrates:	25.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	39.0%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	30mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 2g
Polyunsaturated Fat (g): 20g
Cholesterol (mg): 20mg
Carbohydrate (g): 6g
Dietary Fiber (g): 1g
Protein (g): 10g
Sodium (mg): 282mg
Potassium (mg): 356mg
Calcium (mg): 33mg
Iron (mg): 2mg
Zinc (mg): 2mg
Vitamin C (mg): 17mg
Vitamin A (i.u.): 521IU
Vitamin A (r.e.): 52RE

Niacin (mg): 2mg
Caffeine (mg): 0mg
Alcohol (kcal): 42
% Refuse: n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 140 Calories from Fat: 50

% Daily Values*

Total Fat	4g	6%
Saturated Fat	2g	8%
Cholesterol	20mg	7%
Sodium	282mg	12%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	10g	
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Vitamin A		10%
Vitamin C		28%
Calcium		3%
Iron		10%

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