

# French Beef Casserole

*Lousene Rousseau Brunner  
Casserole Treasury (1964)*

## **Servings: 4**

*2 pound slice top round, cut up  
2 tablespoons butter or margarine  
1 small carrot, minced  
2 shallots or scallions, minced  
1 small bay leaf  
1 sprig thyme  
1/2 cup dry red wine  
3/4 cup consomme'  
3/4 teaspoon cornstarch  
pepper (to taste)  
salt (to taste)*

Broil the steak under high heat until it is nicely browned on both sides. Divide into serving portions and arrange in a shallow casserole. Save the juice accumulated in the broiler pan.

In a small saucepan or skillet, melt the butter. Lightly saute' the carrot and shallots. (Use a couple of slices of onion if neither shallots nor scallions are available.)

Add the steak juice, bay leaf, thyme, wine and consomme'. Pour over the casserole. Cover tightly.

Bake in a slow oven, 300 degrees, for 1-1/2 to 2 hours or until the meat is fork tender.

With a sharp-tined fork, lift out the pieces of meat to a bowl. Strain the sauce into a saucepan. Return the meat to the casserole. Return the casserole to the oven. Thicken the sauce with cornstarch mixed to a thin paste with a little water.

Season the sauce to taste. Pour the sauce over the casserole. Continue to cook, uncovered, about 10 minutes more.

---

Per Serving (excluding unknown items): 85 Calories; 6g Fat (77.3% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 16mg Cholesterol; 84mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1 Fat.

Beef

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	85	<b>Vitamin B6 (mg):</b>	trace
<b>% Calories from Fat:</b>	77.3%	<b>Vitamin B12 (mcg):</b>	trace
<b>% Calories from Carbohydrates:</b>	20.4%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	2.3%	<b>Riboflavin B2 (mg):</b>	trace
<b>Total Fat (g):</b>	6g	<b>Folacin (mcg):</b>	6mcg
<b>Saturated Fat (g):</b>	4g	<b>Niacin (mg):</b>	trace
<b>Monounsaturated Fat (g):</b>	2g	<b>Caffeine (mg):</b>	0mg
<b>Polyunsaturated Fat (g):</b>	trace	<b>Alcohol (kcal):</b>	21
<b>Cholesterol (mg):</b>	16mg	<b>% Refused:</b>	n.n%
<b>Carbohydrate (g):</b>	3g	<b>Food Exchanges</b>	
<b>Dietary Fiber (g):</b>	1g	<b>Grain (Starch):</b>	0
<b>Protein (g):</b>	trace	<b>Lean Meat:</b>	0
<b>Sodium (mg):</b>	84mg	<b>Vegetable:</b>	1/2
<b>Potassium (mg):</b>	102mg	<b>Fruit:</b>	0
<b>Calcium (mg):</b>	29mg	<b>Non-Fat Milk:</b>	0
<b>Iron (mg):</b>	2mg	<b>Fat:</b>	1
<b>Zinc (mg):</b>	trace	<b>Other Carbohydrates:</b>	0
<b>Vitamin C (mg):</b>	2mg		
<b>Vitamin A (i.u.):</b>	5322IU		
<b>Vitamin A (r.e.):</b>	564RE		

**Nutrition Facts**

Servings per Recipe: 4

**Amount Per Serving**

**Calories** 85 **Calories from Fat:** 65

**% Daily Values\***

<b>Total Fat</b> 6g	9%
Saturated Fat 4g	18%
<b>Cholesterol</b> 16mg	5%
<b>Sodium</b> 84mg	4%
<b>Total Carbohydrates</b> 3g	1%
Dietary Fiber 1g	4%
<b>Protein</b> trace	
<b>Vitamin A</b>	106%
<b>Vitamin C</b>	4%
<b>Calcium</b>	3%
<b>Iron</b>	9%

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