

Magyar Beef Paprikash

Iris Howell

"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL

2 pounds boneless sirloin or round steak, thinly sliced into bite size
 1 teaspoon salt
 1/4 teaspoon pepper
 6 tablespoons butter or margarine
 8 ounces mushrooms, sliced
 2 large onions, sliced
 3 tablespoons tomato paste
 3 cups beef stock
 1/4 cup dry sherry
 1 tablespoon sweet Hungarian paprika
 1 cup sour cream
 1 pound wide noodles

Salt and pepper the meat. Cook in a large skillet with butter. Add the onions and cook until tender.

Add the tomato paste, two cups of beef broth and the mushrooms. Cook for 10 minutes.

In a bowl, combine the sherry, paprika and remaining broth. Stir in the sour cream. Add to the meat mixture. Cook until heated through.

Serve with noodles.

Per Serving (excluding unknown items): 1416 Calories; 119g Fat (78.9% calories from fat); 20g Protein; 52g Carbohydrate; 9g Dietary Fiber; 288mg Cholesterol; 9737mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Vegetable; 1/2 Non-Fat Milk; 23 1/2 Fat.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	1416
% Calories from Fat:	78.9%
% Calories from Carbohydrates:	15.3%
% Calories from Protein:	5.7%
Total Fat (g):	119g
Saturated Fat (g):	73g
Monounsaturated Fat (g):	34g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	288mg
Carbohydrate (g):	52g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	3.2mg
Riboflavin B2 (mg):	1.9mg
Folacin (mcg):	134mcg
Niacin (mg):	12mg
Caffeine (mg):	0mg
Alcohol (kcal):	68
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 9g
Protein (g): 20g
Sodium (mg): 9737mg
Potassium (mg): 2267mg
Calcium (mg): 388mg
Iron (mg): 9mg
Zinc (mg): 3mg
Vitamin C (mg): 45mg
Vitamin A (i.u.): 5627IU
Vitamin A (r.e.): 1309RE

Grain (Starch): 0
Lean Meat: 0
Vegetable: 7 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 23 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 1416 **Calories from Fat:** 1118

% Daily Values*

Total Fat 119g	183%
Saturated Fat 73g	367%
Cholesterol 288mg	96%
Sodium 9737mg	406%
Total Carbohydrates 52g	17%
Dietary Fiber 9g	35%
Protein 20g	
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Vitamin A	113%
Vitamin C	74%
Calcium	39%
Iron	50%

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