

Steak Burgundy

Karen Gacsala

Holy Trinity Hungarian Church, Chicago, IN - 95th Anniversary Cookbook, 2001

*1 round steak
3 tablespoons shortening
2 cups onion, chopped
2 cups carrots, chopped
2 cups celery, chopped
1 can (4 ounce) mushrooms ,
undrained
1 3/4 cups beef broth
1 teaspoon salt
1 tablespoon Worcestershire sauce
3 tablespoons flour
1/3 cup water
1/3 cup burgundy
4 cups cooked rice*

In a skillet, brown the meat in oil and Worcestershire sauce.

Add the onion and cook until clear.

Add the mushrooms, carrot, celery, broth and salt. Bring to a boil and cover. Reduce the heat and simmer for 45 minutes.

Dissolve the flour in the water and mix in the pan until it thickens.

Add the burgundy or any wine.

Serve over hot rice.

Per Serving (excluding unknown items): 2027 Calories; 55g Fat (25.1% calories from fat); 70g Protein; 298g Carbohydrate; 21g Dietary Fiber; 62mg Cholesterol; 4900mg Sodium. Exchanges: 14 1/2 Grain(Starch); 5 Lean Meat; 11 1/2 Vegetable; 8 1/2 Fat; 0 Other Carbohydrates.