
Lazy Beef Casserole

Grace Piscatelle

Nettles Island Cooking in Paradise - 2014

1 pound lean chuck meat, cut into 1-1/2 inch cubes

1/2 cup red wine

1 can beef broth

3/4 teaspoon salt

1/8 teaspoon pepper

1 medium onion, chopped

1/4 cup fine bread crumbs

1/4 cup flour

Preheat the oven to 300 degrees.

Place the meat in a casserole with the wine, broth, seasoning and onion.

In a bowl, mix the flour and bread crumbs and stir into the liquid.

Cover and bake about three hours (or a lower temperature and longer bake time, if desired).

Serve with rice or noodles.

Beef

Per Serving (excluding unknown items): 300 Calories; trace Fat (2.0% calories from fat); 15g Protein; 39g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2959mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 0 Fat.