

Beef with Onions

Jo Banas

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

Servings: 4

*2 pounds boiled or baked
beef, sliced (leftover beef is
best)*

3 large onions

2 tablespoons lard

2 tablespoons flour

2 cups beef broth

1 tablespoon vinegar

1 teaspoon salt

1/4 teaspoon pepper

Peel and slice the onions fine. In a skillet, brown them in lard. Add the flour and blend.

Simmer gently, thinning with the broth and vinegar. Season with salt and pepper.

Bring to a boil. Add the beef and simmer until the beef is hot.

Per Serving (excluding unknown items): 134 Calories; 7g Fat (43.9% calories from fat); 7g Protein; 12g Carbohydrate; 2g Dietary Fiber; 6mg Cholesterol; 1175mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.