
Beef with Sauerkraut

Mrs Marie Bradbury Jr - Challis, ID

Olde Family Favorites - Order of the Eastern Star -1965

2 pounds beef brisket or stew meat

2 teaspoons salt

pepper

1 quart sauerkraut, drained

1/2 cup vinegar

3 tablespoons brown sugar

2 tablespoons grated onion

1 uncooked potato, grated

In a Dutch oven, place the meat. Cover with water. Season and simmer for 1 to 1-1/2 hours.

Add the sauerkraut, vinegar, brown sugar and onion. Cook for 60 minutes.

Add the grated potato. Cook for 10 to 15 minutes.

Yield: 6 to 8 servings

Beef

Per Serving (excluding unknown items): 306 Calories; 1g Fat (3.5% calories from fat); 9g Protein; 76g Carbohydrate; 24g Dietary Fiber; 0mg Cholesterol; 10516mg Sodium. Exchanges: 8 Vegetable; 2 Other Carbohydrates.