

# Lazy Suzys Beef Casserole

*Mrs Charles Baker*

*St Timothy's - Hale Schools - Raleigh, NC - 1976*

*1 pound stewing beef  
1 medium onion, sliced  
1 can beef consomme  
1/4 cup dry red wine  
1/3 cup flour  
1/3 cup dry bread crumbs*

Preheat the oven to 300 degrees.

Mix the beef, onion, consomme and wine in a casserole dish.

In a bowl, mix together the flour and bread crumbs. Add to the beef mixture. Cover.

Bake for 2-1/2 to 3 hours.

Delicious served with rice or noodles.

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Per Serving (excluding unknown items): 434 Calories; 2g Fat (5.7% calories from fat); 21g Protein; 71g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1628mg Sodium. Exchanges: 4 Grain(Starch); 1 Lean Meat; 1 1/2 Vegetable; 1/2 Fat.