

# Beef with Horseradish Sauce

Louise Rousseau Brunner  
Casserole Treasury (1964)

## Servings: 4

2 pounds round steak, cut in  
1-1/2-inch cubes  
2 tablespoons butter or margarine  
1 large onion, sliced thin  
1 teaspoon curry powder  
1/2 teaspoon ground ginger  
1 teaspoon sugar  
1 tablespoon Worcestershire sauce  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1 1/2 cups water  
1 cup sour cream  
2 tablespoons prepared horseradish  
1 teaspoon parsley, minced

Preheat the oven to 300 degrees.

In a heavy skillet, brown the meat cubes well in hot butter. Arrange in a medium casserole.

Add the onion, curry powder, sugar, Worcestershire, salt, pepper and water. Cover.

Bake for 2-1/2 to 3 hours or until the meat is fork tender.

When ready to serve, stir in the sour cream, horseradish and parsley. (If you prefer a thicker sauce, thicken it with flour and butter kneaded together.)

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Per Serving (excluding unknown items): 631 Calories; 45g Fat (65.4% calories from fat); 46g Protein; 8g Carbohydrate; 1g Dietary Fiber; 175mg Cholesterol; 533mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 5 1/2 Fat; 0 Other Carbohydrates.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	631	Vitamin B6 (mg):	1.0mg
% Calories from Fat:	65.4%	Vitamin B12 (mcg):	6.2mcg
% Calories from Carbohydrates:	5.1%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	29.5%	Riboflavin B2 (mg):	.4mg
Total Fat (g):	45g	Folacin (mcg):	34mcg
Saturated Fat (g):	22g	Niacin (mg):	8mg
Monounsaturated Fat (g):	17g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	175mg	% Refuse:	0%

Carbohydrate (g):	8g
Dietary Fiber (g):	1g
Protein (g):	46g
Sodium (mg):	533mg
Potassium (mg):	912mg
Calcium (mg):	98mg
Iron (mg):	5mg
Zinc (mg):	7mg
Vitamin C (mg):	11mg
Vitamin A (i.u.):	697IU
Vitamin A (r.e.):	193 1/2RE

## Food Exchanges

Grain (Starch):	0
Lean Meat:	6
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	5 1/2
Other Carbohydrates:	0

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## Nutrition Facts

Servings per Recipe: 4

### Amount Per Serving

**Calories** 631 **Calories from Fat:** 413

### % Daily Values\*

<b>Total Fat</b> 45g	70%
Saturated Fat 22g	109%
<b>Cholesterol</b> 175mg	58%
<b>Sodium</b> 533mg	22%
<b>Total Carbohydrates</b> 8g	3%
Dietary Fiber 1g	4%
<b>Protein</b> 46g	
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<b>Vitamin A</b>	14%
<b>Vitamin C</b>	19%
<b>Calcium</b>	10%
<b>Iron</b>	27%

\* Percent Daily Values are based on a 2000 calorie diet.