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# Braised Sirloin Tips and Almond Rice

*Home Cookin - Junior League of Wichita Falls, TX - 1976*

Servings: 8

**1 1/2 pounds mushrooms, sliced**  
**1/4 cup butter, melted**  
**1 tablespoon salad oil**  
**3 pounds sirloin, cubed**  
**3/4 cup bouillon**  
**3/4 cup red wine**  
**2 tablespoons soy sauce**  
**2 cloves garlic**  
**1/2 onion, grated**  
**2 tablespoons cornstarch**  
**1/2 can (10-1/2 ounce) cream of mushroom soup**  
**salt**  
**pepper**  
**ALMOND RICE**  
**1/2 cup slivered almonds**  
**3 tablespoons butter, melted**  
**1 1/2 cups uncooked rice**  
**4 1/2 cups water**  
**salt**

In a skillet, saute' the mushrooms in two tablespoons of the butter. Place in a three-quart casserole dish. Add the remaining butter and oil to the skillet. Brown the meat. Pour over the mushrooms.

In a skillet, combine 1/2 cup of the bouillon, wine, soy sauce, garlic and onion. Blend the cornstarch with the remaining 1/4 cup of bouillon. Stir into the wine mixture. Cook until thick. Spoon over the meat and mix.

Cover and bake at 275 degrees for one hour.

Add the mushroom soup and stir until smooth.

Bake 10 to 15 minutes more and serve over or with the almond rice.

Saute' the almonds in butter until golden. Add the rice and stir. Add the water and salt. Stir and boil until the water barely disappears from the surface. Lower the heat, cover and cook for 20 to 30 minutes.

## **Beef**

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*Per Serving (excluding unknown items): 215 Calories; 17g Fat (74.1% calories from fat); 4g Protein; 9g Carbohydrate; 2g Dietary Fiber; 27mg Cholesterol; 447mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 3 1/2 Fat.*