

Busy Time Beef Burgundy

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 6 to 8 servings

2 pounds beef, cubed 1 to 1-1/2 inches

1 large onion, chopped

1 can (8 ounces) whole mushrooms

1 cup burgundy wine

2 cans (10-1/2 ounce ea) beef broth

1/3 cup flour

1/3 cup dry bread crumbs

8 ounces medium egg noodles

1/2 cup parsley, chopped

Preheat the oven to 325 degrees.

Place the beef cubes, onion, mushrooms, wine and broth in a 2-1/2 quart casserole dish.

In a bowl, mix the flour and bread crumbs together. Add to the casserole. Stir until the flour-crumbs mixture is completely blended with the other ingredients. Cover.

Bake for 3 to 3-1/2 hours, stirring each hour.

Cook the noodles as directed on the package. Drain and toss with the parsley.

To serve: Spoon the meat over the noodles. Sprinkle with additional parsley, if desired.

Per Serving (excluding unknown items): 2741 Calories; 177g Fat (59.3% calories from fat); 19g Protein; 76g Carbohydrate; 5g Dietary Fiber; 608mg Cholesterol; 3395mg Sodium. Exchanges: Grain (Starch); 26 Lean Meat; 20 1/2 Fat.