
Busy day Round Steak Sauerbraten

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

Servings: 6

1 1/2 pounds round steak
2 tablespoons margarine
1 envelope (3/4 ounce) brown gravy mix
1 tablespoon minced onion
2 cups water
1 tablespoon brown sugar
2 tablespoons wine vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon ground ginger
1 bay leaf
salt
pepper
hot buttered noodles

Cut the meat into one-inch squares. Brown in hot margarine. Remove to a side dish.

In the pan, add the gravy mix and water. Add the remaining ingredients. Add the meat.

Transfer the mixture to a 1-1/2 quart casserole dish.

Bake at 350 degrees for 1-1/2 hours, covered.

Remove the bay leaf. Serve over noodles.

Beef

Per Serving (excluding unknown items): 260 Calories; 17g Fat (61.7% calories from fat); 22g Protein; 3g Carbohydrate; trace Dietary Fiber; 67mg Cholesterol; 129mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.