

Party Kapusta with Beef

Mary Kwiecinski

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1 two to three pound chuck
roast, bone-in
5 medium onions, sliced
3 sticks margarine
1 med head cabbage,
shredded
2 large cans sauerkraut,
well rinsed and drained well
salt (to taste)
pepper (to taste)
1 can tomatoes*

In a saucepan, boil the meat until tender. Salt and pepper to taste. Drain the meat. Reserve the stock.

In a skillet, fry the sliced onions in the margarine. Salt and pepper to taste. Add the cabbage and cook until it changes color. Add the sauerkraut and shred the meat.

In a roasting pan, combine the meat, onion, cabbage and sauerkraut (very little water in this).

Put the contents of the tomatoes through a sieve (throw out the pulp). Pour over the mixture in the roasting pan.

Bake in the oven at 350 degrees for one hour.

(This recipe is even better when reheated.)

Per Serving (excluding unknown items): 2853 Calories; 280g Fat (86.0% calories from fat); 21g Protein; 81g Carbohydrate; 25g Dietary Fiber; 19mg Cholesterol; 6378mg Sodium. Exchanges: 1 Lean Meat; 14 Vegetable; 55 Fat.