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# Beef Slices in Wine

*The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN*

Servings: 6

**2 pounds flank steak**  
**1/4 cup butter or margarine**  
**2 cloves garlic, crushed**  
**1/4 cup chopped parsley**  
**1/2 teaspoon salt**  
**1/4 teaspoon dried rosemary**  
**1/4 teaspoon dried basil**  
**1/4 teaspoon dried oregano**  
**1 can (8 ounce) tomato sauce**  
**1 cup dry red wine**  
**1/2 pound fresh mushrooms, thinly sliced and sautee'd in 2 tablespoons of butter**  
**1 tablespoon flour**  
**noodles or brown rice**

Wipe the steak with a damp paper towel. Cut into thin crosswise diagonal slices about 1/4-inch thick. (This is easier to do if the meat is slightly frozen first.)

In a Dutch oven in hot butter, saute' the beef slices a few at a time until browned on both sides. When all of the slices are browned, pour off the drippings from the pan.

Add the garlic, seasonings, tomato sauce and wine. Return the meat. Simmer covered, stirring occasionally, for about one hour or until the meat is tender. Add the mushrooms.

In a small bowl, combine 2 tablespoons of water and flour. Mix well. Stir into the beef mixture and bring to a boil. Reduce the heat and simmer just until thickened.

Cook the noodles or brown rice according to package directions.

Spoon the beef mixture into the center of a serving dish and surround with the noodles or rice.

If preferred, keep the beef mixture warm in a chafing dish and serve the noodles or rice separately.

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*Per Serving (excluding unknown items): 392 Calories; 24g Fat (58.5% calories from fat); 31g Protein; 7g Carbohydrate; 1g Dietary Fiber; 98mg Cholesterol; 636mg Sodium. Exchanges: 0 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 2 1/2 Fat.*