

# Beef and Olive Ragout

Mrs. Rolf Schroeder

River Road Recipes II (1976) - The Junion League, Baton Rouge, LA

## Servings: 4

1 pound round steak, cubed  
 2 tablespoons butter  
 1/2 cup celery, minced  
 1/2 cup onion, sliced  
 1 medium green pepper, sliced  
 1 large clove garlic, minced  
 1 can (10-3/4 ounce) tomato soup  
 1/4 cup dry red wine  
 1/4 cup stuffed olives, sliced  
 1/4 teaspoon salt  
 1/8 teaspoon pepper  
 1 can (4 ounce) mushrooms, sliced  
 (reserve the liquid)

In a skillet, brown the meat in butter on low heat.

Add the celery, onion, green pepper and garlic.  
 Cook until almost tender.

Stir in the soup, wine, mushroom liquid, olives,  
 salt and pepper. Cover and simmer for one hour  
 or until the meat is tender.

Add the mushrooms. Serve over hot buttered  
 cooked noodles.

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Per Serving (excluding unknown items): 320 Calories; 20g Fat (58.4% calories from fat); 23g Protein; 9g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 446mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 2 Fat.

Beef

## Per Serving Nutritional Analysis

Calories (kcal):	320
% Calories from Fat:	58.4%
% Calories from Carbohydrates:	11.8%
% Calories from Protein:	29.9%
Total Fat (g):	20g
Saturated Fat (g):	9g
Monounsaturated Fat (g):	8g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	83mg
Carbohydrate (g):	9g

Vitamin B6 (mg):	.6mg
Vitamin B12 (mcg):	3.0mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	28mcg
Niacin (mg):	5mg
Caffeine (mg):	0mg
Alcohol (kcal):	11
% Refuse:	0.0%

## Food Exchanges

**Dietary Fiber (g):** 1g  
**Protein (g):** 23g  
**Sodium (mg):** 446mg  
**Potassium (mg):** 592mg  
**Calcium (mg):** 26mg  
**Iron (mg):** 3mg  
**Zinc (mg):** 4mg  
**Vitamin C (mg):** 46mg  
**Vitamin A (i.u.):** 597IU  
**Vitamin A (r.e.):** 91 1/2RE

**Grain (Starch):** 0  
**Lean Meat:** 3  
**Vegetable:** 1  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 2  
**Other Carbohydrates:** 0

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## Nutrition Facts

Servings per Recipe: 4

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### Amount Per Serving

**Calories** 320 Calories from Fat: 187

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#### % Daily Values\*

<b>Total Fat</b>	20g	31%
	Saturated Fat 9g	45%
<b>Cholesterol</b>	83mg	28%
<b>Sodium</b>	446mg	19%
<b>Total Carbohydrates</b>	9g	3%
	Dietary Fiber 1g	5%
<b>Protein</b>	23g	

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<b>Vitamin A</b>	12%
<b>Vitamin C</b>	76%
<b>Calcium</b>	3%
<b>Iron</b>	16%

*\* Percent Daily Values are based on a 2000 calorie diet.*