

Carne Asada - Estella`s Cuban Style Pot Roast

Estella Bernal - Marshall Field's State Street

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

Servings: 6

3 to 4 pounds pot roast

4 tablespoons vegetable oil

2 medium onions, chopped

2 cups white cooking wine

1 tablespoon salt

In a Dutch oven, brown the meat in oil until golden. Add the salt and chopped onions. Simmer for 5 minutes or until the onions are soft and golden brown.

Add the wine. Cover the pot.

Cook for two hours on low heat.

(If the meat dries before the two hours, add one more cup of wine.)

Beef

Per Serving (excluding unknown items): 94 Calories; 9g Fat (85.1% calories from fat); trace Protein; 3g Carbohydrate; 1g L 1067mg Sodium. Exchanges: 1/2 Vegetable; 2 Fat.