

# Hungarian Stew

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## **Servings: 6**

*2 pounds beef round steak,  
cut in one-inch cubes  
3 tablespoons shortening  
1 1/2 cups onion, chopped  
1 clove garlic, minced  
2 tablespoons flour  
1/2 cup celery, chopped  
1 can (8 ounce) tomato  
sauce  
1 can (4 ounce) whole  
mushrooms, undrained  
1 cup sour cream  
1 tablespoon  
Worcestershire sauce  
1 teaspoon salt  
1/4 teaspoon pepper  
POPPY-SEED NOODLES  
1 package (8 ounces)  
noodles  
1/4 cup margarine, melted  
1 tablespoon poppy seeds*

Preheat the oven to 325 degrees.

In a skillet, brown the beef cubes on all sides in hot shortening, about 20 minutes.

Add the onion and garlic. Cook until the onion is soft. Stir in the flour and blend. Add the celery, tomato sauce, mushrooms, sour cream, Worcestershire sauce, salt and pepper. Mix well.

Place the mixture into a two-quart casserole dish. Cover.

Bake for 1-1/2 hours or until the meat is tender.

Make the Poppy-Seed Noodles: Cook the noodles as directed on the package. Drain. In a bowl, toss the noodles with the melted margarine and poppy seeds.

Serve hot.

Per Serving (excluding unkncl items): 280 Calories; 23g Fat (72.4% calories from fat); 4g Protein; 16g Carbohydrate; 2 Dietary Fiber; 23mg Cholest 748mg Sodium. Exchanges: Grain(Starch); 0 Lean Meat; Vegetable; 0 Non-Fat Milk; 4 Fat; 0 Other Carbohydrates.