

Paprika Beef

Cookbook Committee

St Timothy's - Hale Schools - Raleigh, NC - 1976

Servings: 4

1 1/2 pounds round steak

1 clove garlic, minced

1/4 cup flour

1 teaspoon pepper

1 tablespoon paprika

3 drops (or more) tabasco sauce

1 medium onion, thinly sliced

1/4 cup salad oil

1 teaspoon salt

1 can (10-1/2 ounce) beef consomme

1 cup sour cream

Cut the meat into serving-size pieces. Pound the meat until the slices are very thin. Set aside.

In a skillet, cook the onion and garlic in salad oil until wilted but not browned. Remove from the skillet.

In a bowl, combine the flour, salt and pepper. Coat the beef slices with the flour mixture.

In the skillet, brown the meat in hot oil. Return the onion and the garlic to the skillet. Add the consomme, paprika and Tabasco. Cook for 15 to 20 minutes or until the meat is tender.

Just before serving, add the sour cream and heat. Do Not Boil after the sour cream has been added.

(To freeze: Cool the mixture before the sour cream has been added. Add the sour cream when the frozen mixture thaws.)

Per Serving (excluding unknown items): 632 Calories; 47g Fat (66.6% calories from fat); 39g Protein; 14g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 1020mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.