
Saucy Beef Cubes

Home Cookin - Junior League of Wichita Falls, TX - 1976

2 pounds boneless beef, cubed
2 tablespoons oil
1/2 cup chopped onions
1/4 cup water
1/4 teaspoon basil
1 bay leaf
1 can (10-1/2 ounce) tomato soup
1 tablespoon brown sugar
salt
pepper
cooked rice

In a skillet, brown the beef in a small amount of oil. Add the onions and cook until tender.

Add water, basil and a bay leaf. Cover tightly and cook slowly for 1-1/2 hours.

Add the soup, brown sugar, salt and pepper.

Cook or one hour longer or until the beef is tender.

Serve over cooked rice.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 392 Calories; 29g Fat (64.9% calories from fat); 3g Protein; 33g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 703mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Vegetable; 5 1/2 Fat; 1/2 Other Carbohydrates.