

Sauerbraten II

Mr. Hubert Conrad

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

Servings: 6

1 cup dry red wine
1 cup vinegar
2 cups water
4 onions, sliced
1 stalk celery, chopped
1 carrot, chopped
2 bay leaves
8 peppercorns, crushed
8 whole cloves
1/4 teaspoon mustard seed
1 four-pound boneless beef roast
1 teaspoon salt
1/4 teaspoon pepper
4 tablespoons flour
1/2 cup seedless raisins
1/2 cup sour cream

In a saucepan, combine the red wine, vinegar, water, onions, carrot, bay leaves, peppercorns, cloves and mustard seed. Bring to a boil. Cool.

Place the meat in a large bowl. Pour the marinade over the meat. Place in the refrigerator. Marinate for two to three days, turning several times.

Remove the meat from the marinade. Reserve the marinade. Dry well. Sprinkle the meat with salt and pepper.

In a skillet, brown the meat very well on all sides. Add two cups of the marinade. Cover and simmer for two to three hours or until the meat is very tender. Remove the meat. Keep warm.,

Strain the sauce in the skillet into a bowl.. Skim off the fat. Add water or marinade to make two cups. Stir in the flour. Return to the pan. Cook over low heat, stirring and scraping the browned bits until thickened. Stir in the raisins and sour cream. Blend well. Serve with the meat.

Per Serving (excluding unknown items): 194 Calories; 6g Fat (28.7% calories from fat); 3g Protein; 31g Carbohydrate; 5g Dietary Fiber; 9mg Cholesterol; 429mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 1/2 Fruit; 0 Non-Fat Milk; 1 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):

194

Vitamin B6 (mg):

.3mg

1

% Calories from Fat:	28.7%
% Calories from Carbohydrates:	64.6%
% Calories from Protein:	6.7%
Total Fat (g):	6g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	9mg
Carbohydrate (g):	31g
Dietary Fiber (g):	5g
Protein (g):	3g
Sodium (mg):	429mg
Potassium (mg):	481mg
Calcium (mg):	118mg
Iron (mg):	2mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	3586IU
Vitamin A (r.e.):	389RE

Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	30mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	28
% Refuse:	0.0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 194 **Calories from Fat:** 56

% Daily Values*

Total Fat 6g	9%
Saturated Fat 3g	15%
Cholesterol 9mg	3%
Sodium 429mg	18%
Total Carbohydrates 31g	10%
Dietary Fiber 5g	22%
Protein 3g	
<hr/>	
Vitamin A	72%
Vitamin C	23%
Calcium	12%
Iron	11%

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