
Sauerbraten IV

Mrs Bett Friedrich - Oakfield, WI

Olde Family Favorites - Order of the Eastern Star -1965

1 2-1/2 to 3-pound chuck roast

1 cup vinegar

1/2 cup brown sugar

1 tablespoon salt

1 bay leaf

12 whole cloves

raisins

6 small onions

Brown the roast in a heavy pan or kettle just large enough to hold the roast flat.

Add the vinegar, brown sugar, salt, bay leaf, cloves, raisins and onions.

Add one-half to one cup of water or just enough to cover the sides of the meat. Cover the pan tightly. Simmer for two hours or until the meat is tender. Remove the meat. Thicken the sweet and sour gravy. Return the meat to the gravy in the pan. Keep the meat and gravy hot until serving time.

(NOTE: Sweet pickle juice may be substituted for the spices, vinegar and sugar.)

Beef

Per Serving (excluding unknown items): 882 Calories; 22g Fat (19.3% calories from fat); 18g Protein; 190g Carbohydrate; 39g Dietary Fiber; 19mg Cholesterol; 6655mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 10 Vegetable; 3 1/2 Fat; 5 1/2 Other Carbohydrates.