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# Sauerbraten in a Hurry

*Kristen Merkitch*

*St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010*

**any size bottom round roast**  
**2 tablespoons oil**  
**salt (to taste)**  
**pepper (to taste)**  
**2 bay leaves**  
**1 cup Burgundy or red wine**  
**1 cup water**  
**1/4 to 1/3 cup vinegar (or more, for a sour taste)**  
**2 tablespoons sugar**  
**1 cup ketchup**  
**1 large onion, cut fine**  
**8 to 12 gingersnaps crumbled**

In a skillet with two tablespoons of oil, brown the meat on all sides. Add the salt, pepper, bay leaves, Burgundy, water, vinegar, sugar, ketchup and onion.

Simmer for three hours or until the meat is tender.

Remove the meat from the skillet. Slice and arrange on a serving platter.

Thicken the gravy with flour or cornstarch. Add the crumbled gingersnaps. Strain the gravy and pour over the meat.

## **Beef**

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*Per Serving (excluding unknown items): 630 Calories; 28g Fat (37.7% calories from fat); 5g Protein; 100g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 2857mg Sodium. Exchanges: 1 1/2 Vegetable; 5 1/2 Fat; 6 Other Carbohydrates.*