

Mushroom Sauce

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Preparation Time: 5 minutes

Cook time: 10 minutes

3 tablespoons Lea & Perrins Original Worcestershire sauce

2 Wyler's beef bouillon cubes

1/4 cup red wine

2 tablespoons olive or vegetable oil

2 tablespoons cornstarch

1 can (3 oz) sliced mushrooms, drained

2 cups water

In a large skillet over medium-high heat, combine the Worcestershire, bouillon cubes, red wine, olive oil, cornstarch, mushrooms and water.

Bring to a boil.

Cook for an additional 2 to 3 minutes or until thickened, stirring frequently.

Yield: 2 1/2 servings

Per Serving (excluding unknown items): 121 Calories; trace Fat (3.2% calories from fat); 2g Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 57mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable.