

Red Wine Reduction Sauce

Publix Grape Magazine - Fall 2011

Serve atop steak or pork, if desired.

8 ounces fresh mushrooms, sliced or quartered

1/2 cup (1 medium) onion, chopped

1 tablespoon olive oil

2 cloves garlic, minced

3/4 cup dry red wine

1 cup reduced-sodium beef broth

1 tablespoon cornstarch

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

In a large skillet, cook the mushrooms and onion in hot olive oil over medium-high heat about 6 minutes or until tender, stirring frequently.

Add the garlic. Cook for 1 minute more. Remove the skillet from the heat., Carefully add the wine.

Boil gently, uncovered, for 4 minutes, or until slightly thickened, stirring occasionally.

In a small bowl, whisk together the broth, cornstarch, salt and pepper. Add to the skillet.

Cook and stir until the sauce is thickened and bubbly. Cook and stir for 1 minute more.

Serve atop steak or pork, if desired.

Yield: 2 cups

Per Serving (excluding unknown items): 363 Calories; 14g Fat (49.4% calories from fat); 6g Protein; 28g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 659mg Sodium. Exchanges: 1/2 Grain(Starch); 3 1/2 Vegetable; 2 1/2 Fat.