

Sour-Cream and Tomato Sauce (Sos Pomidorowy ze Smietana)

Marja Ochowicz-Monatowa (Polish Cookery)

The Good Cook Sauces - Time-Life Books

Yield: 2 cups

1 cup sour cream

5 or 6 tomatoes, sliced

1 tablespoon butter

1/2 cup veal stock

salt

pepper

1 1/2 teaspoons flour

sugar

In a skillet over medium heat, melt the butter. Saute' the tomatoes until they are reduced to a paste, about 15 minutes.

Press the tomatoes through a sieve into a saucepan. Dilute the puree' with the stock. Season it to taste with salt and pepper.

Mix the sour cream and flour together. Add the thickened sour cream to the tomato mixture. Sweeten this sauce very sparingly with enough sugar to give it a sweet and sour taste.

Simmer the sauce until it is smooth and thick, approximately 5 minutes.

Serve this sauce with boiled beef, pork chops or meat patties.

Per Serving (excluding unknown items): 741 Calories; 62g Fat (71.6% calories from fat); 13g Protein; 42g Carbohydrate; 7g Dietary Fiber; 133mg Cholesterol; 874mg Sodium. Exchanges: 0 Grain(Starch); 5 1/2 Vegetable; 1/2 Non-Fat Milk; 12 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	741	Vitamin B6 (mg):	.5mg
% Calories from Fat:	71.6%	Vitamin B12 (mcg):	.7mcg
% Calories from Carbohydrates:	21.5%	Thiamin B1 (mg):	.5mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	62g	Folacin (mcg):	120mcg
Saturated Fat (g):	37g	Niacin (mg):	4mg
	18g	Caffeine (mg):	0mg

Monounsaturated Fat (g):
Polyunsaturated Fat (g): 3g
Cholesterol (mg): 133mg
Carbohydrate (g): 42g
Dietary Fiber (g): 7g
Protein (g): 13g
Sodium (mg): 874mg
Potassium (mg): 1714mg
Calcium (mg): 304mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 119mg
Vitamin A (i.u.): 6083IU
Vitamin A (r.e.): 1034RE

Alcohol (kcal): 0
% Refuse: 0.00%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 5 1/2
Fruit: 0
Non-Fat Milk: 1/2
Fat: 12
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 741 Calories from Fat: 531

% Daily Values*

Total Fat	62g	95%
Saturated Fat	37g	187%
Cholesterol	133mg	44%
Sodium	874mg	36%
Total Carbohydrates	42g	14%
Dietary Fiber	7g	27%
Protein	13g	
Vitamin A		122%
Vitamin C		199%
Calcium		30%
Iron		17%

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