

Austria Beef Stew

Billy Eder

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*4 pounds stew beef
2 onion, sliced
1/2 cup tomato sauce
clove garlic, minced
1/4 teaspoon marjoram
2 teaspoons caraway seeds
2 cups consomme'
1 large head cabbage,
shredded
2 teaspoons salt
1/2 teaspoon pepper
2 tablespoons flour
poppy seeds (for topping)*

Cut the beef into 1-1/2-inch cubes. In a pot, brown with the onions.

Add the tomato sauce, garlic, marjoram, caraway seeds, salt pepper and consomme'. Simmer gently for 1-1/2 hours.

Add the shredded cabbage. Simmer until the cabbage is tender.

In a bowl, mix the flour with a little water and stir into the mixture. Simmer a few minutes longer.

Serve over noodles, cooked and sprinkled with two teaspoons of poppy seeds.

Per Serving (excluding unknown items): 217 Calories; 2g Fat (6.2% calories from fat); 8g Protein; 48g Carbohydrate; 10g Dietary Fiber; 0mg Cholesterol; 5029mg Sodium. Exchanges: 1 Grain(Starch); 6 Vegetable; 0 Fat.