
Esther Brenes Beef Stew

Bernard Rimland - California

North American Potpourri - Autism Directory Service, Inc - 1993

1 three pound beef brisket (or any lean beef), cut into large cubes

3/4 cup dry red wine

1 package onion soup mix

1 package mushroom soup mix

3/4 cup water

1/2 pound fresh mushrooms, sliced

3 large carrots, scraped and cut in one-inch pieces

3 medium potatoes, cubed

chopped parsley (for garnish)

Place the beef in a three-quart casserole dish.

In a small bowl, combine the soups, red wine and water. Pour the mixture over the meat.

Cover and bake at 350 degrees for two hours.

Remove from the oven. Stir in the carrots, potatoes and mushrooms. Cover and return to the oven for another 1-1/2 hours or until the meat is tender. Garnish with chopped parsley.

If a crockpot is used, place the sliced carrots and the potatoes in the bottom of the crockpot. Place the meat cubes over the vegetables, then pour all of the other ingredients over the top. Cook on LOW for ten to twelve hours.

Soups, Chili, Stew

Per Serving (excluding unknown items): 679 Calories; 4g Fat (5.9% calories from fat); 19g Protein; 122g Carbohydrate; 19g Dietary Fiber; 2mg Cholesterol; 3718mg Sodium. Exchanges: 6 Grain(Starch); 6 1/2 Vegetable; 1/2 Fat.