

# Steak in Red Wine

*Alyce Desroches*

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

**Yield: 4 to 6 servings**

*6 slices bacon  
2 tablespoons bacon fat  
2/3 cup dry red wine  
1/2 cup water  
1 teaspoon salt  
1/2 teaspoon rosemary  
1/2 teaspoon pepper  
2 cubes beef bouillon  
1 1/2 to 2 pounds  
inexpensive steak  
1 large sliced onion  
potatoes (optional)  
carrots (optional)*

In a skillet, brown the bacon until crisp. Drain and crumble. Reserve two tablespoons of bacon fat and pour off the rest.

Brown the steak well on both sides in the bacon fat. Reduce the heat.

Add the wine, water, salt, rosemary, pepper, bouillon, and onion. Cover the pan. Simmer for 1-1/2 to 2 hours. (Add potatoes and carrots at about 1-1/2 hours, if desired. Cook until tender.)

---

Per Serving (excluding unknown items): 653 Calories; 47g Fat (76.2% calories from fat); 16g Protein; 17g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 5711mg Sodium. Exchanges: 1/2 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 8 Fat.