

Bavarian Veal

"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)

Yield: 6 to 8 servings

*3 pounds veal cubes (1 to 1-1/2 inch)
2 tablespoons vegetable oil
1 large onion, chopped
1 cup carrots, sliced
1 tablespoon fresh parsley, minced
1/4 cup lemon juice
2 cups beef broth
3 tablespoons flour
1 can (8 ounces) mushrooms, drained
1/2 teaspoon salt
1/8 teaspoon pepper*

Preheat the oven to 325 degrees.

Brown the veal in hot oil. Add the onion and carrots and cook until the onion is transparent. Stir in the parsley.

In a bowl, mix the lemon juice, beef broth and flour. Blend until smooth. Pour over the meat. Add the mushrooms and stir to blend all of the ingredients. Season with salt and pepper.

Cover and bake for 1-1/2 hours or until the meat is tender. Add more broth, if needed.

Serve in a nest of mashed potatoes.

Per Serving (excluding unknown items): 563 Calories; 28g Fat (43.7% calories from fat); 27g Protein; 54g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 3677mg Sodium. Exchanges: Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 5 1/2