

Sauerbraten Stew

Prep Time: 30 Minutes

Cook Time: 2 Hours Ready In: 2 Hours 30 Minutes

Servings: 6

"With this original recipe, I was one of 10 finalists at an Ohio Beef Council Beef Cook-Off,' notes Margaret Ashcraft of Piqua, Ohio. Serve this hearty sweet-and-sour spicy dish with parsley potatoes, German spaetzles or noodles."

Ingredients:

1 ½ cups water
¾ cup red wine vinegar
3 tablespoons sugar
2 pounds boneless beef chuck roast, cut into 1-inch cubes
1 teaspoons salt
Dash pepper
1 /4 teaspoon ground nutmeg
1 small onion, sliced
2 teaspoons minced fresh parsley
1 bay leaf
1/4 cup raisins
3 tablespoons cornstarch
6 tablespoons half-and-half cream
12 ounces cooked egg noodles



Directions:

1. In a small saucepan, combine the water, vinegar and sugar. Cook and stir over medium heat until sugar is dissolved; cool. Sprinkle beef with salt, pepper and nutmeg; place in a large resealable plastic bag. Add onion, parsley, bay leaf and cooled marinade. Seal bag and turn to coat; refrigerate overnight.
2. Drain, reserving 1 ½ cup marinade. Discard bay leaf. Place the beef and reserved marinade in a saucepan; bring to a boil. Reduce heat; cover and simmer for 2 hours or until meat is tender.
3. Cook noodle according to the package.
4. To meat, stir in raisins. Combine cornstarch and cream; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until slightly thickened. Serve over hot noodles.