

Mandarin Beef

Kitchen Keepsakes

Best of the Best from Minnesota Cookbook

Servings: 6

*2 pounds round steak, cut
into 1/2x3-inch strips
2 cans (4 ounce ea)
mushrooms and liquid
1/4 cup salad oil
1 cup onion, chopped
2 cups celery, sliced
1/2 cup water
1/4 cup soy sauce
1 can (10 ounce) cream of
chicken soup*

Preheat the oven to 350 degrees.

In a skillet, brown the steak in oil. Place the steak in a casserole dish.

In a bowl, mix the mushrooms, salad oil, onion, celery, water, soy sauce and soup. Pour the mixture over the steak.

Bake for one hour.

Serve on baked or cooked rice.

This recipe is good to use when the dinner hour is uncertain. Turn the oven low (325 degrees or lower) depending on when ready to eat.

Per Serving (excluding unknown items): 411 Calories; 29g Fat (63.5% calories from fat); 31g Protein; 6g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 962mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 1 Vegetable; 3 Fat.