

# Pepper Steak

*Patricia Haervey - Hudson Toledo*

*1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores*

*1 1/2 pounds round steak  
1 can (10-1/2 ounce)  
French onion soup  
1 can (14 ounce) whole  
tomatoes  
1 green bell pepper, seeded  
and cut up  
2 to 3 tablespoons soy  
sauce  
1/2 to one teaspoon pepper  
1 tablespoon cornstarch  
1/4 cup water  
hot cooked rice or mashed  
potatoes*

Cut the round steak into thin strips. In a skillet, cook and stir the beef strips until no longer pink. Add the soup and the liquid from the tomatoes. Simmer for 20 to 30 minutes.

Add the green pepper. Simmer for 15 minutes. Cut the tomatoes into quarters. Add to the mixture. Simmer for 5 minutes. Add the soy sauce and the pepper.

In a small bowl, combine the cornstarch and water. Stir into the meat mixture. Heat and stir until the mixture boils and thickens.

Serve over rice.

Per Serving (excluding unknown items): 1701 Calories; 83g Fat (44.4% calories from fat); 16g Protein; 72g Carbohydrate; 9g Dietary Fiber; 403mg Cholesterol; 33275mg Sodium. Exchange: 14 Vegetable; 5 Fat.