

Peppered Steak

Sara F Patterson, Nancy F Holley & Cleo F Long
Three Sisters Cookbook - Alexander City, AL

round steak, cut crosswise into one-inch strips
1 medium onion, chopped
1/2 bell pepper
dash pepper
1/4 cup soy sauce
2 tablespoons flour
2 cups water
cooked rice
soy sauce (for garnish)
chow mein noodles (for garnish)

In a large skillet, brown the round steak with the onion and bell pepper.

In a bowl, mix the flour and water. Add the flour mixture, pepper and soy sauce to the skillet.

Simmer over low heat for 1-1/2 to 2 hours until tender.

Serve over cooked rice. Top with more soy sauce, if desired, and chow mein noodles.

Per Serving (excluding unknown items): 153 Calories; trace Fat (2.8% calories from fat); 7g Protein; 31g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 4134mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Vegetable.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	153	Vitamin B6 (mg):	.4mg
% Calories from Fat:	2.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	18.0%	Riboflavin B2 (mg):	.2mg
Total Fat (g):	trace	Folacin (mcg):	49mcg
Saturated Fat (g):	trace	Niacin (mg):	4mg
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Daily Value*	n n%
Carbohydrate (g):	31g	Food Exchanges	
Dietary Fiber (g):	4g	Grain (Starch):	1
Protein (g):	7g	Lean Meat:	0

Sodium (mg): 4134mg
Potassium (mg): 424mg
Calcium (mg): 51mg
Iron (mg): 3mg
Zinc (mg): 1mg
Vitamin C (mg): 60mg
Vitamin A (i.u.): 376IU
Vitamin A (r.e.): 37 1/2RE

Vegetable: 3 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 0
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 153 **Calories from Fat:** 4

% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	4134mg	172%
Total Carbohydrates	31g	10%
Dietary Fiber	4g	16%
Protein	7g	
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Vitamin A		8%
Vitamin C		100%
Calcium		5%
Iron		15%

** Percent Daily Values are based on a 2000 calorie diet.*