

# Strip Steak with Wilted Lettuce

Irene McClendon - Fort Washington, MD  
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## Servings: 4

*1 tablespoon cornstarch  
1 tablespoon white wine  
vinegar  
1 teaspoon salt  
2 teaspoons sugar  
1 pound bottom round (or  
beef flank steak), sliced  
across the grain in 1/8-inch  
strips  
6 slices bacon, cut in thin  
crosswise strips  
1 medium lemon, peeled  
and cut in thin strips  
1 large head iceberg  
lettuce, cut crosswise in  
1/2-inch thick slices  
6 green onions*

## Preparation Time: 15 minutes

### Cook Time: 10 minutes

In a bowl, mix the cornstarch, vinegar, salt and sugar. Pour over the meat and toss to coat all strips. Set aside.

In a very large skillet, fry the bacon strips over medium heat until crispy. Remove the bacon and set aside.

Heat the bacon drippings until very hot. Fry the beef in the drippings until barely browned but keep the meat on the rare side. Remove the meat and set aside.

Add the lemon, lettuce and white part of the green onions to the skillet. Turning constantly, cook until the lettuce begins to wilt. Remove the skillet from the heat and toss in the beef and bacon. Sprinkle with the green part of the onions.

Serve immediately.

Best when served with corn bread.

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Per Serving (excluding unknown items): 97 Calories; 5g Fat (42.8% calories from fat); 5g Protein; 10g Carbohydrate; 3g Dietary Fiber; 8mg Cholesterol; 701mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.