

Beef and Pepper`s

Doris Mendenhall - Dayton's Brookdale

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

Servings: 6

1/4 cup flour

1 teaspoon salt (optional)

1 teaspoon pepper

*2 pounds beef sirloin, cut
into 1/2 inch wide strips*

1/4 cup shortening

1 can (14 ounce) tomatoes

1 1/2 cups water

1 to 2 cubes beef bouillon

*1 tablespoon meat flavoring
base*

1/2 cup onion, chopped

1 tablespoon

*Worcestershire sauce or HP
sauce*

1 cup green pepper strips

1/2 cup red pepper strips

*broccoli or mushrooms
(optional)*

hot cooked noodle or rice

In a small bowl, combine the flour, salt and pepper. Coat the meat with the flour mixture.

In a large skillet, brown the meat in the shortening. Add the juice from the tomatoes, 1-1/2 cups water, the bouillon cubes and the flavoring liquid. Stir in the onions.

Heat to boiling. Reduce the heat. Cover and simmer for 1-1/2 to 2 hours or until the meat is tender.

Add the Worcestershire sauce. Add the tomatoes, peppers, brocccoli and mushrooms. Heat until the vegetables are cooked to the desired doneness.

Thicken the gravy with a little flour, if necessary.

Serve over hot cooked noodles or rice.

Per Serving (excluding unknoc items): 420 Calories; 30g Fat (66.0% calories from fat); 29g Protein; 7g Carbohydrate; 1g Dietary Fiber; 96mg Cholest; 307mg Sodium. Exchanges: Grain(Starch); 4 Lean Meat; Vegetable; 3 1/2 Fat.