

Beef

Cantonese Beef

Taste of Home One -Dish Meals

Servings: 8

1 can (11 oz) mandarin oranges
2 pounds beef stew meat , cut into 1-inch cubes
1 small onion, sliced
1 tablespoon canola oil
1 1/2 cups water
1/3 cup reduced-sodium soy sauce
1/2 teaspoon ground ginger
4 celery ribs, sliced
1 small green pepper, julienned
1 can (8 oz) sliced water chestnuts, drained
3 tablespoons cornstarch
3 tablespoons cold water
Hot cooked rice.

Drain oranges, reserving juice; set oranges aside.

In a Dutch oven, brown beef and onion in oil; drain. Stir in the water, soy sauce, ginger and reserved juice. Bring to a boil. Reduce heat; cover and simmer for 1 to 1 1/2 hours or until beef is tender.

Add the celery, green pepper and water chestnuts. Cover and cook for 20-30 minutes or until vegetables are tender. Combine cornstarch and cold water until smooth; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in reserve oranges.

Serve with rice.

Per Serving (excluding unknown items): 50 Calories; 2g Fat (31.5% calories from fat); 1g Protein; 8g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 380mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat.