

# Carne Asada

Francine Myers - Irvine, CA

Treasure Classics - National LP Gas Association - 1985

## Servings: 5

*1 1/2 pounds beef, cut in  
1/2 inch thick strips  
2 tablespoons flour  
1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons cooking oil  
1 large onion, chopped  
1 can (15 ounce) tomato  
sauce  
3/4 cup water  
2 teaspoons sugar  
1 1/2 teaspoons chili  
powder  
1/4 teaspoon hot sauce  
rice (for six)*

## Preparation Time: 5 minutes

### Cook Time: 40 minutes

Dredge the meat in flour, salt and pepper. In a skillet, brown in oil.

Add the onion, tomato sauce, water, sugar, chili powder and hot sauce.

Cover and cook slowly for 30 to 40 minutes or until the meat is tender.

Serve with rice.

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Per Serving (excluding unknown items): 433 Calories; 32g Fat (66.6% calories from fat); 26g Protein; 10g Carbohydrate; 1g Dietary Fiber; 91mg Cholesterol; 815mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 4 Fat; 0 Other Carbohydrates.