

# Chinese Pepper Steak

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

**Yield: 6 to 8 servings**

*1 one-pound flank steak  
1 teaspoon salt  
1/2 teaspoon pepper  
2 tablespoons vegetable oil  
1 clove garlic, minced  
1/2 cup onion, chopped  
4 sweet (green, yellow, red) peppers, cut into one-inch squares  
1 cup celery, sliced diagonally into one-inch lengths  
2 carrots, julienned  
1 1/2 cups beef broth  
3 tablespoons cornstarch  
1 tablespoon soy sauce  
1/4 cup Madeira wine  
1 can (8 ounces) sliced water chestnuts, drained  
1 cup fresh spinach leaves, torn into pieces*

Cut the steak, on a slant and across the grain, into 1/8 inch slices. Cut the slices in half.

In a large skillet or wok, add oil, salt and pepper. Place over high heat. Add the steak and brown, stirring constantly. Add the vegetables and stir-fry for 2 minutes. Add the broth. Cover and cook for 3 to 5 minutes.

In a bowl, blend the cornstarch with 3/4 cup of water. Add the soy sauce and wine to the cornstarch mixture.

Add the vegetable mixture to the meat, stirring constantly until hot and bubbly. Add the water chestnuts and spinach. Blend and cook for 1 minute.

Serve over hot rice.

*For easier slicing, place the steak in the freezer until slightly firm. The steak may be cut down the center (lengthwise) before slicing.*

Per Serving (excluding unknown items): 856 Calories; 39g Fat (40.2% calories from fat); 44g Protein; 87g Carbohydrate; 1g Dietary Fiber; 51mg Cholesterol; 5319mg Sodium. Exchanges: Grain(Starch); 4 1/2 Lean Meat; 6 Fat.