

Green Pepper Steak

Lynne Gruszka

Culinary Creations and Wonders - St Lucie Council of Catholic Women - 2009

*1 pound stew beef or chuck
steak*

1 cup soy sauce

1 clove garlic

1/2 teaspoon ground ginger

1/4 cup oil

1 cup onion, thinly sliced

*2 red or green peppers, cut
into strips*

*1 or 2 stalks celery, thinly
sliced*

1 tablespoon cornstarch

1 cup water

In a skillet, brown the beef in oil. Drain.

Add the soy sauce, garlic, ginger, onion,
peppers, celery and cornstarch.

Simmer for 20 minutes.

Serve over rice.

Per Serving (excluding unknown
items): 739 Calories; 55g Fat
(65.3% calories from fat); 17g
Protein; 49g Carbohydrate; 6g
Dietary Fiber; 0mg Cholesterol;
16507mg Sodium. Exchanges: 1/2
Grain(Starch); 8 1/2 Vegetable; 11
Fat.