

PA P A Wan (Thailand Stir-Fry)

Anita Bleck - Hudson's Flint

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

1/2 pound beef steak
3 tablespoons vegetable oil
1 medium red onion,
chopped
2 cups cut broccoli
1/4 fresh pineapple, sliced
1 medium tomato, cut into
chunks
1/4 cup sugar
1/2 teaspoon salt
1/4 teaspoon pepper
hot cooked rice

Cut the steak into small oblong pieces. Heat the oil in a skillet or Wok. Add the onion and steak to the hot oil. Stir-fry until the steak is brown. Add the broccoli and pineapple.

Stir-fry for 3 to 5 minutes.

Add the tomato, sugar, salt and pepper. Stir-fry until the tomato is thoroughly heated.

Serve over rice.

Per Serving (excluding unknoc items): 701 Calories; 42g Fat (51.9% calories from fat); 3g Protein; 84g Carbohydrate; 6 Dietary Fiber; 0mg Cholesterol; 1084mg Sodium. Exchange: Grain(Starch); 3 1/2 Vegetab Fruit; 8 Fat; 3 1/2 Other Carbohydrates.