

Pepper Steak Dish

Juanita Watson

St Timothy's - Hale Schools - Raleigh, NC - 1976

*round steak, cut into 1"
cubes
1 whole bell pepper, sliced
into strips
3 cups water
1 package onion gravy mix
1 can mushrooms, drained
1 whole large onion, cut into
small pieces*

In a large frying pan, brown the meat. Drain off all of the grease.

Add the pepper, onion, gravy mix, water and mushrooms.

Let simmer until the meat is tender and the liquid is thick.

Serve over rice.

Per Serving (excluding unknown items): 78 Calories; trace Fat (4.8% calories from fat); 3g Protein; 18g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 28mg Sodium. Exchanges: 3 Vegetable.