
Pepper Steak II

Marie Merkitich

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

1 1/2 pounds boneless chuck steak, cut in thin strips 2-inches long
2 tablespoons shortening
1 envelope dry onion soup mix
2 cups water
2 green peppers, cut in thin strips
1/2 cup water
1 1/2 tablespoons cornstarch
cooked rice

In a skillet, brown the meat, turning frequently. Stir in the onion soup mix and water. Cover. Simmer for 30 minutes. Stir in the peppers. Simmer, covered, for 10 minutes or until the meat is tender.

Blend the cornstarch and 1/2 cup of water. Stir into the skillet. Cook while stirring until thickened.

Serve with rice.

Yield: 4 to 6 servings

Beef

Per Serving (excluding unknown items): 337 Calories; 26g Fat (67.4% calories from fat); 2g Protein; 26g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 5 Fat.