
Savory Pepper Steak

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

1 1/2 pounds round steak, cut 1/2 inch thick
1/4 cup flour
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup cooking oil
1 can (8 ounce) tomatoes
1 3/4 cups water
1/2 cup chopped onion
1 small clove garlic, minced
1 tablespoon beef flavored gravy base or soy sauce
1 1/2 teaspoons Worcestershire sauce
2 large green peppers, cut in strips
hot cooked rice

Cut the steak in strips. In a bowl, combine the flour, salt and pepper. Cover the meat with the flour mixture.

In a large skillet, cook the meat in hot oil until browned. Drain the tomatoes, reserving the liquid. Add the tomato liquid, water, onion, garlic and gravy base to the meat. Cover and simmer for about 1-1/4 hours until the meat is tender.

Stir in the Worcestershire sauce. Add the green peppers strips. Cover and simmer for 5 minutes. If necessary, thicken the gravy with a mixture of a little flour and water. Add the tomatoes and cook for 5 to 15 minutes longer.

Serve over rice.

Beef

Per Serving (excluding unknown items): 507 Calories; 34g Fat (61.7% calories from fat); 35g Protein; 14g Carbohydrate; 2g Dietary Fiber; 101mg Cholesterol; 378mg Sodium. Exchanges: 1/2 Grain(Starch); 4 1/2 Lean Meat; 1 Vegetable; 4 Fat; 0 Other Carbohydrates.