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# Sweet and Sour Beef

*Mrs Harry Frank - Purcell, OK*

*Olde Family Favorites - Order of the Eastern Star -1965*

Servings: 6

**1 1/2 pounds lean beef, cut into small strips**  
**fat**  
**1/4 cup water**  
**1 can (12 ounce) pineapple chunks in juice**  
**1/4 cup brown sugar**  
**2 tablespoons cornstarch**  
**1/4 cup vinegar**  
**1 tablespoon soy sauce**  
**1/2 teaspoon salt**  
**3/4 cup green pepper strips**  
**1/4 cup thinly sliced onion**

In a skillet, brown the beef slowly in hot fat. Add water. Cover and simmer until tender, about one hour.

Drain the pineapple, reserving the syrup.

In a saucepan, combine the sugar and cornstarch. Add the pineapple juice, vinegar, soy sauce and salt. Cook and stir over low heat until thick. Pour the mixture over the hot cooked beef. Let stand for 10 minutes.

Add the pineapple, green pepper and onion at 2 to 3 minutes before serving time.

Serve over rice or noodles.

## **Beef**

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*Per Serving (excluding unknown items): 304 Calories; 16g Fat (48.5% calories from fat); 23g Protein; 16g Carbohydrate; trace Dietary Fiber; 69mg Cholesterol; 408mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 0 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.*