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# Pepper Steak III

Emma Carsten - Sharonville, OH

Olde Family Favorites - Order of the Eastern Star -1965

Servings: 4

**1 pound round steak**  
**1/4 cup cooking oil**  
**1 teaspoon salt**  
**dash pepper**  
**1/4 cup onion, finely diced**  
**1 clove garlic**  
**4 green peppers, cut in one-inch pieces**  
**1 cup celery, sliced**  
**1 cup beef bouillon**  
**2 tablespoons cornstarch**  
**1/4 cup water**  
**2 teaspoons soy sauce**

Cut the steak diagonally into thin slices. Cut the slices into two-inch pieces.

Preheat an electric fry pan at 375 degrees. Add the oil, salt and pepper. Heat. Add the meat. Cook until brown, stirring frequently.

Set the control dial at 210 degrees.

Add the onion, garlic, green pepper, celery and bouillon. Cover. Cook until the vegetables are crisp, about 10 minutes. Add hot water if necessary.

In a bowl, blend the cornstarch, cold water and soy sauce. Add to the meat mixture. Cook and stir until thickened, about 5 minutes.

Serve with steaming hot rice.

## **Beef**

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*Per Serving (excluding unknown items): 401 Calories; 28g Fat (62.2% calories from fat); 24g Protein; 14g Carbohydrate; 3g Dietary Fiber; 67mg Cholesterol; 1131mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1 1/2 Vegetable; 3 1/2 Fat.*