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# Hamburger Chinese

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

Servings: 4

**1 pound ground beef or top round steak, cut in strips**  
**1 tablespoon salad oil**  
**1 clove garlic, pressed (or garlic salt)**  
**1/2 teaspoon salt**  
**dash freshly ground pepper**  
**1 cup chopped onion**  
**1 cup celery, minced**  
**a few celery leaves**  
**1 cup green beans (or one 10 ounce package frozen Italian beans)**  
**1 cup green pepper, chopped**  
**1 tablespoon soy sauce**  
**1/2 teaspoon ginger**  
**1/2 cup sliced mushrooms**  
**1 cup beef bouillon**  
**1 tablespoon cornstarch**  
**1 ripe tomato, cut in wedges**  
**hot cooked brown rice**

Brown the beef quickly in a skillet or wok. Add the garlic, salt, pepper, onion and celery. Cook for 5 minutes, stirring often. Remove the excess fat. Add the beans, green pepper, soy sauce, ginger, mushrooms and half of the bouillon.

Combine the cornstarch with the remaining bouillon. Add to the skillet, stirring until the mixture boils.

Sprinkle with the tomato wedges. Heat and serve over hot rice. Serve additional soy sauce.

## **Ground Beef**

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*Per Serving (excluding unknown items): 84 Calories; 4g Fat (39.2% calories from fat); 2g Protein; 12g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 895mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Fat.*