

Main Dishes

Beef

Pepper Steak

The Pepper Steak is one of our family favorites. It is easy to make and a good recipe to introduce you to the art of stir-frying.

- 1 cup beef broth
- 3 Tb. soy sauce
- 2 pkg. artificial sweetener or 4 tsp. sugar

- 1 Tb. oil
- 1 lb. round steak, sliced 1/4" thick,
cut in strips
- 1 clove garlic, minced

- 2 green peppers, coarsely chopped
- 2 red peppers, coarsely chopped
- 4 medium onions , coarsely chopped

- 1 Tb. cornstarch mixed with 2 Tb. Water



Combine broth, soy sauce and sweetener; set aside.

In wok heat oil and add beef. Stir-fry until lightly browned.

Add garlic; then remove beef and garlic. Garlic burns fast in the wok so remove it quickly.

To same wok, add peppers and onions; stir-fry 3 to 4 minutes.

Add broth, beef and garlic. Cover and cook 5 minutes.

Add cornstarch; bring to a boil.

Serve with rice.

Yield: 4 to 6 servings.

NOTE: Adding small amounts of water to wok will help keep food from burning.