

CANTONESE PEPPER STEAK

1 lb. beef round or sirloin  
1/4 cup soy sauce  
1 teaspoon sugar  
2 large firm tomatoes  
2 large green peppers  
1/2 teasp. ground ginger  
1/4 cup salad oil  
1 clove garlic, sliced fine  
2 teasp. corn starch  
1 Tablesp. soy sauce  
Hot boiled rice

Slice beef in strips 1/2 in. wide and as thin as possible (Freezing the beef makes it slice thin easier) Pour the 1/4 cup of soy sauce and sugar over meat and marinate for at least 30 minutes. In meantime, cut tomatoes and green peppers in 1-in. cubes.

Heat oil in skillet and add garlic and ginger. After a minute remove garlic and add green pepper. Saute for 3 minutes...stir occasionally during the entire cooking period so ingredients will cook evenly. Add beef and its liquid and saute for 3 minutes. Add tomatoes and immediately blend cornstarch and remaining soy sauce and gently stir into mixture. <sup>cook</sup> 1 min. cooking period is over medium heat and takes 9 to 10 minutes. Serve over fluffy rice.

Makes 4 servings

*From Chan letter  
Liz Brown*