



## Beef Tomato

Number of servings: 6

### Ingredients:

- 1 pound lean beef
- 1 clove garlic
- 1 round onion
- 2 ribs celery
- 2 bell peppers
- 2 tomatoes

### Marinade for beef:

- 2 teaspoons cornstarch
- 1 teaspoon sugar
- 3 tablespoons soy sauce

### Gravy:

- 1/4 cup water
- 1 teaspoon sugar
- 2 teaspoons cornstarch
- salt & pepper to taste

### Directions:

1. SLICE beef into 1/8 inch thick slices.
2. In a small bowl, COMBINE marinade and ADD beef and SET aside. SOAK beef for 15 minutes.
3. CRUSH garlic. SET aside.
4. CHOP onion, celery, bell peppers, and tomatoes.
5. In a large pot, ADD marinated beef and garlic. FRY lightly until cooked. REMOVE meat from pan onto a plate.
6. Using the same pot, ADD onion, celery, and bell peppers. STIR FRY a few minutes.
7. RETURN beef to pot.
8. In a small bowl MIX gravy ingredients and ADD to beef and vegetables.
9. ADD tomatoes. HEAT and STIR until gravy is clear.

### Variations:

- Other meats may be used.
- Other vegetables may be used.

**ALWAYS PRACTICE SAFE FOOD HANDLING TECHNIQUES.**



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