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 less sodium soy sauce

Gravy:
1/2 cup water  
2 teaspoons cornstarch

Soy sauce  
1/8 teaspoon salt  
1/8 teaspoon pepper

Directions:
1. SLICE beef into 1/8 inch thick slices.
2. In a small bowl, COMBINE marinade ingredients. ADD beef and SET aside to SOAK 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.