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
- 3 tablespoons soy sauce
- 1 teaspoon sugar

Gravy:
- ¼ cup water
- 2 teaspoons cornstarch
- 1 teaspoon sugar
- salt & pepper to taste

Directions:
1. SLICE beef into ⅛ 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. REFER TO PAGES 98-101.