



## BEEF TOMATO

Number of servings: 6

### Ingredients:

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

#### Marinade for beef:

2 teaspoons cornstarch  
1 teaspoon sugar  
3 tablespoons less sodium  
soy sauce

#### Gravy:

¼ cup water  
2 teaspoons cornstarch  
1 teaspoon sugar  
⅛ teaspoon salt  
⅛ teaspoon pepper

### Directions:

1. SLICE beef into ⅛ 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.**



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