

BEEF TOMATO

INGREDIENTS

- 1 pound **lean beef**
- 1 small **round onion**
- 2 medium **bell peppers**
- 2 ribs **celery**
- 2 large **tomatoes**
- 1 ½ tablespoons **vegetable oil**

Marinade for beef:

- 2 cloves **garlic**
- 1 (2 inch) piece **ginger**
- 2 teaspoons **cornstarch**
- 3 tablespoons **less sodium soy sauce**
- 1 teaspoon **sugar**

Gravy:

- ½ cup **water**
- ¼ teaspoon **salt**
- 2 teaspoons **cornstarch**
- ⅛ teaspoon **black pepper**
- 1 teaspoon **sugar**

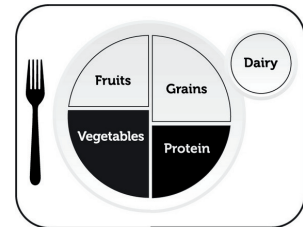
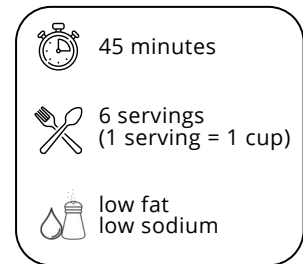
DIRECTIONS

Always practice food safety when cooking.

- 1) Mince garlic. Set aside.
- 2) Crush ginger. Set aside.
- 3) Slice beef into ⅛ inch thick slices. Set aside.
- 4) In a small bowl, combine marinade ingredients. Add beef and mix. Marinate in refrigerator for 15 minutes.
- 5) Chop onion and bell peppers into 1 inch strips. Set aside.
- 6) Slice celery into ½ inch thick diagonal slices. Set aside.
- 7) Cut each tomato into 16 wedges. Set aside.
- 8) In a large pot over medium heat, add 1 tablespoon oil.
- 9) Once oil is heated, add marinated beef with marinade sauce. Stir-fry lightly for about 2 minutes or until the meat has browned. Remove meat from pan and set aside.
- 10) Using the same pot, add ½ tablespoon oil. Once oil is heated, add onion, bell peppers, and celery. Stir-fry for a few minutes or until vegetables are tender but still crisp.
- 11) Return beef to pot and add tomatoes. Cook for 1 to 2 more minutes or until tomato starts to soften.
- 12) In a small bowl, mix gravy ingredients and add to beef and vegetables. Stir until gravy is clear and thickened. Add a little more water if the gravy is too thick.

NOTES

- Lean ground beef can be used.



Nutrition Facts	
6 servings per container	
Serving size	1 Cup (270g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 9g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 400mg	17%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	7%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 3mg	15%
Potassium 525mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.