

SWEET AND SOUR BEEF

INGREDIENTS

- 2 medium **bell peppers**
- 1 small **round onion**
- 1 ½ pounds lean **beef**
- 1 (8 ounce) can **pineapple chunks** packed in pineapple juice
- ¾ cup **water**
- ¾ cup **vinegar**
- 2 tablespoons **less sodium soy sauce**
- ⅓ cup **sugar**
- ½ teaspoon **salt**
- ½ teaspoon **black pepper**
- 1 tablespoon **vegetable oil**

Thickening:

- 2 tablespoons **cornstarch**
- ¼ cup **water**

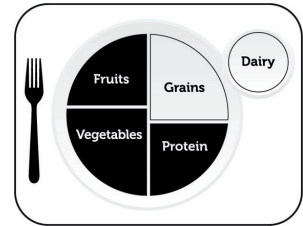
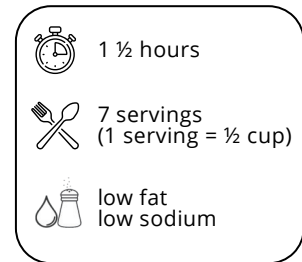
DIRECTIONS

Always practice food safety when cooking.

- 1) Slice bell pepper into ½ inch strips. Set aside.
- 2) Slice onion into ½ inch strips. Set aside.
- 3) Cube beef into 1 inch pieces. Set aside.
- 4) Drain pineapple juice into a medium bowl. Set pineapple chunks aside.
- 5) Add water, vinegar, soy sauce, sugar, salt, and black pepper into the bowl with the pineapple juice and mix.
- 6) Add oil to a medium pot on medium high heat. Brown the beef on all sides.
- 7) Add the onion to the pot and stir-fry onion until slightly tender.
- 8) Add liquid mixture to pot and stir.
- 9) Reduce to medium low heat. Cover and simmer for 1 hour, stirring occasionally. Cook until beef is tender.
- 10) Add bell peppers and pineapple chunks into pot. Stir, then cook 5 minutes more or until bell peppers are tender.
- 11) In a small bowl, mix thickening ingredients together.
- 12) Add thickening to pot. Stir well until liquid thickens.

NOTES

- Add 2 cloves minced garlic and/or 1 (2 inch) piece sliced ginger for more flavor.
- Sliced carrots can also be added.
- Pork or chicken may be used in place of the beef.
- Instead of using beef cubes, ground meats or extra firm tofu can be used



Nutrition Facts	
7 servings per container	
Serving size 1/2 cup (252g)	
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 400mg	17%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 16g	
Includes 9g Added Sugars	18%
Protein 31g	
Vitamin D 0mcg	0%
Calcium 23mg	2%
Iron 3mg	15%
Potassium 513mg	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.