

Steak & Vegetable Stir Fry

Ingredients:

1 - 2 Lb. CAB Top Round London Broil
1 Clove of Garlic, Crushed
1/4 C Soy Sauce
1/4 C Vegetable Oil
1/2 tsp. Ginger
1/2 C Green Onions, Sliced Thinly
1/2 C Green Peppers, Cut into 1" Squares
1/2 C Red Peppers, Cut into 1" Squares
2 Stalks of Celery, Chopped
1 Tbsp. Corn Starch
1 C Water
2 Medium Tomatoes, Cut into Wedges
Hot, Cooked Rice

Preparation:

Cut steak into small cubes. Combine soy sauce, garlic, and ginger, mixing well; add the steak. Marinate 1/2 to 1 hour. Heat oil in a large skillet. Add steak and soy sauce mixture to skillet; cook 2 -3 minutes, or until meat is browned. Stir in onions, peppers, and celery; cook 5 minutes stirring constantly, until vegetables are crisp-tender. Remove meat and vegetables from skillet; cook, stirring constantly, until smooth and thickened. Return meat, vegetables, and tomato wedges to skillet; stir well to coat. Serve over rice.

Makes 4 Servings

