

Tomato Beef Stir Fry

Leslie Warmke, MG Adapted from a Sunset Cookbook Recipe

12 oz. boneless lean beef, cut into 1-1/2 x 1/8 inch strips

Marinade

2 tsp. cornstarch

2 tsp. soy sauce

1 Tbs. water

1 Tbs. sherry or mirin

1/4 tsp. salt

1 1/2 tsp. oil

Although the cookbook is long gone, the recipe remains a favorite using fresh seasonal vegetables from my garden.

Combine ingredients and add beef. Let sit 15 minutes.

Cooking Sauce – 2 tsp. each curry powder, catsup, broth,
Combine and set aside

Vegetables

1/2 tsp. ginger

1 clove minced garlic

2 large celery stalks, cut into 1/2 inch thick slanting slices

1 medium onion, cut into wedges and separated

1 green pepper, cut into 6 wedges

3 medium tomatoes, cut into 6 wedges

1. Heat pan to high and add oil. Add ginger and garlic and stir once, add beef mixture and cook until browned on the outside. Set aside.
2. Cook celery onions and pepper 2-3 minutes then return beef to pan and mix.
3. Add cooking sauce and tomatoes, cooking 1-2 minutes.

Serve over hot rice.

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