

DAWN RECIPES:

Delicious...And Healthy As Well

PEPPER STEAK

- 2 pound flank steak, scored Freshly ground pepper
- 1 tablespoon vegetable oil 2 medium onions, chopped (about 1 cup)
- 1 can (10½ ounces) unslated beef broth *
- 3 tablespoons flour
- ½ pound mushrooms, trimmed and sliced
- 3 medium green peppers, cut into strips (1/4 inch wide)
- 3 tomatoes
- 1 teaspoon snipped parsley

Cut meat crosswise into ½-inch strips. Season with pepper. Heat oil in large skillet; brown meat in oil over medium heat. Push meat to one section, add onion. Cook and stir until onion is tender, about 3 minutes.

Mix broth and flour until smooth; stir into meat mixture. Heat to boiling stirring constantly. Boil and stir 1 minute. Reduce heat; cover tightly and simmer 30 minutes.

Stir in mushrooms and green pepper. Cover and simmer 5 minutes. Cut each tomato into eighths and place on meat mixture. Cover and cook over low heat just until tomatoes are heated through, about 2 minutes. Sprinkle with parsley.

Makes 8 servings. Contains 290 calories per serving of meat and vegetable.

*Unsalted beef broth can be made by dissolving 2 unsalted beef boullon cubes in 1½ cups boiling water.

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