

Chinese Pepper Steak

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1 1/2 pounds sirloin steak, 1-inch thick
1/4 cup vegetable oil
1 clove garlic
1 teaspoon salt
1 teaspoon ground ginger
1/2 teaspoon pepper
3 large green peppers, sliced
2 large onions, sliced
1 tablespoon cornstarch
1/4 cup cold water
1/4 cup soy sauce
1/2 teaspoon sugar
1/2 cup beef bouillon
1 can (6 ounce) water chestnuts, sliced
4 green onions, cut in 1-inch pieces

Slightly freeze the steak and cut in 1/8-inch slices.

Heat the oil in a skillet. Add the garlic, salt, ginger and pepper. Saute' until the garlic is golden brown.

Add the steak and cook for 2 minutes. Remove the steak. Add the green pepper and onion. Cook for 3 minutes. Dissolve the cornstarch in the cold water. Return the steak to the skillet.

Add the soy sauce, sugar, beef bouillon, dissolved cornstarch, water chestnuts and green onion. Simmer for 2 minutes or until done.

Serve over hot rice.

Per Serving (excluding unknown items): 2159 Calories; 150g Fat (62.4% calories from fat); 137g Protein; 66g Carbohydrate; 13g Dietary Fiber; 427mg Cholesterol; 7304mg Sodium. Exchanges: 1/2 Grain(Starch); 17 1/2 Lean Meat; 9 1/2 Vegetable; 18 1/2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	2159	Vitamin B6 (mg):	3.8mg
% Calories from Fat:	62.4%	Vitamin B12 (mcg):	18.9mcg
% Calories from Carbohydrates:	12.2%	Thiamin B1 (mg):	1.0mg
% Calories from Protein:	25.4%	Riboflavin B2 (mg):	1.6mg
Total Fat (g):	150g	Folacin (mcg):	216mcg
Saturated Fat (g):	44g	Niacin (mg):	26mg
Monounsaturated Fat (g):	72g	Caffeine (mg):	0mg

Polyunsaturated Fat (g): 16g
Cholesterol (mg): 427mg
Carbohydrate (g): 66g
Dietary Fiber (g): 13g
Protein (g): 137g
Sodium (mg): 7304mg
Potassium (mg): 3453mg
Calcium (mg): 220mg
Iron (mg): 22mg
Zinc (mg): 27mg
Vitamin C (mg): 345mg
Vitamin A (i.u.): 2494IU
Vitamin A (r.e.): 249RE

Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 1/2
Lean Meat: 17 1/2
Vegetable: 9 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 18 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2159 **Calories from Fat:** 1348

% Daily Values*

Total Fat 150g	230%
Saturated Fat 44g	219%
Cholesterol 427mg	142%
Sodium 7304mg	304%
Total Carbohydrates 66g	22%
Dietary Fiber 13g	53%
Protein 137g	
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Vitamin A	50%
Vitamin C	576%
Calcium	22%
Iron	121%

* Percent Daily Values are based on a 2000 calorie diet.