

Pepper Steak on Rice (Flip Steaks)

Florence Scholl

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 4

2 pounds sirloin tip steaks, cut into two-inch-long slices
3 tablespoons vegetable oil
1 clove garlic, minced
1/2 pound fresh mushrooms, sliced
3 cups celery, sliced diagonally
2 cups green peppers, cut into thin strips
1 cup beef broth or bouillon
3/4 cup green onions, diced
2 tablespoons soy sauce
1 tablespoon Worcestershire sauce
4 tablespoons cornstarch
1/2 cup water
1/2 teaspoon seasoned salt
1 teaspoon brown sugar
2 or 3 fresh tomato wedges

In a large skillet, quickly saute' the meat and garlic in hot oil. Add the mushrooms and saute'. Remove the meat and mushrooms from the skillet to a warm platter. Set aside.

Clean the skillet. Place the celery, green peppers, onion, soy sauce, broth and Worcestershire sauce in the skillet. Cook until the vegetables are just tender.

In a bowl, combine the cornstarch and water until smooth. Add to the vegetables. Cook until thickened. Gently fold in the meat and mushrooms. Season with salt and brown sugar. Heat through. Add the tomato wedges.

Serve immediately over hot, cooked rice.

Per Serving (excluding unknown items): 187 Calories; 11g Fat (49.0% calories from fat); 3g Protein; 22g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 809mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 2 Fat; 0 Other Carbohydrates.

Beef

Per Serving Nutritional Analysis

Calories (kcal):	187	Vitamin B6 (mg):	.3mg
% Calories from Fat:	49.0%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	44.1%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	6.9%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	11g	Folacin (mcg):	66mcg
Saturated Fat (g):	1g	Niacin (mg):	3mg

Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	2g
Cholesterol (mg):	0mg
Carbohydrate (g):	22g
Dietary Fiber (g):	4g
Protein (g):	3g
Sodium (mg):	809mg
Potassium (mg):	696mg
Calcium (mg):	67mg
Iron (mg):	2mg
Zinc (mg):	1mg
Vitamin C (mg):	85mg
Vitamin A (i.u.):	664IU
Vitamin A (r.e.):	67RE

Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refused:	n n%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories 187	Calories from Fat: 92
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% Daily Values*

Total Fat 11g	17%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 809mg	34%
Total Carbohydrates 22g	7%
Dietary Fiber 4g	17%
Protein 3g	
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Vitamin A	13%
Vitamin C	142%
Calcium	7%
Iron	12%

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