



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Pepper Steak with Rice

3 cups hot cooked rice
1 pound beef round steak, ½ inch thick
1 T paprika
2 T butter or margarine
2 cloves garlic, crushed
1 ½ cup beef broth
1 cup sliced green onions
2 green peppers, cut in strips
2 T cornstarch
¼ cup each water and soy sauce
2 large tomatoes, cut in eights

While rice is cooking, pound steak to ¼ inch thickness
Cut into ¼ inch wide strips
Sprinkle meat with paprika and allow to stand while preparing other ingredients
Using large skillet, brown meat in butter
Add garlic and broth
Cover and simmer for 30 minutes
Stir in onions and green peppers
Cover and cook 5 minutes more
Blend cornstarch, water and soy sauce
Stir into meat mixture
Cook, while stirring, until clear and thickened, about 2 minutes
Add tomatoes and stir gently
Serve over rice