

Tomato Beef with Green Peppers

- 1 LB Thawed ***Drug & Hormone Free*** Stewing Beef, Flank Steak or Beef Brisket (available at ***The Fruit Shack***)

Marinade:

- 1 tsp Red wine vinegar
1/2 tsp Sugar
2 Tbsp Soy Sauce
1 tsp Minced Fresh Ginger Root
1/4 tsp Fresh Cracked Pepper
1 tsp Cornstarch
2 Tbsp Vegetable Oil

Seasoning Sauce: (Double the following for saucier meal)

- 1/4 cup Chicken Broth
1/4 cup Water
2 tsp Cornstarch
1 Tbsp Soy Sauce
1 tsp Sesame Oil
1 Tbsp Sugar
2 Tbsp Ketchup – try sweet potato puree instead/ in addition to ketchup

Stir fry:

- 1/2 cup Vegetable Oil
10 *Ontario* Green Onions cut into 1 inch lengths
1 *Ontario* Green Pepper chopped in 1 inch pieces
1 tsp Salt
1 *Ontario* Tomato, chopped in 1-inch pieces

1. Cut beef cubes in half, across the grain.
2. Combine the marinade in a medium bowl.
3. Add beef, mix well. Let stand 20 minutes.
4. Heat half of the oil in a fry pan over medium heat 1 for minute.
5. Stir fry marinated beef until very lightly browned.
6. Remove beef and set aside. Wipe out fry pan.
7. Add the remainder of the oil and heat over high heat.
8. Stir fry green onions for 1 minute, then add peppers for another minute, then add the tomato and stir fry for another minute.
9. Add the sauce and beef to the vegetables and cook over med-high heat until the sauce thickens, stirring occasionally
10. Reduce heat and simmer for around 30 minutes.
11. Serve over a bed of ***Maria's Egg Noodles*** (available at ***The Fruit Shack!***)
12. ENJOY!