



## *Our Family Recipes*

### **Lou's Pepper Steak with Rice**

(Louise Cheran Yerkes Thompson)

### **Main Dishes**

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