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Savory Pepper Steak

- 1 Tablespoon oil, corn, or safflower oil
- 1 Pounds beef, boneless round steak, cut into strips
- 3 Medium tomatoes, peeled, seeded and cored
- 2 Whole peppers, green, bell, cored, seeded, and cut into strips
- 1 Cup mushrooms, sliced
- 1 Medium onion, sliced
- 2 Tablespoon soy sauce, light
- 1 Teaspoon salt, optional
- 1/2 Teaspoon ginger
- 1/2 Teaspoon sugar, granulated
- 1/4 Teaspoon pepper, black
- 2 Tablespoon flour, all-purpose
- 3 Cups rice, cooked

- 1) Heat oil in a large skillet over medium heat.
- 2) Add steak and saute until brown.
- 3) Add tomatoes, green peppers, mushrooms and onion.
- 4) Stir in soy sauce, salt, ginger, sugar and pepper.
- 5) Cover and simmer for 30 minutes.
- 6) In a small bowl, blend a small amount of pan juices with flour.
- 7) Stir mixture into skillet and cook until thickened, stirring constantly.
- 8) Serve over rice.

Makes 6 Servings

