



BEEF ORIENTAL

- 1 Pound Round Steak
- 1 Teaspoon Meat Tenderizer
- ½ Teaspoon Ground Ginger
- 4 Tablespoons Cooking Oil
- 2 Cups Broccoli Flowerets
- 1 Cup Sliced Celery
- 1 Cup Carrots, Sliced
- ¼ Teaspoon Minced Garlic
- 1 Teaspoon Minced Onion
- ½ Cup Water
- 4 Tablespoons Soy Sauce
- 1 Tablespoon Cornstarch

DIRECTIONS

1. Slice meat into long thin strips.
2. Sprinkle with meat tenderizer and ginger.
3. Let stand 30 minutes.
4. In a large skillet or wok, sauté vegetables in 2 tablespoons hot oil for 5 minutes, stirring constantly.
5. Remove from skillet and set aside.
6. In same skillet heat remaining oil.
7. Add meat, onion and garlic, sauté 5 minutes.
8. Combine remaining ingredients.
9. Add liquids and vegetables to skillet with meat.
10. Cook until sauce thickens.
11. Serve over rice.