



CANTON SKILLET BEEF

- 1/4 Cup Salad Oil
- 1 Cup Sliced Onions
- 2 Green Peppers, Julienned
- 1 Pound Chuck, 1 Inch Chunks
- 1 Pound Apple Slices
- 1 Cup Water
- 1 Tablespoon Worcestershire Sauce
- 1 Tablespoon Soy Sauce
- 1 Teaspoon Vinegar
- 1 1/2 Teaspoons Salt
- 1/4 Teaspoon Pepper
- 1/2 Teaspoon Monosodium Glutamate
- Rice

DIRECTIONS

1. Sauté onions and pepper in hot oil.
2. Add beef chunks and cook until browned.
3. Stir in apples, water, Worcestershire, soy sauce, vinegar, salt, pepper and monosodium glutamate.
4. Simmer, stirring occasionally, for 1 1/2 hours.
5. Arrange servings over rice.