

Recipe: Chinese Pepper Steak



1-1.5 lbs. Boneless top round or sirloin steak
2 tbsp. oil
1 clove garlic, minced
1 tsp. Salt
1 cup canned undiluted beef broth (bouillon)
1 cup thinly sliced green pepper strips
1 cup thinly sliced celery
1/4 cup thinly sliced onions
1/2 cup Coca-Cola®
2 medium, ripe tomatoes
2.5 tbsp. corn starch
1/4 cup Coca-Cola
1 tbsp. soy sauce
Hot cooked rice

Trim all fat from meat and cut into pencil-thin strips. In deep skillet or Dutch oven, heat oil, garlic, and salt. Add meat and brown over high heat about 10 minutes, stirring occasionally with a fork. Add beef broth, cover and simmer 15-20 minutes, or until meat is fork-tender. Stir in green pepper, celery, onions, and 1/2 cup Coca-Cola. Cover; simmer 5 minutes. Do not overcook; vegetables should be tender-crisp. Peel tomatoes, cut into wedges, gently stir into meat. Blend corn starch with the 1/4 cup Coca-Cola and soy sauce. Stir into meat and cook until thickened, about 1 minute, stirring lightly with fork. Serve over hot rice. Makes 6 (3/4 cup) servings.

*To reduce foam for accurate measurement, use Coca-Cola at room temperature and stir rapidly.