

# Pepper Steak

1 ½ “ thick round steak cut in very thin strips,  
¼ c oil,  
1 c water,  
1 medium onion cut in ¼” slices,  
½ tsp garlic salt,  
¼ tsp ginger,  
2 medium green peppers,  
1 tsp corn starch,  
2 – 3 tsp sugar.

Cut meat into strips. Quick fry 5 min in oil.  
Stir in water, onion, garlic and ginger. Heat to  
boiling and simmer 12 – 15 minutes. Add  
green pepper the last 5 minutes.

Blend corn starch, sugar, and soya sauce. Stir  
into the meat and cook until thick.