

Tomato Beef

Serves 6

Ingredients:

- 1-1 ¼ lb. flank or skirt steak, sliced thin
- 2-4 tbsp. canola or sesame oil
- 1 small onion or small bunch of green onions, chopped
- 1 bell pepper, seeded, sliced
- 3-4 tomatoes, cut in wedges
- 1 med carrot, sliced on diagonal
- 1 can low sodium beef stock

Sauce:

- 4 tbsp. Jack Daniels - optional
- ¼ cup shoyu or soy sauce
- 2 tbsp. sugar
- Garlic to taste
- Ginger, fresh, to taste
- 1 tbsp. cornstarch
- 1 red chili, crushed - optional

Mix sauce ingredients. Place steak in sauce and marinate for a couple hours.

Drain meat and stir fry in hot oil for several minutes. Add onions and stir fry for a couple of minutes. Add bell pepper, carrots and tomatoes. Stir fry until meat is done. Add sauce; simmer approximately 20-30 minutes. May thicken with additional slurry of cornstarch mixed with water, if desired.

Serve in bowls on ramen noodles. Serve with side of sliced cucumbers, marinated in seasoned rice vinegar for a refreshing contrast.

