

## Chinese Pepper Steak

1 1/4 lbs. boneless round steak, cut in thin strips  
1 1/4 cups onion, sliced or quartered  
1 3/4 cups celery, diagonally sliced  
5/8 tsp. salt (optional)  
2 3/8 green peppers, sliced  
1 1/4 tsp. garlic, chopped  
5/8 tsp. pepper  
5/8 tsp. sugar  
2 cups beef broth, fat removed  
1/3 cup cornstarch  
1 3/4 tsp. soy sauce  
5/8 cup water

Noodles or quick-cooking brown rice spray a large skillet with a vegetable cooking spray. Stir-fry beef strips until browned. Add all but the last three ingredients and simmer, covered, for 5-10 minutes. Meanwhile, mix cornstarch with soy sauce and water. Stir into hot mixture and continue cooking until thickened. Serve over noodles or quick-cooking brown rice. Makes 6 servings.

Nutrition information per serving: calories 244; protein 29 grams; fat 7 grams; sodium 704 mg