Dinner Tonight!

Beef Choufleur

1 lb. boneless round steak, cut 1/3 inch thick
1 small head cauliflower
2 Tablespoons margarine
1 green pepper, cut in 3/4 inch pieces
1/4 cup (reduced sodium) soy sauce
1 clove garlic, minced
2 Tablespoons cornstarch
1/2 teaspoon sugar
1 1/2 cups beef broth or water
1 cup sliced green onions with tops
3 cups hot cooked rice

Cut meat into 1/2 inch squares. Separate cauliflower into flowerettes (about 4 cups). Brown meat in margarine about 5 minutes. Add cauliflower, green pepper, soy sauce, and garlic. Stir lightly to coat vegetables with soy sauce. Cover pan and simmer until vegetables are barely tender, about 10 minutes. Blend cornstarch, sugar, and beef broth. Add to meat mixture with green onions. Cook, stirring constantly, until thoroughly heated and sauce is thickened. Serve over beds of fluffy rice. Yield: 6 servings.

Serve with: dinner salad and a piece of fruit.

Preparation Time: 10 minutes
Cook Time: 20 minutes
Serves: 4

Nutrition facts per serving:
Calories: 540
Total Fat: 11 g
Cholesterol: 35 mg
Sodium: 530 mg
Total Carbohydrates: 81 g
Protein: 27 g