

longer or until hot and bubbly. Let stand 15 minutes before cutting.

STEAKHOUSE ONION, BEEF, AND PEPPER STIR-FRY

*Candace Jobe
Outpatient*

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| 1 lb. boneless beef sirloin
steak ($\frac{3}{4}$ inch thick) | 1 Tbsp. soy sauce |
| 3 Tbsp. cornstarch | $\frac{1}{4}$ tsp. garlic powder |
| 1 (14$\frac{1}{2}$ oz.) can seasoned
beef broth with onions | 2 c. fresh or frozen green
or red pepper strips |
| | 4 c. white or brown rice |

Slice beef into very thin strips. Mix cornstarch, broth, soy, and garlic. Stir-fry beef in non-stick skillet until browned and juices are evaporated. Add peppers and cornstarch mixture. Cook, stirring, until mixture boils and thickens. Serve over rice.

Cook rice in Swanson's beef broth instead of water. No need to add salt or butter.

STROMBOLI

*Cherilyn Brett
Daughter of Sally Mahoney, Medical Records*

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| 1 can refrigerated French
bread dough | 8 oz. shredded Cheddar
cheese |
| $\frac{1}{2}$ lb. sliced ham | |

On a greased cookie sheet, roll the French bread out. Layer ham and cheese. Start on longer edge, rolling dough up. After it is rolled up, tuck the ends under. Cut 6 slits in top. Bake according to directions on dough package. You may use any combination of meats and cheeses and/or add sliced mushrooms, onions, peppers, black olives, or anything you like.