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## SWEET-SOUR BEEF STEW

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Shelia Berry

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| 1 ½ lb. beef stew meat, cut into<br>1 in. cubes | 1 c. chopped carrot        |
| 2 T. cooking oil                                | 1 (8 oz.) can tomato sauce |
| 1 c. sliced onion                               | ¼ c. vinegar               |
| ¼ c. brown sugar                                | 4 tsp. cornstarch          |
| 1 T. worcestershire sauce                       | Poppy seed (optional)      |
|   | Hot cooked noodles         |

Brown meat in hot oil. Add next 7 ingredients, ½ cup water and 1 tsp. salt. Cover and cook over low heat until meat is tender, about 2 hours. Combine cornstarch and ¼ c. cold water; add to beef mixture. Cook and stir until thickened and bubbly. Serve over noodles sprinkled with poppy seed, if desired. Garnish using carrot curls and parsley if you desire. Serves 4.

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## SWISS STEAK DINNER

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Lexie Sistrunk

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| ½ c. all purpose flour                   | 2 tsp. Tony's seasoning                                    |
| 6-7 sm. red potatoes                     | 2 lb. boneless beef round steak,<br>cut into ½ inch pieces |
| 2 tsp. salt, divided                     | 2-3 tsp. vegetable oil                                     |
| 1 (10¾ oz.) can condensed<br>tomato soup | 1 medium onion, thinly sliced                              |
| ½ tsp. pepper                            | 1 bell pepper, sliced                                      |
| 2 c. frozen cut green beans,<br>thawed   |  |

In a large resealable plastic bag, combine flour, 1 ½ teaspoons salt, pepper, and Tony's seasoning. Add beef in batches and shake to coat. In a large skillet over medium heat, brown beef in oil on both sides. Transfer to a greased quart baking dish. Top with onions, bell peppers, and potatoes. Sprinkle with remaining salt; gently toss to coat. Spoon soup over top to coat and bake at 350 degrees for 1 ½ hours. Uncover, place beans around edge of dish. Bake 15 to 20 minutes longer or until meat and vegetables are tender.