

# Braised Steak and Green Pepper

written by The Recipe Exchange | February 11, 2014

## **Ingredients**

1-1/2 lb. lean steak, cut in 1/4-inch strips  
2 tbsp. all-purpose flour  
1/2 tsp. salt  
1/4 tsp. freshly ground pepper  
1 tbsp. vegetable oil  
1-3/4 cups beef broth  
1 cup canned tomatoes with juice  
1 md. onion, sliced  
1 clove garlic, finely chopped or 1/2 tsp. garlic powder  
1 lg. green pepper, cut in strips  
1-1/2 tsp. Worcestershire sauce

## **Directions**

Chunks of zucchini may be used instead of green pepper. Coat strips of round steak with flour mixed with salt and pepper. Heat oil in a large frypan. Brown meat on all sides, drain off any fat. Add broth, tomato juice (reserving the tomato pieces for later), onion and garlic to the meat. Cover and simmer about 1 hour until meat is tender. Add tomato pieces, green pepper strips and Worcestershire sauce. Stir-cook 4 to 5 minutes longer. Good served with rice.