

Beef Saute With Carrots

1 lb steak cut in thin strips

2 cloves garlic minced

oil to brown above. (Set aside)

Then combine: 1 can Italian style

tomato soup

$\frac{3}{4}$ cup water

4 med. carrots

onions.

Bring to a boil + simmer - stirring
till cooked enough.

Return beef + heat again.

Serve over noodles or rice
4 servings