

Beef & Mushrooms.

2 tbslp fat
1 lb round steak
1 tsp salt
 $\frac{1}{8}$ tsp pepper
3 tbslp onion
 $\frac{2}{3}$ cup beef bouillon

1 lb mushr or tin
2 tbslp corn starch
2 tsp soy sauce
 $\frac{1}{4}$ cup water
meat tenderizer

(Green pepper or celery opt)

Cut beef into 1 8x3 slices, sprinkle salt & pepper and tenderizer & brown in fat. Add onions & cook. Add bouillon & mushrooms.

Simmer 10 mins. Thicken with cornstarch dissolved in water & soy sauce. Cook 3 or 4 mins