

Pepper Steak

INGREDIENTS

- Round steak (about 1 1/2 lbs. for four people)
- 1 cup sliced onion (for four people)
- Green pepper (two peppers for 4 people)
- 2 tomatoes or 2 cans stewed tomatoes
- 1/3 stick oleo or oil for browning meat
- Seasoning ingredients:
 - 5 beef bouillon cubes
 - 2 cloves of garlic - crushed
 - 2 Tbsp. cornstarch
 - 1/4 cup soy sauce
 - 1 Tbsp. paprika
- Other supplies: 1/2 cup rice for each person, bread, hot cocoa mix

INSTRUCTIONS

1. Sprinkle the steak with the paprika and pound well. Cut meat into 1/2 inch strips. (You can prepare this at home. Put it into a plastic bag, freeze it, and then on Friday night wrap it in 3 or 4 layers of brown paper bags).
2. Brown the seasoned meat in hot oleo or oil in the Dutch oven.
3. While the steak is browning, make the sauce: Heat 2 cups of water to boiling and add 5 beef bouillon cubes. Stir until dissolved. Add 2 cloves of crushed garlic.
4. When the meat is brown, add the sauce and simmer 30 to 45 minutes. Be sure you cover the Dutch oven when you simmer.
5. Remove the garlic from the Dutch and add the sliced onions and green peppers. Make sure you have enough liquid. Simmer for another 10 - 15 minutes and while doing this, start to prepare the rice. (Check the directions of the box for the rice - it differs).
6. Combine 2 tbsp. cornstarch, 1/2 cup water and 1/4 cup soy sauce. Blend with a fork and slowly add to the meat and vegetables in the Dutch oven.
7. Cook 2 minutes with the cover off.
8. Add 2 tomatoes or cans of stewed tomatoes. (Unless it's August, I use 2 cans stewed tomatoes rather than fresh tomatoes.)
9. Stir in well and cook another few minutes. Taste it to see if it is OK.
10. Serve over rice.

Hint: Trim and slice onions and green peppers at home. If you do this, do it on Friday night and place in separate airtight packages. Keep in the refrigerator until you leave for the hike. You can do the same thing with your sauce.

Note: This is a great meal. Jimmy Kaszynski received it from his mom when he went for the Cooking Merit Badge and he passed with flying colors. I have cooked it 100 times, found it delicious, easy to make, quick-to-cook, and a great meal on a scout hike. For the amount to cook, use simple math: if you are feeding 8 people, double everything. Now suppose you have 6? Or suppose you have 10? What would you do?