



Recipe #106 Pepper Steak

Serving Size and Ingredients: 3 oz.

25 Servings	50 Servings	100 Servings	Ingredients
6 lbs. + 4 oz.	12 lbs. + 8 oz.	25 lbs.	Boneless Beef Round Steak
12 oz.	1 lb. + 8 oz.	3 lbs.	Green Pepper, sliced
12 oz.	1 lb. + 8 oz.	3 lbs.	Onion, sliced
¼ tsp.	½ tsp.	1 tsp.	Garlic Powder
¼ tsp.	½ tsp.	1 tsp.	Pepper
3-1/2 oz.	7 oz.	14 oz.	Flour
1 cup	2 cup	1 qt.	Water
3 lbs.+ 4 oz.	6 lbs. + 8 oz.	13 lbs.	Canned Tomatoes
3	6	12	Bay Leaves

North Central New Mexico Economic Development District
 Council of Governments
 Non-Metro Area Agency on Aging
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Recipe #106 Pepper Steak, Instructions:

- 1. Cut meat into 4 oz. portions, place on baking sheets.**
- 2. Brown at 350°F for 30 minutes, drain.**
- 3. Place meat in baking pans.**
- 4. Cover steaks with green peppers and onions.**
- 5. Sprinkle garlic powder, salt and pepper over vegetables.**
- 6. Mix flour and water until smooth, stir into tomatoes.**
- 7. Cook, stirring constantly, until thickened.**
- 8. Pour tomatoes over meat and vegetables.**
- 9. Place bay leaves over tomatoes.**
- 10. Cover pan and bake at 350°F for 2 hours or until meat is tender.**
- 11. Remove bay leaves before serving.**