

Souper Stroganoff

1½ pounds round steak, cut in thin strips	½ cup chopped onion
¼ cup flour	1 small clove garlic, minced
Dash pepper	1 can (10½ ounces) condensed beef broth or consommé
¼ cup butter or margarine	1 cup sour cream
1 can (4 ounces) sliced mushrooms, drained	3 cups cooked noodles

Dust meat with flour and pepper. In skillet, brown meat in butter. Add mushrooms, onion, and garlic; brown lightly. Stir in soup. Cover; cook 1 hour or until meat is tender; stir often. Gradually blend in sour cream; cook over low heat for 5 minutes. Serve over noodles. 4 generous servings.

Stuffed Green Peppers (Microwave)

3 large green peppers	¼ teaspoon each garlic powder and black pepper
1 pound lean ground beef	1½ teaspoon salt
2 cups cooked rice	1 egg
1 teaspoon each onion powder and powdered thyme	1 can (15 ounces) tomato sauce
	2 teaspoons beef bouillon crystals

Wash peppers. Cut in half lengthwise. Remove seeds and white membrane. In a mixing bowl, combine meat, rice, seasonings, egg and ½ cup tomato sauce. Mound mixture in pepper halves. Place in a microproof casserole. Stir bouillon crystals into remaining tomato sauce. Spoon over peppers. Cover and cook on high for 15 minutes. Let stand 5 minutes. Makes 6 servings.

Stuffed Peppers

4 large green peppers	1 13½ ounce can tomato juice
Salted water	1 egg
3 tablespoons olive oil	½ teaspoon dried thyme leaves
½ cup finely chopped onion	½ teaspoon dried basil leaves
1 clove garlic, crushed	1 teaspoon salt
½ cup finely chopped celery	¼ teaspoon pepper
1 pound ground beef round	2 tablespoons pine nuts (optional)
1 cup cooked rice	

Heat oven to 350°F. Wash green peppers. Cut a slice from the top of each and reserve top slices. Remove seeds and inner white membrane from peppers. Place peppers in a large kettle of salted water. Bring water to a boil and cover; reduce heat to low (200°F) and simmer 5 minutes. Drain.

Remove stems from pepper tops and coarsely chop the tops; set aside. Heat oil in a skillet over moderately low heat (about 225°F). Add the chopped pepper tops, onion, garlic and celery; cook about 5 minutes, until tender. In a large bowl combine cooked vegetables, ground beef, rice, ½ cup of the tomato juice, egg, thyme, basil, salt, pepper and pine nuts. Stuff the green peppers lightly with meat mixture. Place in a shallow baking dish. Pour the remaining tomato juice over the stuffed peppers and into the bottom of the baking dish. Bake uncovered 45 minutes to 1 hour, basting occasionally with the tomato juice in the baking dish. Makes 4 servings.