

Main

Beef Tomato



Ready in 20 minutes

Serves: 6-8

Ingredients

- 2 pounds chuck steak
- ½ sweet onion, sliced
- 1 cup celery sliced thin, diagonally
- 8 cocktail tomatoes or 3 medium tomatoes sliced into 6 pieces
- 1 ½ cups of your favorite teriyaki sauce
- 2 Tbsp of vegetable oil
- 1 Tbsp cornstarch mixed in ⅓ cup water
- Green onions for garnish

Preparation

1. Slice beef into ¼ inch slices the length of your thumb. Soak in your favorite teriyaki sauce for 12-24 hours.
2. In large pan, cook beef on medium heat (in sauce) for three minutes until medium to medium rare. Remove from pan and set aside.
3. Add oil to the same pan and stir fry onions and celery until tender, about 3-5 minutes.
4. Add meat and sauce into the pan, add cornstarch mixture and bring to a boil. Boil just until thickened.
5. Add tomatoes and stir once so that tomatoes are warm, but not cooked,
6. Garnish with green onion. Serve over rice.

Tips

- I like the celery to have a bit of a crunch. You can cook it longer if that is your preference.
- Instead of mixing the cornstarch and water, you can add the cornstarch to the meat before you marinate it. It will tenderize the meat.

Spiritual message from this recipe

This is one of my mom's recipes. She is gone now, but making this recipe makes me think of her and brings up fond memories of eating this meal together. It's important to pass down family recipes to continue the bond of love from generation to generation

What family recipes do you have that you can pass down? If you don't have any, now is a good time to start.