

Ginger Beef

"Beef, It's What You Want"

***** Dinner in 30 Minutes or Less *****

- 2 Onions, Chopped
- 1 Clove of Garlic, Minced
- 1 1/2 tsp. Turmeric
- 4 tsp. Powdered Ginger
- 1 1/2 tsp. Salt
- 1 1/4 Bnls. Chuck Roast, Cut in Strips
- 1/2 Cup Vegetable Oil
- 1 Cup Canned Tomatoes, Drained
- 1 Can Condensed Onion Soup

Combine the onions, garlic, turmeric, ginger, and salt with the beef and let stand for 1 hour. Heat the oil in a heavy pan and sauté the beef mixture. Add the tomatoes and onion soup. Cover and simmer 1½ to 2 hours, adding a little water if the mixture seems too dry.

Serve with hot rice.

Makes 4 Servings.

Boneless Chuck Roast is specially priced effective Monday, September 26 through Sunday, October 2 at Shurfine Markets.