



Cube Steak Stew

INGREDIENTS:

- 4 cube steaks, cut in 1 in pieces
- 1 large onion, thinly slides
- fc 1-1/2 tsp salt
- fc 1/4 tsp black pepper
- fc 1 (28 oz) can whole peeled tomatoes, chopped
- fc 1 (15oz) can tomato sauce
- fc 4 medium potatoes, peeled and cut in 1 inch cubes
- fc 1 (10 oz) package frozen peas, defrosted or 1 (15 oz) can cut green beans
- 1 small green bell pepper, cut in strips



INSTRUCTIONS:

In a 3 quart microwave safe casserole dish combine meat, onion, salt, pepper, whole peeled tomatoes and tomato sauce. Stir well. Cover and microwave at medium 40 to 45 minutes, stirring after 15 minutes. Add potatoes to stew, stirring well. Cover and microwave at high 15 to 20 minutes, until potatoes are tender. Add peas and green bell pepper to stew. Microwave at high 4 to 5 minutes until peas are tender but green bell pepper is still crisp. Stir well before serving.