(26) Tomato Beef

6 oz beef, sliced thinly

3 tomatoes, chunk cut (To peel off the skin of the tomato, put tomatoes in boiling water for 1 minute, drain water and let cool, then chunk cut. Set aside)

1 onion, chunk cut

1 tablespoon sugar

2 tablespoons catsup

1 teaspoon salt

1 teaspoon ginger, minced

Oil

Cornstarch solution

- 1. Heat a frying pan and grease with oil. Saute beef with the salt and ginger until the beef is half done. Set aside.
- 2. Heat wok with oil and add salt. When it is hot, add tomato, onion and soup stock.
- 3. When soup is boiling and the onion is done, add beef to mix well.
- 4. Reduce soup one half then add cornstarch solution to thicken and make a gravy.