

Glover's Mixture (aka Tenderloin & Peppers Stir-Fry)

Carolyn T's
Main Cookbook

Servings: 8

Author: From a friend I knew in the 1960's, Margaret Glover

Source: Printed in the Recipes on Parade - Meats cookbook

- 1 1/2 pounds tenderloin tips, or sirloin steak, cut in small pieces or slices**
- 2 cloves garlic, minced**
- 3 tablespoons olive oil**
- 6 tablespoons low-sodium soy sauce**
- 1 cup mushrooms, sliced**
- 2 whole bell peppers, red, green, yellow or combo**
- 1/2 cup green onions, chopped**
- 2 cups beef broth**
- 2 teaspoons Dijon mustard**
- 4 tablespoons cornstarch**
- 1/2 cup dry sherry**
- 1 whole red onion, peeled, halved, sliced**
- 1/4 teaspoon freshly ground black pepper**
- 2 cups rice**
- 2 teaspoons unsalted butter**

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 539 Calories; 26g Fat (45.5% calories from fat); 23g Protein; 48g Carbohydrate; 2g Dietary Fiber; 63mg Cholesterol; 833mg Sodium. Exchanges: 2 1/2 Grain(Starch); 2 1/2 Lean Meat; 1 Vegetable; 4 Fat; 0 Other Carbohydrates.

Notes: Over the years I've increased the sauce some so there's ample to sop up some with the rice. I also added the bell peppers and green onions to the mixture. You may serve the meat over noodle-type pasta too, if you'd prefer.

1. Prep all the ingredients in bowls on a tray near the stove before you start cooking. Keep the cornstarch separate. Start the rice so it's done just as you're ready to serve. If you have one, use a rice cooker.
2. Heat a large skillet over medium-high heat. Add 2 T. oil and wait until it shimmers, then add the beef and garlic. Stir quickly until the meat has JUST barely lost its pink color. Remove to a plate and set aside.
3. To the hot pan add the remaining 1 T. oil and add the bell peppers, mushrooms and green onions. Saute for about 2-3 minutes.
4. Meanwhile, combine the beef broth, soy sauce, cornstarch and mustard and stir just until cornstarch is dissolved. Add to the pan. Stir as the liquid heats and simmer for about 1 minute. Add the onion and continue cooking. The onion should cook a total of 5 minutes (including all the following steps). The onion should still have a bit of crunch to it when it's served. Add the sherry and black pepper and bring that to a boil, then add the meat back into the pan and heat through. Serve piping hot on a bed of white rice. Add enough of the sauce so the rice is slightly swimming in sauce.
5. RICE: Wash rice a couple of times, drain, then add to a saucepan with about 1 1/2 cups of water for each cup of rice. Add about 2 tsp of butter and salt to the pan, bring to a boil and simmer, covered, for 15-20 minutes until just cooked through.