

# Taco Stir-Fry

*Serve over crisp lettuce and garnish with avocado.*

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| 1 tablespoon oil                             | 1/2 teaspoon dried crushed oregano                   |
| 1 lb. lean ground beef                       | 1/4 teaspoon salt                                    |
| 1/4 cup chopped onion                        | 1/8 teaspoon pepper                                  |
| 2 tablespoons chili powder or to taste       | 1 cup chopped mild Cheddar cheese                    |
| 1 cup whole-kernel corn,<br>canned or frozen | 1 (9-1/2-oz.) pkg. corn chips                        |
| 1 (1-lb.) can stewed tomatoes                | 2 small heads Boston lettuce, shredded               |
| 1 teaspoon sugar                             | 1 avocado, peeled, seeded and<br>sliced, for garnish |

Heat oil in wok. Add beef and onion. Stir-fry over high heat until beef is no longer pink and onion softens. Drain excess fat. Stir in chili powder, corn, tomatoes, sugar, oregano, salt and pepper. Bring to a boil. Lower heat. Cover and simmer about 10 minutes. Stir in cheese and corn chips. Cook, stirring until cheese is partially melted. Spoon over shredded lettuce. Garnish with avocado slices. Makes 6 servings.

# Ground-Beef Stroganoff

*Your wok makes it double-quick.*

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| 2 tablespoons oil                           | 1 tablespoon Sauce Diable or         |
| 1/2 teaspoon salt                           | 1 teaspoon Worcestershire sauce with |
| 1/2 cup chopped shallots or<br>green onions | 1 teaspoon prepared mustard          |
| 1/2 cup chopped fresh mushroom caps         | 2 teaspoons cornstarch               |
| 2 tablespoons lemon juice                   | 1 cup sour cream                     |
| 1 lb. lean ground beef                      | Salt and pepper to taste             |
| 1/2 cup beef broth                          | 2 or 3 cups hot cooked flat noodles  |
|   | Paprika                              |

Heat oil with salt in wok. Add shallots or green onions and mushroom caps. Stir-fry over high heat for 1 minute. Remove, sprinkle with lemon juice and set aside. Add ground beef to wok and stir-fry until no longer pink. Drain excess fat. Add broth and stir in shallots or onions and mushrooms. Mix in Sauce Diable or Worcestershire sauce with mustard. Cover and steam for 30 seconds. Lower heat. Stir cornstarch into sour cream and stir mixture into meat and vegetables. Cook, stirring until hot. Do not allow to boil after adding sour cream. Add salt and pepper to taste. Spoon over hot cooked noodles and sprinkle with paprika. Makes 4 servings.