

- 1 tablespoon cornstarch
- 2 cups milk
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 Chicken bouillon cube
- 1 cup finely chopped cooked vegetables -- (spinach, asparagus
-- or broccoli)

In saucepan mix cornstarch and 1/2 cup of the milk until smooth.

Stir in next 4 ingredients and remaining milk.

Bring to boil over medium heat, stirring constantly, and boil 1 minute.

Add vegetables.

Makes 3 cups

Possum Kingdom Lake Cookbook 1/2 pound flank steak -- lean

2 teaspoons finely chopped ginger root -- OR

1/2 teaspoon ground ginger

2 teaspoons cornstarch

1/2 teaspoon salt

1/4 teaspoon chinese 5 spice -- OR

1/4 teaspoon allspice

- 1 tablespoon oil
- 1 medium onion -- thinly sliced
- 1/2 pound broccoli flowerets
- 1/2 pound fresh mushrooms -- sliced
- 2 large tomatoes -- cut in wedges

Slice steak into thin strips.

In mixing bowl combine steak, ginger, cornstarch, salt and Chinese 5 spice. Heat oil in electric wok or pan uncovered at 375 degrees. Add meat mixture and stir fry 2 to 3 minutes. Push up side of wok. Add onions and stir fry 1 minute. Push up side of wok. Add broccoli flowerets and stir fry 3 minutes. Push up wok side, add mushrooms and stir fry 1 minute. Add tomato wedges and gently stir all ingredients to combine. Reduce heat to warm for serving.