

BEEF SALAD IN A BAG

3 cups (approx. 1 lb.) cooked, thinly sliced roast beef

1/3 cup each of green, red and yellow bell peppers

1 cup sliced fresh zucchini

1 cup chopped fresh cauliflower

1 cup shredded carrots

1 cup button mushrooms

1 cup chopped celery

1 cup sliced black olives

1 cup chopped broccoli

1 cup cherry tomatoes

Dressing:

1/3 cup ketchup

1/3 cup red wine vinegar

1/3 cup water

1 package Italian dressing mix

Cut thinly sliced roast beef into strips and then cut strips into 1/2 inch pieces. Place in a 2 gallon plastic bag (preferably with a zipper closing). Add all vegetables to the beef in the bag. Combine dressing ingredients in a cruet or bowl and blend together well. Pour dressing over vegetables and beef, close bag securely, and shake to mix all ingredients with dressing.

Serve in a salad bowl lined with red leaf lettuce.

For a complete meal, add your favorite hard roll or bread and fruit.

Recipe courtesy of the North Dakota Beef Commission, 4023 State Street, Bismarck, ND
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