

# Beef



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## Bar-B-Q Meatloaf

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I have a new favorite! After looking at lots of recipes trying to find a sub for the oatmeal and breadcrumbs in my old recipe, I took bits and pieces from several and came up with this one.

Servings: 8

### Ingredients

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1/2 cup onion, diced  
1/2 cup celery, diced  
1/2 cup mushrooms, diced  
2 tsp peanut oil  
1/2 cup TVP (Textured Vegetable Protein)  
3 oz broth (to re-hydrate TVP)  
2 large eggs  
1/2 cup flax meal  
2 tsp Worcestershire sauce  
4 oz K. C. Masterpiece Bar-B-Q sauce (divided)  
4 cloves garlic, minced  
1/2 lb ground pork sausage (optional)  
2 lb ground chuck

### Procedure

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- 1 Lightly sauté onion, celery and mushrooms in peanut oil. Remove from pan and set aside to cool.
- 2 In a separate bowl, re-hydrate TVP with hot broth.
- 3 In a separate bowl, lightly beat eggs.
- 4 In a large mixing bowl, add and mix together - cooled vegetables, re-hydrated TVP, flax meal, Worcestershire sauce, one-half of bar-b-q sauce, and minced garlic.
- 5 Add eggs to mixture in large mixing bowl and mix well.
- 6 Add optional pork sausage to mixture in large bowl and mix well.
- 7 Add ground chuck, one pound at a time, to large bowl and mix well.
- 8 Put mixture in a non-stick loaf pan and shape with spatula.
- 9 Pre-heat oven to 400 degrees and bake loaf for 45 to 50 minutes.
- 10 Remove loaf from oven and carefully drain off fat.
- 11 Reduce oven temperature to 350 degrees.
- 12 Coat top of loaf with second half of bar-b-q sauce and return loaf to oven for another 10 to 15 minutes.
- 13 Remove from oven when loaf's interior temp reaches 145 degrees and allow loaf to rest for ten minutes prior to slicing.

# Beef Pot Roast and Gravy

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Yield: 6 to 8 servings

## Ingredients

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3 to 4 lb      chuck or rump roast  
1/2 cup      all purpose flour (divided use)  
                 salt, to taste  
                 ground black pepper, to taste  
                 water, as needed, 2 cups or more  
6 small      onions, whole (optional)  
4 medium    carrots, peeled and cut into thirds (optional)

## Procedure

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- 1 Preheat oven to 325 degrees.
- 2 Trim roast of excess fat; heat fat in a dutch oven.
- 3 When you have about 2 Tbs melted fat, remove trimmings.
- 4 For a rich brown color, roll the roast in one-half of the flour to coat; brown slowly on all sides in hot fat.
- 5 Season with salt and pepper.
- 6 Add 1/2 cup water, cover tightly and cook slowly for 2 1/2 to 3 hours. Add more water if needed to prevent sticking.
- 7 If desired, add onions and carrots for last 45 minutes of cooking.
- 8 When the roast is done, remove it (and any vegetables) from the pot and keep warm while you make the gravy.
- 9 For the gravy, skim most of fat from meat stock. Add water to stock to make 1 1/2 cups.
- 10 In a small bowl, mix 1/2 cup water and 1/4 cup flour to make a smooth paste. (Stir a little of the water into the flour until smooth; then stir in remaining water.)
- 11 Slowly stir flour mixture into meat stock.
- 12 Cook over medium heat, stirring constantly, until gravy is bubbling all over.
- 13 Season with salt and pepper.
- 14 Lower heat and cook about 5 minutes more, stirring occasionally.

## Recipe Tips

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Variations: Use tomato juice or beef broth instead of water for the cooking liquid. Add caramelized onions to top of roast after browning. Sauté sliced mushrooms in fat from drippings and serve on sliced roast.

# Beef Stew

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Good the first day but even better the next!

## Ingredients

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- 2 lbs Chuck Roast
- 2 Tbs Worcestershire Sauce
- 2 cloves Garlic, pressed
- 2 Bay leaves
- 1/4 cup Red Table Wine
- Salt, to taste
- Fresh Ground Black Pepper, to taste
- 2 cans Beef Broth, 14.5 oz each (divided use)
- 1 large Onion, quartered
- 2 large Carrots, peeled, cut into bite-size chunks
- 3 large Baking Potatoes, peeled, cut into large chunks
- 1/2 cup Green Peas, frozen
- 1/4 cup Water
- 2 Tbs All Purpose Flour



## Procedure

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- 1 Cut meat into large bite-size chunks, trimming excess fat.
- 2 Heat fat trimmings in a large pot; when you have 1 to 2 Tbs melted fat, remove trimmings.
- 3 Brown meat, in batches, in hot fat. Do not overcrowd the pot.
- 4 When all of the pieces have been browned, add Worcestershire sauce, garlic, bay leaves, wine, salt, ground black pepper, and one can of the beef broth to meat in the pot; bring to a boil.
- 5 Reduce heat and simmer covered for 1 1/2 hours. Stir occasionally, adding water if needed to keep meat covered with liquid.
- 6 After 1 1/2 hours, add the onions, carrots, potatoes, and frozen peas.
- 7 Add the second can of beef broth and any extra water needed to cover.
- 8 Bring to boil, then reduce heat and simmer partially covered for 45 minutes.
- 9 Make a flour slurry, by mixing together water and flour.
- 10 Add flour slurry to stew, stirring constantly for 1 to 2 minutes.
- 11 Simmer an additional 10 to 15 minutes to thicken and to blend flavors.
- 12 Check for seasoning and adjust as needed.

## Recipe Tips

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Round steak can be used instead of chuck, but you will need to use a vegetable oil to replace the lack of meat trimmings to brown the meat.

# Cast Iron Skillet Beef Rib Eye

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Excellent!

## Ingredients

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- 1 boneless rib eye steak, 1 1/2-inch thick
- peanut oil to coat
- Kosher salt
- ground black pepper

## Procedure

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- 1 Place 10 to 12-inch cast iron skillet in oven and heat oven to 500 degrees. Bring steak to room temperature.
- 2 When oven reaches temperature, remove pan and place on range over high heat. Coat steak lightly with oil and season both sides with a generous pinch of salt. Grind on black pepper to taste.
- 3 Immediately place steak in the middle of hot, dry skillet. Cook 30 seconds without moving. Turn with tongs and cook another 30 seconds, then put the skillet straight into the oven for 2 minutes.
- 4 Flip steak and cook for another 2 minutes. (This time is for rare medium rare steaks. If you prefer medium rare to medium, add 30 seconds to one minute to cooking time per side.)
- 5 Remove skillet from oven, take steak out of skillet and allow to rest for 3 minutes on a small upside down plate or cooling rack, which will allow the juices to fall away, and cover loosely with foil, and rest for 2 minutes.
- 6 Serve whole or slice thin and fan onto plate.

## Source

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Source: based on Alton Brown's Rib Eye recipe

# Chris' Pot Roast

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## Ingredients

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	vegetable oil
4 to 5 lb	beef roast
3 cloves	garlic, cut in half
1/2 cup	flour
2 tsp	salt
1/2 tsp	pepper
1	onion, sliced
	carrots
	potatoes, cubed
2 cups	beef broth from bullion



## Procedure

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- 1 Place oil in heavy skillet and heat.
- 2 Poke holes in roast and stuff with garlic,
- 3 Rub meat with the seasoning mixture of flour, salt and pepper; brown the meat evenly on all sides.
- 4 Place some of the onion, carrots, and potatoes in bottom of Dutch oven. Place meat on top and remaining vegetables around meat.
- 5 Add beef broth, cover and cook for two hours in a 350\* preheated oven.

## Recipe Tips

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To make gravy, pour off drippings and heat in skillet; add 2 to 4 Tbs flour and stir till thick.

## Source

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Author: Chris Deering

# Classic Meatloaf

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Yield: Serves 4 with leftovers for sandwiches.

## Ingredients

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3/4 cup onion, chopped fine  
1 small celery rib, chopped fine  
1 small small carrot, chopped fine  
1/2 Tbs garlic, minced  
1 Tbs butter  
1 pinch kosher salt  
3/4 tsp freshly ground pepper  
1 tsp Worcestershire sauce  
1/3 cup bar-b-q sauce or ketchup (divided use)  
1/2 cup panko bread crumbs  
3 Tbs fresh parsley leaves, minced  
1 large egg, beaten  
3/4 lb ground pork sausage  
1 1/2 lbs ground chuck



## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 In a large heavy skillet cook the onion, celery, carrot, and garlic in butter, over medium-low heat, stirring, for about 5 minutes.
- 3 Cover the skillet and stir occasionally until the carrots are tender, about 5 more minutes.
- 4 Stir in salt and pepper, Worcestershire sauce, and one-half of the bar-b-q sauce or ketchup. Cook for 1 more minute then remove from heat and set vegetable mixture aside.
- 5 In a large bowl, combine the following ingredients by mixing well with each addition, but do not overwork the meat. Combine in this order: panko crumbs and parsley, the egg, the vegetable mixture, the pork sausage, and the ground chuck.
- 6 Put mixture into a loaf pan and form loaf.
- 7 Cover the loaf with remaining bar-b-q sauce or ketchup.
- 8 Bake the meatloaf in the oven for 1 hour.
- 9 Remove the loaf from the oven and carefully drain the fat, then return to the oven and continue to cook for another 10 minutes.
- 10 Remove from oven and allow to rest for five minutes before slicing.

## Recipe Tips

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A mix of hot and sweet Italian sausage can be used in place of the pork sausage.

# Corned Beef Hash

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Servings: 4

## Ingredients

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- 1 cup Corned Beef, shredded
- 1 cup Hash Brown Potato Patties, shredded
- 1/4 cup Onion, minced
- 2 Tbs Parsley, chopped
- 1/3 cup Heavy whipping cream
- 1 tsp Worcestershire sauce
- Fresh ground black pepper, to taste
- 4 large Eggs, poached (optional)



## Procedure

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- 1 Lightly mix the shredded corned beef, potato, onion, and parsley together in a medium mixing bowl.
- 2 Gently stir the cream, Worcestershire sauce and black pepper into the mixture.
- 3 Cook the hash in a pre-heated cast iron skillet, tossing several times, until it is well browned and crispy throughout.



- 4 Briefly drain the hash on paper toweling.
- 5 Optional: Can be served with a poached egg on top.



## Recipe Tips

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Process the beef and potatoes quickly in a food processor just to a shredded/minced stage.

## Corned Beef, Cabbage, Potatoes and Carrots

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Yield: 4 servings with leftover beef for sandwiches

### Ingredients

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- 3 lb corned beef, rinse, dry and rub with spice packet contents
- 1/2 large white onion, cut into wedges
- 2 medium carrots, cut into 2 to 3 inch chunks (no need to peel)
- 4 cups beef broth/stock
- 5 cups water
- 3 medium white potatoes, cut into 4 or 5 chunks
- 3 large carrots, peeled and cut into 6 to 8 chunks
- 1/2 medium green cabbage, cut into wedges



### Procedure

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- 1 Combine seasoned beef, onion, unpeeled carrots, beef stock and water in a Dutch oven; bring to a boil.
- 2 Preheat oven to 250 degrees F.
- 3 Boil meat for 5 minutes, cover and put in preheated oven. Cook for 3 hours, until beef is very tender.
- 4 Carefully remove the beef from the pot and cover with foil to rest.
- 5 Remove onions and carrots from pot and discard.
- 6 Add the potatoes and the peeled carrots to the broth in the Dutch oven, bring to a boil, reduce heat and simmer for 20 minutes.
- 7 Add cabbage wedges to the Dutch oven and simmer another 20 minutes, until tender.
- 8 Remove Dutch oven from heat.
- 9 Slice beef against the grain and serve with cabbage, potatoes, and carrots.

### Recipe Tips

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Save the broth for soup.

## Grilled Corn Beef and Swiss on Rye

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### Ingredients

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Butter, softened  
Rye bread, sliced  
Deli mustard  
Corned beef, thin sliced  
Swiss cheese, slices



### Procedure

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- 1 Spread the butter on one side of each slice of rye.
- 2 Smear the mustard on the other side of each slice of rye.
- 3 Place one slice of rye, butter side down, on a pre-heated non-stick griddle.
- 4 Layer on the corned beef and Swiss cheese and top with the other slice of bread, butter side out.
- 5 Grill the sandwich until the down side is browned; carefully flip the sandwich and continue to grill until the other side is browned and the cheese is melted.

# Home-Style Gyros

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Servings: 6

## Ingredients

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- 1 cup Tzatziki sauce
- 1/2 cup Dry red wine
- 2 Tbs Olive oil
- 2 tsp Garlic, minced
- 1/2 tsp Dried oregano, crushed
- 1/2 tsp Salt
- dash Ground black pepper
- 1 lb Flank steak
- 1 Tbs Butter, or more as needed
- 6 Flatbread or Pita
- 1 cup Tomatoes, sliced
- 2 cups Cucumber, peeled, seeded and rough chopped
- 1 cup Onion, sliced thin



## Procedure

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- 1 If you don't have tzatziki sauce on hand, one recipe is here under Tips and another is in the chapter for Salsas, Sauces, and Seasonings.
- 2 Combine wine, oil, garlic and oregano, salt, and pepper in a mixing bowl.
- 3 Cut steak into strips, 2" long by 1/4" wide, as thin as possible.
- 4 Pour wine marinade over beef strips, and let stand for 1 hour at room temperature.
- 5 Drain meat strips and cook in small batches, in hot butter, stirring, for 2 to 3 minutes, or until brown on all sides.
- 6 Spread some tzatziki sauce on flatbread or pita. Add tomato, cucumber and onion slices. Top with meat and more tzatziki sauce.
- 7 Fold bread in half in your hand to hold the gyro together and enjoy!

## Recipe Tips

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Tzatziki Sauce: Ingredients - 1 cup plain yogurt (drained), 1/4 cup cucumber (peeled, seeded, shredded, drained and well squeezed), 1 clove garlic (crushed), 2 tsp olive oil, 1/4 tsp salt and 1/4 tsp ground black pepper. Combine all ingredients and stir well. Cover and chill thoroughly.

# Honey-Soy Marinated Flank Steak

---

Honey-soy marinated flank steak is delicious and it's rather simple to prepare. Keep in mind that the meat needs to marinate. Which means you need to prepare the steak one day before you plan to grill it.

Yield: 4 to 6 servings

## Ingredients

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1	medium	onion, quartered
3	cloves	garlic
1	inch	fresh ginger root, peeled
1	medium	jalapeno pepper (optional)
1/4	cup	soy sauce
1/4	cup	honey
2	Tbs	peanut or vegetable oil
1 to 2	lbs	flank steak

## Procedure

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- 1 In a food processor, puree the onion, garlic, ginger root and pepper.
- 2 Add the soy sauce, honey and the oil and blend the mixture until it is all combined.
- 3 Coat the flank steak with the marinade and enclose it in a plastic bag. Let the flank steak marinate overnight.
- 4 Before you grill the flank steak, wipe off excess marinade and let it sit at room temperature for three to four hours. Hold the rest of the marinade in the refrigerator until ready to grill the steak.
- 5 Grill the flank steak for five to six minutes per side and baste it several times with the marinade.

## Source

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Author: Sara Moulton

Source: Gourmet Magazine.

## Italian Meatballs

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These are great when added to your favorite sauce over pasta. And don't forget the garlic toast!

Yield: 16 meatballs

### Ingredients

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1	lb	ground beef chuck
1	link	hot Italian sausage, casing removed
2	Tbs	ketchup
1	large	egg, lightly beaten
1/2	cup	panko crumbs
2/3	cup	parmesan cheese, grated
1/4 - 1/2	cup	onion, grated
3	cloves	garlic, minced
1 - 3	Tbs	fresh parsley, chopped
1/2	tsp	Italian seasonings
		kosher salt, to taste
		fresh ground black pepper, to taste
		red pepper flakes (optional), to taste
		olive oil, for browning the meatballs



### Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Mix all ingredients together, except the olive oil, and form into 20 equal sized meatballs.
- 3 Brown the meatballs in a skillet with a little bit of olive oil
- 4 Place meatballs on a parchment lined sheet pan and bake for 20 minutes.
- 5 Your meatballs are now ready to use in your recipe, like this meatball sandwich where I warmed them in a marinara sauce, put them on a toasted roll and topped it with a slice of mozzarella.



### Recipe Tips

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These freeze well.

# Korean Bar-B-Q Flank Steak with Red Onions

## Ingredients

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- 1 lb flank steak
- 1/2 cup Korean bar-b-q sauce for beef
- 2 Tbs peanut oil
- 1 medium red onion, sliced thin

## Procedure

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- 1 Marinate the flank steak in the Korean bar-b-q sauce for one to two hours in the refrigerator.
- 2 Preheat the oven to 375 degrees.
- 3 Heat the peanut oil over medium-high heat in a cast iron skillet.
- 4 Sear the steak on both sides in the hot skillet. Reserve the marinade and set aside.
- 5 Add the onions and reserved marinade to the skillet; stirring often.
- 6 When the onions are soft, put the skillet in the oven for 10 minutes.
- 7 Remove the skillet from the oven. Remove the steak from the skillet, cover with foil and allow to rest for 5 minutes before slicing.
- 8 Serve with onions.

# Lasagna with Zucchini Noodles

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The zucchini makes great tasting "noodles" .

## Ingredients

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2	large	eggs, beaten
15	oz	ricotta cheese or small curd cottage cheese
1/2	cup	parmesan cheese, shredded
1/4	cup	feta cheese, crumbled (optional)
2	Tbs	fresh chopped parsley
1 - 2	Tbs	olive oil
2	lbs	ground beef chuck (or ground turkey)
1/2	medium	onion, diced
2	cloves	garlic, minced
1/2	cup	mushrooms, sliced
16	oz	tomato sauce
3	oz	tomato paste
1/2	cup	dry red wine
1/2	cup	water
2	tsp	dried basil
2	tsp	dried oregano
1	tsp	dried thyme
1	tsp	dried parsley
1/2	tsp	fennel seed
1	tsp	sea salt
1/2	tsp	fresh ground black pepper
4	small	zucchini, thinly sliced lengthwise
12	oz	mozzarella cheese, shredded

## Procedure

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- 1 Mix beaten eggs with ricotta or cottage cheese, parmesan, optional feta, and fresh chopped parsley. Set aside in refrigerator to keep chilled.
- 2 Heat a large skillet and coat with olive oil. Brown the beef in hot skillet.
- 3 When meat is nearly done, add the onions and cook until the onions just begin to soften. Add garlic and mushrooms and continue cooking until onions are transparent. Drain off fat.
- 4 Add tomato sauce and tomato paste along with the red wine and water. Mix well; add seasonings and simmer until quite thick.
- 5 Slice, blanch, rinse and drain zucchini. Set aside.
- 6 Preheat oven to 350 degrees and lightly coat a 9 x 13 baking dish with olive oil.
- 7 Spread one-third of the meat sauce mixture in the bottom of the pan.
- 8 Top with one third of the sliced zucchini.
- 9 Spread zucchini with the ricotta mixture, and top with another third of the zucchini.
- 10 Top the zucchini with another third of the meat sauce mixture and one-half of the mozzarella.
- 11 Cover with remaining zucchini, meat mixture and mozzarella.
- 12 Sprinkle with additional parmesan cheese, if desired.
- 13 Bake covered tightly with foil for 45-50 minutes.
- 14 Uncover and bake an additional 10 minutes to brown top.
- 15 Remove from oven and let stand for 15 minutes before cutting.

## Meat Sauce For Pasta

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Servings: 6

### Ingredients

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1	lb	ground beef chuck
8	oz	ground pork sausage
1/2	medium	onion, chopped
2	cloves	garlic, chopped
1/4	cup	mushrooms, chopped
16	oz	tomato sauce
1 1/2	oz	tomato paste
1/4	cup	red wine or sweet vermouth
1/4	cup	water
1	tsp	dried basil
1	tsp	dried oregano
1/2	tsp	dried thyme
1/2	tsp	dried parsley
1/4	tsp	fennel seed
1/2	tsp	sea salt
1/4	tsp	fresh ground black pepper



### Procedure

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- 1 Brown meat, add onions and cook until translucent.
- 2 Add garlic and mushrooms and cook a couple of minutes.
- 3 Drain fat.
- 4 Add remaining ingredients and simmer until quite thick.

# Mongolian Beef

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Servings: 4

## Ingredients

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- 1 lb sirloin steak, boneless, 1/4 inch slices  
Meat marinade (next 6 ingredients)
- 2 large egg whites, beaten (save yolks for another use)
- 1 Tbs cornstarch
- 2 tsp peanut oil
- 1 Tbs rice wine
- 1/2 tsp salt
- 1 tsp black pepper  
Sauce mixture (next 8 ingredients)
- 6 Tbs soy sauce
- 2 Tbs sugar
- 1 Tbs sesame oil
- 1 Tbs rice wine
- 2 tsp rice vinegar
- 2 tsp black bean sauce with garlic
- 2 tsp dried chili pepper, crushed
- 5 clove garlic, minced
- 1/4 cup peanut oil, for stir frying
- 6 dried chili peppers
- 1/2 cup onion, sliced thin  
Cornstarch mixture (next 2 ingredients)
- 1 Tbs cornstarch
- 2 Tbs water
- 6 green onions, cut into 2-inch lengths

## Procedure

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- 1 Combine meat with marinade ingredients and set aside.
- 2 Combine sauce ingredients. For best flavor - let the sauce mixture sit for an hour before using.
- 3 Heat wok and add oil.
- 4 When oil is hot, add the dried chili peppers and sliced onions. Cook stirring constantly for 30 seconds, then add the steak and marinade.
- 5 Cook, stirring constantly until the steak is cooked, then pour in sauce mixture and let it reduce for 2 minutes over high heat, still mixing.
- 6 To thicken the sauce add the cornstarch mixture and cook until the sauce is of the right consistency.
- 7 Add green onions and cook for two minutes longer.

## Myrna's Reuben Hot Dish

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### Ingredients

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- 1 can Sauerkraut (well drained but not rinsed)
- 1/2 cup Mayonnaise
- 1/2 cup Sour cream
- 1/4 cup Onions, finely chopped
- 1 can Corned beef
- Swiss cheese, grated or sliced
- Dark rye bread, diced
- 1/2 cup Butter, melted
- Garlic powder, to taste



### Procedure

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- 1 Preheat oven to 350 degrees
- 2 Mix together: Sauerkraut, mayo, sour cream, and onion.
- 3 Put mixture in 9 x 12 greased pan
- 4 Add layer of corned beef broken into small pieces
- 5 Then a layer of Swiss cheese (slices of Swiss cheese work well)
- 6 Top with dark rye bread (have used other, day old bread).
- 7 Drizzle with melted butter.
- 8 Sprinkle with garlic powder.
- 9 Bake until bubbly (about 40 minutes)

### Source

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Author: Myrna Liner

# One Pot Casserole

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I got this recipe from my boss when I worked at A&W. It is great new twist on pork and beans.

## Ingredients

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- 1 lb ground beef
- 3/4 lb bacon, cut small
- 1 cup chopped onion
- 2 cans (15oz) pork & beans
- 1 can kidney beans, drained
- 1 can butter beans, drained
- 1 cup ketchup
- 1/2 cup brown sugar
- 1 Tbs Liquid smoke
- 3 Tbs white vinegar
- 1 tsp salt
- dash ground black pepper

## Procedure

---

- 1 Brown beef and bacon. Drain fat.
- 2 Put all ingredients in crock pot and mix.
- 3 Cover and cook on low 4-5 hours.

## Source

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Author: Chris Deering

# Porcupine Meatballs

---

No porcupines or humans were harmed in the making of this recipe.

Yield: 25 meatballs

## Ingredients

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2/3	cup	uncooked long-grain rice
1 1/2	cup	beef broth (divided use)
1/2	cup	onion, finely chopped
2	cloves	garlic, minced
1	tsp	dried thyme
1/4	tsp	cayenne pepper
1	tsp	salt
1/4	tsp	fresh ground black pepper
1 1/2	lb	ground beef chuck
1 1/2	cup	marinara sauce
2	tsp	Worcestershire sauce



## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Rinse the rice until the water runs clear. Soak the rice in clean water for 10-15 minutes.
- 3 Drain the rice and combine with 1/2 cup of the beef broth, the onion, garlic, thyme, cayenne, salt and black pepper in a large bowl.
- 4 Add the ground beef and combine well.
- 5 Form meat mixture into 1 1/2 inch diameter meatballs - if the meatballs are too big the rice will not cook thoroughly.
- 6 Place the meatballs in a shallow baking dish in a single layer.
- 7 Mix together the remaining cup of beef broth, marinara and Worcestershire sauces and pour over the meatballs.
- 8 Cover the baking dish with foil and bake for one hour.
- 9 Remove the foil and bake for another 10-15 minutes.

# Prime Rib Roast

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Christmas dinner 2008! Thanks Rich!

Yield: 8 to 10 servings

## Ingredients

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- 3 bone prime rib roast
- Montreal steak seasoning



## Procedure

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- 1 Preheat the oven to 450 degrees.
- 2 Coat the roast well with the steak seasoning.
- 3 Place the seasoned roast on a rack in a roasting pan and roast for 15 minutes.



- 4 Turn the oven down to 325 degrees and roast for about 1 1/4 hours or to 120 degrees (rare) on an instant read thermometer, basting every 30 minutes with pan drippings. Medium rare = 130 to 135 degrees. Medium = 140 to 145 degrees.
- 5 Rest the roast for 15 to 20 minutes, loosely covered with foil, before slicing.



## Savory Garlic Marinated Steaks

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### Ingredients

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- 1/2 cup balsamic vinegar
- 1/4 cup soy sauce
- 3 Tbs minced garlic
- 2 Tbs honey
- 2 Tbs olive oil
- 2 tsp ground black pepper
- 1 tsp Worcestershire sauce
- 1 tsp onion powder
- 1/2 tsp salt
- 1/2 tsp liquid smoke flavoring
- 1 pinch cayenne pepper
- 2 1/2 lb rib-eye steaks



### Procedure

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- 1 In a medium bowl, mix the vinegar, soy sauce, garlic, honey, olive oil, ground black pepper, Worcestershire sauce, onion powder, salt, liquid smoke, and cayenne pepper.
- 2 Place steaks in a shallow glass dish with the marinade, and turn to coat. For optimum flavor, rub the liquid into the meat. Cover, and marinate in the refrigerator for 1 to 2 days.
- 3 Preheat grill for medium-high to high heat.
- 4 Lightly oil the grill grate. Grill steaks 7 minutes per side, or to desired doneness. Discard leftover marinade.

### Source

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Web Page: <http://allrecipes.com/recipe/savory-garlic-marinated-steaks/>

## Skillet Burgers with Caramelized Onions

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Great on a toasted bun with your favorite condiments or by themselves.

### Ingredients

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- 1 Tbs butter
- 1 Tbs olive oil
- 1 medium yellow onion, cut into 1/2 thick slices  
salt, to taste  
ground black pepper, to taste
- 1 lb ground beef chuck
- 4 split burger buns (optional)



### Procedure

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- 1 Heat butter with olive oil in a medium skillet over medium heat.
- 2 Add onion slices, sprinkle with salt and pepper, to taste, and cook slowly until the onions are brown and well caramelized, about 15 to 20 minutes.
- 3 When done, set the onions aside and keep warm.
- 4 Preheat a large cast iron skillet to medium heat.
- 5 Season the ground meat in a bowl with salt and pepper, to taste.
- 6 Form the meat into four patties, taking care not to overwork the meat.
- 7 When the skillet is hot, put the burgers in and cook for 5 to 7 minutes per side for medium rare to medium burgers.
- 8 Remove the cooked burgers from the skillet to a platter, loosely cover with foil, and allow to rest for a few minutes.
- 9 If using buns, wipe the skillet with a folded paper towel to remove excess fat and toast the buns, split side down, until brown and crispy around the edges and lightly toasted in the middle.
- 10 Serve with your favorite condiments.

## Slow Cooker Pot Roast

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### Ingredients

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- 2 lb chuck roast
- 1 medium onion, rough chopped
- 2 medium carrots, rough chopped
- 4 oz mushrooms, sliced
- 2 cloves garlic, chopped
- 1 can whole tomatoes, chopped, with juices
- 1 cup beef broth
- 1 Tbs tomato paste



### Procedure

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- 1 Place chuck roast in slow cooker.
- 2 Place the onions, carrots, mushrooms and garlic evenly around the roast.
- 3 Pour the chopped tomatoes and juices evenly over the vegetables.
- 4 Stir the broth together with the tomato paste and pour over the roast and vegetables.
- 5 Cover and heat on low for 6 to 7 hours, until the roast is very tender.

## Spicy Beef In Lettuce Cups

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Just about any large leaf lettuce can be used to create cups or folded packets for this spicy Szechuan-style dish of ground beef. The filling is also good on flour tortillas or pita pockets with shredded lettuce.

Servings: 4

### Ingredients

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- 3 Tbs soy sauce
- 2 Tbs dry sherry
- 2 tsp cornstarch
- 1/2 tsp sugar
- 1/2 tsp salt
- 1/2 lb lean ground beef
- 1 Tbs vegetable oil
- 2 Tbs fresh ginger, minced
- 2 Tbs fresh garlic, minced
- 1/4 tsp red pepper flakes
- 8 oz water chestnuts, drained and diced
- 3 Tbs scallions, finely chopped
- 1 tsp sesame oil
- 12 Romaine lettuce leaves



### Procedure

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- 1 In a small bowl, combine soy sauce, sherry, cornstarch, sugar and salt; stir well and set aside.
- 2 In a medium bowl, use a spoon to break up the ground beef; gently mix in soy-sauce mixture. Set aside 10 to 15 minutes.
- 3 Heat wok or large, deep skillet over medium-high heat until very hot.
- 4 Add oil and swirl to coat pan; add ginger and garlic.
- 5 Cook for about 1 minute, stirring, until fragrant but not browned.
- 6 Crumble in beef, and use a large slotted spoon to break it up and spread meat over pan to help it cook evenly.
- 7 Cook until it changes color on one side, 1 to 2 minutes.
- 8 Turn meat and cook another minute undisturbed.
- 9 Toss well, using the spoon to break up any large chunks.
- 10 When meat is cooked, add pepper flakes, water chestnuts and scallions. Toss constantly for about a minute, until heated through.
- 11 Add sesame oil and remove from heat, tossing well.
- 12 Transfer meat to serving plate; serve hot, warm or at room temperature.
- 13 Arrange lettuce cups on serving platter; fill each with a spoonful of beef or provide lettuce cups and plate of beef and let guests assemble lettuce packets themselves.

### Source

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Source: Adapted from recipe printed in the food section of the December 17, 2008 Houston Chronicle (adapted from "Quick and Easy Chinese").

## Sue's Pad Thai with Beef, Pork and Scallops

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### Ingredients

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China Bowl Select Hot Oil, to taste  
Beef Steak, sliced  
Pork Loin Chop, sliced  
Green Onion, trimmed and halved  
Scallops, sliced  
Rice Sticks, very thick noodles, soaked  
House of Tsang Bangkok Padang Peanut Sauce  
Bean Sprouts, fresh  
Roasted Peanuts, chopped



### Procedure

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- 1 Heat a large wok over high heat until very hot, to the point of smoky.
- 2 Add about 3-4 tablespoons of hot oil.
- 3 When the oil is heated, add the beef and pork, cook, stirring vigorously, until it's half way done, about 1-2 minutes, then add the green onion and cook for another minute. Add the scallops and cook for another minute until the scallops are just done.
- 4 Add soaked noodles (follow directions on package), and then about ¼ cup of peanut sauce. Stir to keep everything moving in the wok, and cook until the noodles are soft but not mushy.
- 5 When the noodles are ready (taste it to be sure), turn off the heat and add the finished Pad Thai to a plate and sprinkle with fresh bean sprouts and chopped peanuts.



### Recipe Tips

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Remember to break up the noodles and don't let them lump together. If the sauce evaporates too quickly and your noodles aren't quite ready, sprinkle a bit of water and keep stirring. Add a bit of oil if the noodles still stubbornly stick together.

### Source

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Author: Sue Chayer

# Taco Bowls with Guac-a-Salsa Salad

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This is a very good meat mixture. - Jackie

## Ingredients

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1	sack	corn tortilla chips, any brand or color
3	Tbs	extra-virgin olive oil, divided
1 1/2	lbs	ground beef
2		jalapeno peppers, seeded and finely chopped
2	medium	onions, chopped
3 to 4	cloves	garlic, chopped
1	Tbs	ground cumin
1	Tbs	chili powder
		Coarse salt and black pepper
1	cup	water
2		Haas avocados
3		plum tomatoes, seeded and chopped
1	handful	cilantro leaves, chopped
		juice of 1 lemon
4	cups	shredded Monterey Jack or sharp Cheddar cheese

## Procedure

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- 1 Lightly crush the chips by popping open the bag and giving the chips a few light whacks with a frying pan – careful that they don't fly out of the sack! Hold the bag loosely at the top with 1 hand while you crush the chips with the other.
- 2 Heat a large non-stick skillet over medium high heat. Add extra-virgin olive oil – 2 turns of the pan. Add the beef to the skillet, brown and crumble it, 5 minutes.
- 3 Drain the fat off the meat and add half the jalapeno peppers, 3/4 of the chopped onions and all of the garlic.
- 4 Season the meat with cumin, chili powder, salt and pepper.
- 5 Cook together 5 minutes more, then add the water and reduce heat to low. Adjust salt, to taste.
- 6 Halve and separate the avocados. Remove pit with a spoon. With the skin intact, using a small knife, dice the avocado while still in the skin. Scoop out the diced flesh and place in a bowl.
- 7 Combine tomatoes, remaining onions, jalapeños, and cilantro gently with avocado and dress the salad with the lemon juice, extra-virgin olive oil, and salt, to your taste.
- 8 Layer 1 or 2 handfuls of chips in soup or chili bowls and top with a handful of cheese. Fill bowls with taco meat and top with more cheese, then mound up some salad on top and serve.

## Recipe Tips

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To spice up the salad, add a couple Tbs of pico de gallo.

## Source

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Source: adapted from a Rachel Ray recipe on foodnetwork.com

## Wine-Braised Flat Iron Steaks

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Very tender steak served smothered with tomatoes, onions, and mushrooms.

Servings: 4

### Ingredients

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2	Tbs	olive oil
1 1/3	lb	flat iron steaks (chuck top blade steaks)
1/4	tsp	course salt
1/2	tsp	fresh ground black pepper
1 1/4	medium	onion, chopped
3	cloves	garlic, chopped
4	oz	mushrooms, sliced
1	can	Italian seasoned whole tomatoes, rough chopped, with juice
1/8	tsp	Italian seasoning, if using unseasoned tomatoes (optional)
1/4	cup	dry red wine or sweet vermouth
1/2	cup	beef broth



### Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Heat oil in large oven proof frying pan.
- 3 Place steaks in pan and brown evenly.
- 4 Remove steaks from pan and season with salt and pepper, set aside.
- 5 Add onion to pan; cook and stir 5 to 8 minutes or until onion is tender.
- 6 Add garlic and mushrooms to onions and simmer until mushrooms have softened.
- 7 Stir in remaining ingredients and simmer until tomatoes are heated through.
- 8 Return the steaks to the pan and bring to a boil.
- 9 Remove pan from heat, cover, and cook in oven for 90 minutes.