

FOOD

Sweet & Spicy Petite Sirloin

General Ingredients

- 1 pound boneless beef top sirloin steak, cut 3/4 inch thick
- 1/2 cup ready-to-serve beef broth
- 1/4 cup balsamic vinegar
- 2 tablespoons jalapeño pepper jelly
- Vegetable Barley "Risotto" Seasoning Ingredients
- 3/4 teaspoon garlic salt
- 3/4 teaspoon chili powder
- 1/2 teaspoon coarse grind black pepper
- 1/4 teaspoon ground cumin
- 1/4 teaspoon dried oregano leaves



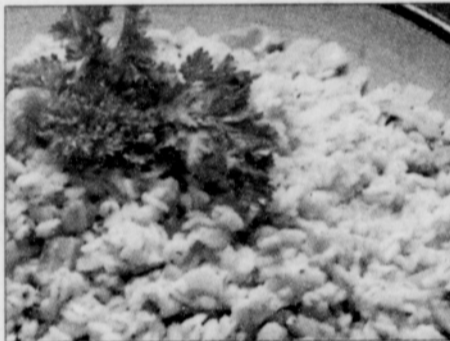
Instructions

1. Prepare Vegetable Barley "Risotto." (See below)
2. Meanwhile cut beef steak crosswise into four equal "petite" steaks. Combine seasoning ingredients; press evenly into both sides of each steak. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook about 8 to 10 minutes for medium rare to medium doneness, turning once. Remove steaks; keep warm.
3. Add broth, vinegar and jelly to skillet; cook until browned bits attached to skillet are dissolved and sauce thickens slightly, about 3 to 5 minutes. Spoon sauce over steaks and serve with barley risotto.

Vegetable Barley "Risotto"

Ingredients

- 3/4 cup quick-cooking barley
- 1 cup coarsely chopped zucchini
- 1/4 cup minced shallots
- 2 teaspoons olive oil
- 1 clove garlic, minced
- 1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
- 3/4 cup chopped tomatoes
- 1/4 teaspoon pepper



Instructions

1. Heat large nonstick Dutch oven over medium heat until hot. Add barley and cook, stirring until lightly toasted, about 5 minutes. Add zucchini, shallots, oil and garlic; cook about 3 minutes until zucchini is crisp tender.
2. Stir in 3/4 cup of broth. Bring to a simmer. Cook 5 minutes until liquid is almost absorbed. Add remaining broth; return to simmer and continue cooking 7 to 9 minutes or until barley is tender. Stir in tomatoes and pepper.



Baked Garlic Shrimp Recipe

Ingredients

- 1 1/2 pound large shrimp, peeled and deveined
- 1/2 cup olive oil
- 3 tablespoons dry sherry
- 3 garlic cloves, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/8 teaspoon crushed red pepper
- Lemon wedges
- Seasoned bread crumbs

Directions:

1. Arrange shrimp, slightly apart, in a single layer in nonstick-sprayed baking pan. Mix remaining ingredients except for breadcrumbs, pour over shrimp.
2. Sprinkle about 1/3-cup breadcrumbs over mixture. Bake in a preheated 400-degree oven for 10-15 minutes

Devil's Food Cake with cheesecake frosting

Ingredients

- 1 box of Devil's food cake mix prepared to directions
- 1 can of vanilla frosting
- 2 8oz pkgs of cream cheese
- 1 tsp of vanilla
- Squeeze of lemon juice
- top with 1 can of pie filling cherries or fresh strawberries

Directions

1. Bake cake according to directions. You can either remove from pan or let it in the pan.
2. Mix 1 can pf prepared vanilla frosting with cream cheese at vanilla and lemon juice. If needed add more lemon juice or vanilla for your desired taste.
3. Spread on top of cake top with cherries and put in fridge. (If you are serving it with strawberries I slice them and then add sugar refrigerate until I cut slices and then top each slice.

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