

Beef Recipes To Feature Program

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thick
Salt and pepper
1 large onion, sliced
1 teaspoon mixed herbs for beef, optional
1 lemon, thinly sliced
1 5-foot length aluminum foil, doubled in half
Combine barbecue sauce and flour; spoon half of mixture in center of doubled foil. Place steak atop; season with salt and pepper; cover meat with onion slices — sprinkle with herbs; add remaining mixture and lemon slices; fold foil over and seal edges securely. Place in shallow baking pan; bake in very hot oven, 450 degrees, 1½ hours or until meat is tender. Remove foil and cut steak into pieces. Five to six servings.

QUICK SAUERBRATEN WITH RAISINS

3 to 4 pounds chuck pot roast
2 tablespoons fat
3 to 4 teaspoons salt
2 medium onions
1 bay leaf
1 tablespoon brown sugar
½ cup each vinegar and water
½ teaspoon allspice

½ teaspoon cinnamon
½ teaspoon cloves
½ cup raisins
Brown roast on all sides in hot fat in a large kettle. Sprinkle with salt. Top with onions and bay leaf. Dissolve sugar in vinegar and water; add spices and pour over meat. Cover pan with lid and cook over low heat, 2 hours; add more water if needed. Turn meat and top with raisins. Cover and continue cooking until meat is tender, 30 to 60 minutes. Thicken liquid with a flour and a water paste, if you like. Six to 10 servings.

BARBECUED BEEF RING

2 eggs
¾ cup milk
2 tablespoons barbecue sauce
2 teaspoons Worcestershire sauce
1 teaspoon salt
½ teaspoon dry mustard
½ teaspoon pepper
2 cups cereal flakes
1½ pounds ground beef
Combine ingredients and mix thoroughly. Press into well-greased ring mold. Bake in 350 degree oven about 45 minutes. Unmold on shallow pan, spread with prepared glaze, bake in 425 de-

gree oven about 10 minutes longer. Fill center with fluffy mashed potatoes or fresh cooked vegetables.

GLAZE FOR BEEF RING

1 tablespoon oil
1 clove garlic
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon oregano
½ cup tomato sauce
2 tablespoons honey
Brown garlic clove in oil, remove, add remaining ingredients and simmer 15 to 20 minutes.

OVEN BAKED POT ROAST

1 medium onion, chopped
2 stalks celery, sliced
3 or 4 carrots, thinly sliced
3 or 4 small summer squash, thinly sliced
(if available)
1 1½-ounce can dry cream of mushroom soup mix
1 2½-ounce can dry cream of potato soup mix
4 to 5 pound boneless chuck pot roast
½ pint sour cream
Flour for thickening
Combine vegetables and both cans of soup mix; place half of mixture in large, greased, casse-

role with cover; place pot roast on vegetables, cover roast with remaining vegetable mixture; put lid on casserole and bake in 300 degree oven about 3 hours. Remove meat to hot platter, thicken pan liquids with flour and water mixture and stir in sour cream.

GREEN PEPPER STEAK

2 pounds Swiss steak
½ green pepper
½ cup celery, diced
2 teaspoons salt
½ cup flour
Pepper and garlic salt
1 can cream of mushroom soup and
½ can water

Pound flour into steak either with wooden mallet or edge of saucer; brown steak in 2 or 3-tablespoons fat. (Steaks should be cut into serving size pieces). After browning, place steaks in pan, cover each piece of steak generously with salt, pepper, and garlic salt; add the mixed chopped pepper and celery. Put steaks, seasonings and vegetables in layers, then pour the diluted mushroom soup over, cover either with tight fitting lid or aluminum foil. Bake

in 350 degree oven about 1½ hours.

ITALIAN NOODLES WITH COTTAGE CHEESE SAUCE

½ cup onions, chopped
¼ cup celery, chopped
¼ cup green pepper, chopped
2 tablespoons butter or margarine
1 pound ground beef
1½ teaspoons salt
2 teaspoons Worcestershire sauce
3 cups uncooked noodles
3 cups tomato juice
¼ to ½ teaspoon oregano
½ teaspoon sweet basil
1½ cups (12 ounce carton) cottage cheese
½ pint sour cream

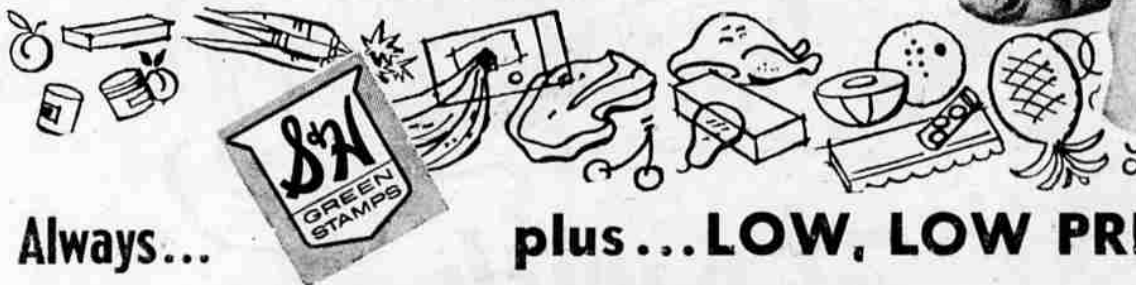
Cook onion, celery and green pepper in butter or margarine till tender, but not brown. Add meat, brown slightly. Stir in salt, Worcestershire sauce, noodles, herbs, tomato juice and bring to a boil; simmer about 30 minutes or until noodles are tender and mixture has thickened. Pour into serving dish. Stir cottage cheese and sour cream together, spoon over noodles, sprinkle with paprika and serve. Eight servings.

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