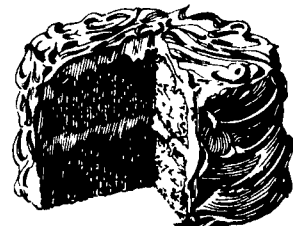


Home On The Range



July is beef month!

Think of beef and visions of thick, juicy steaks grilling over a charcoal fire come to mind. While steak may be difficult to top, beef comes in a variety of forms that provide the basis for a large number of recipes.

Try a new way with hamburger, corned beef, ribs, or roast, and enjoy the goodness of beef.

BARBECUE

2 pounds hamburger
1 onion, diced
1 can Campbell's chicken gumbo soup
2 teaspoons prepared mustard
½ cup ketchup

Brown hamburger and onion. Add all the other ingredients and simmer for ½ hour. A little salt and pepper may be added if desired.

Betty Blehl
Mertztown

OLD-FASHIONED MEAT LOAF

1 10½-ounce can tomato soup
2 pounds ground beef
½ cup fine dry bread crumbs
½ cup chopped onion
2 tablespoons chopped parsley
1 egg, slightly beaten
Little salt and pepper
¾ cup oatmeal, uncooked

Combine all ingredients; mix thoroughly. Shape firmly into loaf and place in shallow baking pan. Bake in 350°F. oven for 1 ¼ hour. Makes 8 servings.

If desired, after loaf has baked one hour, garnish top with 4 tomato slices and ½ cup shredded mild cheese. Bake 15 minutes.

Betty Blehl
Mertztown

SLOPPY JOE PIE

1 pound ground beef
½ cup chopped onion
1 8-ounce can tomato sauce
1 8-ounce can whole kernel corn, drained
¼ cup water
1 envelope (1.31 ounces) sloppy joe or chili seasoning mix
1 10-ounce can refrigerated flaky biscuits
2 tablespoons milk
½ cup cornmeal
4 ounces (1 cup) shredded cheddar cheese

Heat oven to 375°F. Brown ground beef and onion; drain. Stir in tomato sauce, corn, water and seasoning mix. Heat meat mixture until hot and bubbly; reduce heat and simmer while preparing crust. Separate biscuit dough into 10 biscuits; flatten slightly. Dip each in milk, then in cornmeal. Arrange 7 biscuits around sides and 3 on bottom of ungreased 9 to 10-inch pie plate; press biscuits to form crust. (Biscuits will form petal-like shape around rim of pan.) Sprinkle crust with ½ cup cheese. Spoon hot meat mixture over cheese; sprinkle with remaining cheese. Bake 20 to 25 minutes until crust is deep golden brown. Cool 5 minutes before serving. 4 to 6 servings.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. You can send your recipes to Sue Keene at Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

August

4

Quick 'n easy Casseroles

11

Brownies & Cookies

18

Salads

BEEF CHEESE PIE

¾ pound ground beef
½ cup finely chopped onion
2 cups shredded cheese
¾ cup mayonnaise
¾ cup milk
4 teaspoons cornstarch
3 eggs
½ teaspoon salt
Pinch of pepper

Cook ground beef and onion until brown. Arrange meat mix and cheese in pie shell. Beat the rest with beater until well blended. Bake at 350°F. for 30 minutes.

PASTRY

Sift 2½ cups flour, ¾ teaspoon salt. Cut in 1 cup butter till mix is crumbly. Sprinkle with 7 to 8 tablespoons water. Mix with fork until dough forms.

Mrs. Gideon S. King
Leola

BEEF-ZUCCHINI 'n PEPPER KABOBS

1½ pounds beef sirloin steak or tip, cut into 1¼-inch cubes
¼ cup salad oil
½ cup red wine vinegar
2 teaspoons sugar
¼ teaspoon leaf oregano
Pinch of cracked black pepper
1 clove garlic, minced
3 small zucchini, cut crosswise into 1-inch pieces
2 red peppers, each cut into 12 pieces
Salt

Combine salad oil, wine vinegar, sugar, oregano, pepper and garlic in small saucepan; cook slowly 10 minutes.

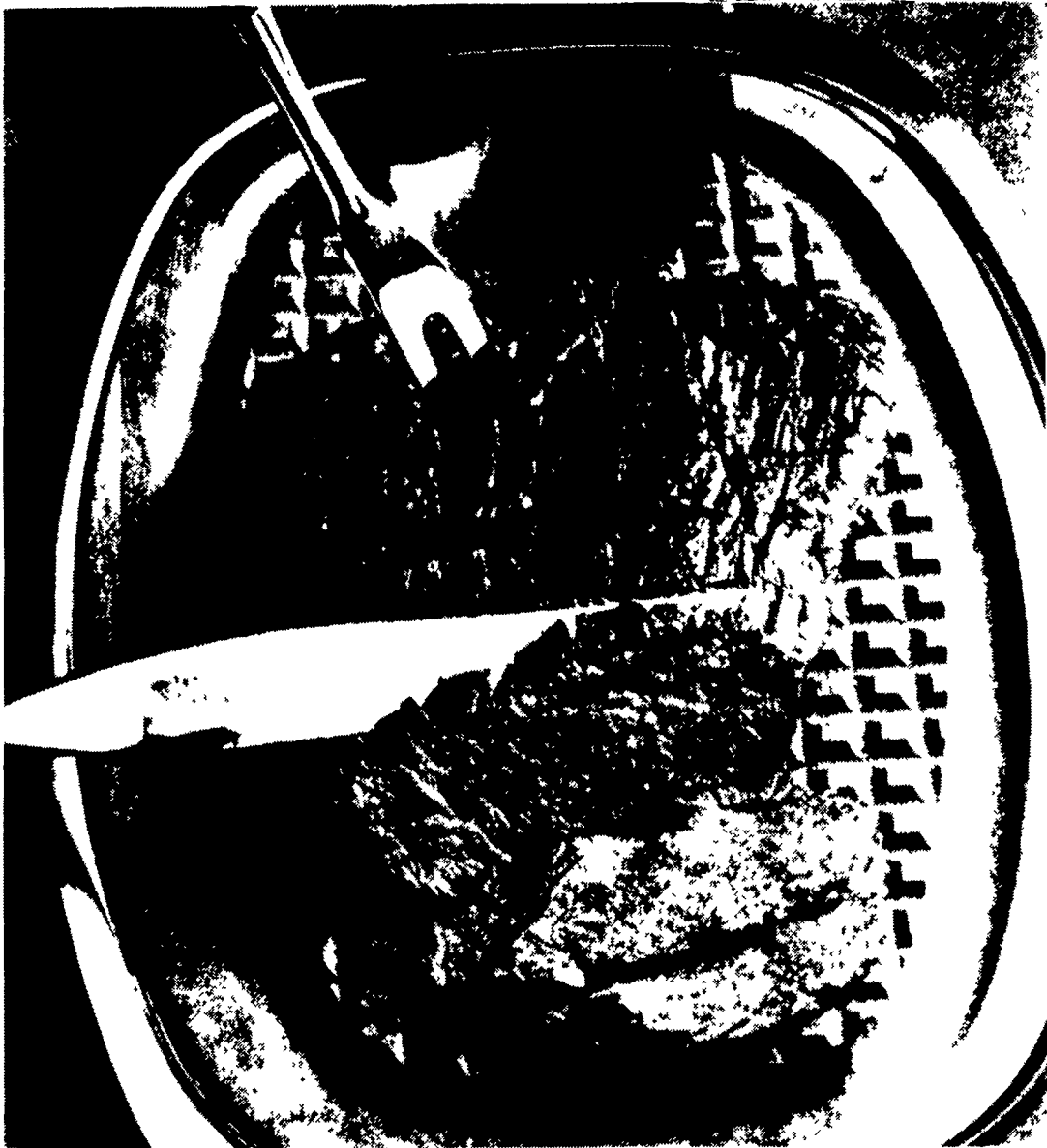
Cool. Place beef cubes and marinade in plastic bag or utility dish and marinate in refrigerator 6 to 8 hours or overnight. Pour off and reserve marinade. Cut crosswise slits, ¼-inch apart, halfway through each piece of zucchini. Alternately thread beef cubes, red pepper and zucchini pieces on 4 skewers. Brush vegetables with marinade. Place kabobs on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 15 to 20 minutes, depending on doneness desired (rare or medium), turning and brushing with marinade occasionally. Season with salt. Makes 4 servings.

HAMBURG CHOWDER

1 pound hamburger
8 cups water
3 teaspoons salt
Pepper
½ cup carrots
2 cups potatoes
1 or more onions
2 cups tomatoes
½ cup celery
1 cup rice

Brown hamburger, then add other ingredients. Simmer until rice and vegetables are tender.

J. Smith
McAllisterville



Broil a flank steak brushed with seasonings and watch the family dig in with enthusiasm.

STUFFED MEAT BALLS

2 cups toasted bread cubes
2 tablespoons minced parsley
½ teaspoon salt
Dash pepper
¼ cup warm milk
2 pounds ground beef
2 10¾-ounce cans cream of mushroom soup, undiluted and divided
1 beaten egg
¼ cup chopped onion
½ cup milk

Combine 1½ cups bread cubes, parsley, salt, pepper and milk; stir well and set aside.

Combine beef, ½ cup soup, egg, onion and remaining ½ cup bread cubes. Divide into eight portions and roll each between waxed paper to about ½-inch thickness. Divide reserved bread cube mix into 8 portions and wrap meat around each portion to a smooth ball.

Place into lightly-greased baking dish and bake at 350°F. for 30 to 45 minutes or until done.

Meanwhile, combine remaining soup and milk in a saucepan and cook over low heat, stirring occasionally, until hot.

When meat balls are done and ready to serve, pour hot soup and milk sauce over them and serve 8 people.

This is fairly inexpensive but a delicious way to serve ground beef. It can be dressed up to look like a very elegant dish by garnishing with parsley sprigs and serving with asparagus or broccoli or some golden carrots. It takes less than two hours preparation time.

Anna Uddicious
Coplay



This quick-to fix main dish is made with the popular ingredients of sloppy joes. The thick and chewy crust, easy to make with refrigerated biscuits, is filled with a savory sloppy joe mixture topped with cheese.

Featured Recipe

This week's featured recipe comes from Monya Trostel, Pennsylvania's 1984 Cherry Queen. A recipe that has been handed down through the generations, this cherry pudding is one of Monya's favorite ways of enjoying cherries. To learn more about Monya and her family's fruit farm, see the story about her in this section.

Cherry Pudding

2 cups granulated sugar
4 cups flour
4 teaspoons baking powder
2 cups milk
1 stick margarine (¼ pound), melted
2 eggs
3 cups cherries, fresh, canned or frozen

Combine sugar, flour and baking powder and mix until blended. Add remaining ingredients and stir until well blended. Pour batter into greased and floured 13 x 9 x 2-inch baking pan. Bake at 350°F for 35 minutes. Cut in squares and serve warm in individual bowls with milk and sugar on top.

(Turn to Page B7)