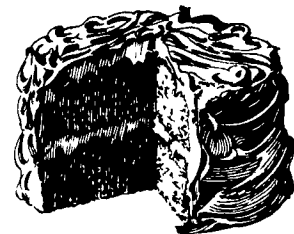


Home On The Range



Make beef a part of your winter meals

For many of us, beef is an important part of our diet. However, in recent years beef has come into some bad press.

Critics claim beef fat contains more "saturated" fatty acids than vegetables or other meat fats. In fact, beef fat contains only about 49 percent saturated fatty acids. The remainder are unsaturated.

Chemical analysis shows that three ounces of roasted, lean beef contain 80 milligrams of cholesterol, about the same amount as baked chicken without skin. White turkey, veal and mackerel have about 86 milligrams.

And, three ounces of roast lean beef contain 169 calories, or about eight percent of the daily food energy requirement of an adult. Roast beef, as purchased in a store, with both lean and fat, contains 214 calories per three-ounce serving, while three ounces of shelled peanuts contain 465 calories, and one-half cup dried beans contain 324 calories.

If you're convinced that beef should be a part of your regular diet, try some of the hearty beef recipes below.

BASIC GROUND BEEF

Short cut cooking with partially prepared food. Freeze meat mixture in portions and use right from the freezer as the beginning for Quick Spanish Rice.

To make basic ground beef:

- 1 cup chopped celery
- 1 cup chopped onion
- ½ cup chopped green pepper
- 2 pounds ground beef

Combine all ingredients in large skillet. Cook and stir over medium heat until vegetables are tender and meat is browned. Cook quickly. Freeze in three 2-cup portions, choosing containers which are moisture proof; seal to exclude as much air as possible. Makes 6 cups.

Betty Biehl
Mertztown

QUICK SPANISH RICE

- 4½ cups water
- 1 6-ounce can tomato paste
- ½ cup chili sauce
- 1½ teaspoons salt
- Dash of pepper
- 2 cups frozen basic ground beef
- 1 cup uncooked long-grain rice

In large saucepan, combine water, tomato paste, chili sauce, salt and pepper. Add frozen meat mixture. Cover and cook over low heat until meat is thawed, about 20 minutes. Add rice. Cover; bring to boiling. Reduce heat and simmer 30 minutes or until rice is done. Makes 4 to 6 servings.

Betty Biehl
Mertztown

BEEF AND FRANKFURTER LOAF

- 1 pound ground beef, or divide half and half with turkey burger
- ½ pound hot dogs, ground
- 1 cup cracker crumbs
- 1 egg, beaten
- 1 teaspoon salt
- ½ teaspoon pepper

Glaze:
¾ cup brown sugar
½ cup water
½ tablespoon vinegar

Mix, being sure to add half of glaze to meat mixture, saving remaining half to cover outside. Bake at 350°F. for one hour.

Lucy Martin
Narvon

SWEET AND SOUR SAUCE WITH MEATBALLS

- Meatballs:**
2 pounds ground beef
2 eggs
10 to 12 slices wet bread
Salt and pepper
Parsley
Garlic powder

Squeeze bread and combine with remaining ingredients. If mixture is too wet, add bread crumbs until a little drier. Ball and fry until brown. Simmer in sauce for about 30 to 35 minutes.

- Sweet Sour Sauce:**
1 12-ounce bottle chili sauce
10 ounces grape or apricot jelly
2 tablespoons lemon juice

Mix all. Heat and simmer.

Pat Quick
Clinton, NJ

MIDWESTERN BEEF STEW

- 2 tablespoons cooking oil
- 2 pounds beef for stew, cut in 2-inch chunks
- 1 tablespoon salt
- ½ teaspoon pepper
- 1 bay leaf
- 2 cups water
- 1 cup canned beef broth
- 1 bunch carrots
- 3 to 4 small zucchini
- 1 16-ounce jar small whole onions, drained
- 3 medium tomatoes
- 1 tablespoon flour
- ¼ cup water

Heat oil in deep pot or Dutch oven. Add beef chunks and quickly brown on all sides. Add salt, pepper and bay leaf. Stir in 2 cups water and beef broth. Bring to a boil, reduce heat and simmer about 1½ hours or until meat is tender. Meanwhile, peel carrots and cut in 2-inch lengths. Cut zucchini in 1-inch slices; quarter tomatoes. Blend flour and ¼ cup water. After beef has simmered about 1 hour, add carrots. About 15 minutes later, add zucchini and continue simmering until meat and vegetables are tender. Add onions, tomatoes and flour/water mixture. Combine gently but thoroughly. Bring to a boil, reduce heat and simmer 3 minutes.

ORIENTAL BEEF AND ASPARAGUS

- 1½ pounds round steak, ½ inch thick
- ¼ cup soy sauce
- 1½ teaspoons sugar
- 3 tablespoons water
- 2 pounds fresh asparagus, cut into 1-inch pieces or 2 10-ounce packages frozen asparagus, thawed and drained
- ¼ cup vegetable oil
- 8 ounces fresh mushrooms, sliced
- OR
- 1 8-ounce can mushroom slices, drained

Remove fat from meat. Cutting across grain, slice meat into thin 2-inch strips. Meat may be semi-frozen for easy slicing. Mix soy sauce, sugar and water with meat, stirring well to coat all pieces. Set aside. Cook fresh asparagus in boiling water 4 minutes or until crisp-tender; drain. Heat 2 tablespoons of the oil in large skillet over medium high heat. Add asparagus and mushrooms and stir-fry for 2 minutes; remove from skillet.

Heat remaining oil in skillet. Add drained meat and stir-fry until meat is cooked, but still juicy. Add asparagus, mushrooms and drained marinate; stir-fry entire mixture for another 2 minutes or until hot. Serve immediately. Makes 6 servings.

CREAMY BEEF 'N MUSHROOM TURNOVERS

- 1¼ pounds lean ground beef
- 1 onion, chopped
- 1 green pepper, chopped
- ½ to ¾ pound fresh mushrooms, coarsely chopped
- 1 tablespoon Dijon-style mustard
- 1 tablespoon prepared horseradish
- 1 teaspoon fresh garlic
- 1 teaspoon lemon juice
- ½ teaspoon each pepper, paprika, and Italian seasoning
- 2 3-ounce packages cream cheese, cubed
- 1 17-ounce package frozen puff pastry, thawed (2 sheets)
- 1 egg yolk combined with 1 tablespoon water
- 1 tablespoon sesame seeds
- Crisp greens, cherry tomatoes for garnish

Combine beef, onion and pepper in skillet over medium-high heat; cook, stirring occasionally, about 3 minutes. Add mushrooms, continue to cook, stirring occasionally, about 3 minutes longer — or until meat is no longer pink. Drain if necessary.

Stir in seasonings; mixing well. Add cream cheese cubes and cook, stirring often, over medium heat until cheese has melted and mixture is heated through. Reserve.

Preheat oven to 400°F. Unfold pastry sheets and place on ungreased baking sheet to form two triangles with other half of triangles overhanging sheet. Place half of beef mixture on each triangle, leaving 1-inch border. Moisten edge of pastry with water; fold other half of triangle over and press to seal. Brush with egg mixture; sprinkle with sesame seeds. Bake in 400°F. oven about 20 minutes — until golden brown. Place turnover atop crisp greens and garnish with cherry tomatoes. Cut each turnover into 3 pieces to serve. Makes 6 servings.



Stews are naturals for whetting winter appetites as they're savory, hearty and fill the kitchen with delicious aromas while cooking. This Midwestern Stew features tasty chunks of beef, seasonings and a variety of vegetables.

CHEESEBURGER ON RYE

- 4 slices rye bread
- ½ pound lean ground beef (about 1 cup)
- Pepper
- 1½ tablespoons ketchup
- 4 thin onion slices
- 4 thin slices tomato
- 4 slices mozzarella cheese

Toast bread on one side. Spread about ¼ cup of ground beef on the untoasted sides of the bread. Broil 2 to 4 inches from the heat until browned, 5 to 6 minutes. Spread with ketchup and season with pepper. Top with onion and tomato. Place cheese slice over sandwich. Return to broiler just long enough to melt cheese. Makes 4 servings.

SPANISH RICE WITH BEEF

- ¾ pound ground beef
- 1 10-ounce package frozen corn
- 1 cup water
- 1 14½-ounce can stewed tomatoes
- ½ teaspoon oregano
- ½ teaspoon chili powder
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1½ cup minute rice

Brown meat. Add corn, water, tomatoes and seasonings and bring to a boil. Stir in rice, cover and remove from heat. Let stand 5 minutes. Makes 4 servings.

LaKee Christman
Greencastle

(Turn to Page B8)

Featured Recipe

There are many ways to prepare beef, whether it be shish kebab, pot roast or steak. One of the quickest and easiest ways to cook those choice cuts of meat is in the microwave oven.

The following beef recipe comes from the Pennsylvania Meat Marketing Program. This delicious dish is perfect for a busy night when you have an evening meeting to attend and not much time for cooking.

Cheddar Beef Strips

- 1½ pounds beef round steak, cut ¾ to 1 inch thick
- 1 tablespoon cooking fat
- 1 medium onion, finely chopped
- 3 tablespoons flour
- 1 teaspoon instant beef bouillon granules
- ½ teaspoon salt
- 1/8 teaspoon celery seed
- 1 8-ounce can tomato sauce
- 1 tablespoon brown sugar
- 1 4-ounce can mushroom stems and pieces
- ½ cup (2 ounces) shredded Cheddar cheese
- 2 tablespoons chopped parsley
- Hot cooked egg noodles

Slice round steak in strips 1/8 inch thick and about 2 to 2½ inches long. Place cooking fat and onion in 11¼ x 17 inch microwave-safe baking dish. Cover with waxed paper and cook at medium for 2 minutes. Combine flour, bouillon, salt, celery seed and dredge steak strips. Add to baking dish, stirring to coat strips. Cover and microwave at medium 4 minutes; stir. Continue cooking, covered, 6 minutes, stirring every 3 minutes. Stir in tomato sauce, brown sugar and mushrooms, including liquid. Microwave covered, 2 minutes; stir and continue cooking 2 minutes. Stir in cheese and microwave, uncovered, 1 minute. Sprinkle with parsley and serve with noodles. Makes 6 servings. Note: Partially freeze steak to facilitate slicing into thin strips.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Sue Keene, Lancaster Farming, P.O. Box 366, Lititz, PA 17543.

February

- 1 - Cherries
- 8 - Candy
- 15 - Breakfast Break