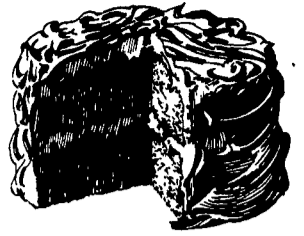


Home On The Range



When You're Really Hungry, Eat Meat

February is National Meat Month. Meat lovers everywhere know that when God told Noah that "every moving thing is given for meat" it was one of the best things that ever happened to mankind.

Lamb, beef, pork, veal, chicken, turkey and specialty meats have universal appeal for those who prefer to combine taste and nutrition. Meat provides iron, zinc, B-vitamins and other important nutrients for a reasonable number of calories. Today meat is leaner, trimmer, and more suited to the needs of active health-conscious consumers.

When you're really hungry, nothing satisfies more than a generous serving of meat. Try these recipes and see if your family agrees.

MEATBALLS AND SAUCE

- 1 1/2 pound ground beef
- 1 onion, chopped
- 1 egg
- Salt and pepper
- 1/2 teaspoon garlic
- 1 cup applesauce
- 2 cups corn flakes

Mix well and shape into balls. Place in 9x13-inch cake pan and cover with sauce.

Sauce:

- 1/2 cup catsup
- 1/2 cup water
- 1 can mushrooms

Pour sauce over meatballs and bake 1 hour in a 325 degree oven. Variation: 1 can cream of mushroom soup may be substituted for mushrooms.

Linda Zimmerman
Lititz

SALISBURY STEAK

- 2 pounds ground beef
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 egg, beaten
- 1/4 cup onion, chopped
- 6 crackers, broken and soaked in milk

1 teaspoon parsley
1/4 teaspoon oregano
1/4 teaspoon basil
Mix together all ingredients. Shape into oblong patties and brown slowly in skillet. Place in a baking dish. Make gravy from the pan drippings and pour over patties. Bake 300 degrees for 45 minutes.

Linda Zimmerman
Lititz

COZY LIME CHICKEN FOR TWO

- 4 broiler-fryer chicken parts
- 4 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper

1 can (3 ounces) sliced mushrooms in butter

In small bowl, mix lime juice and olive oil. Dip each chicken part in mixture, covering completely. On foil-lined baking pan, arrange chicken in single layer; sprinkle with salt and pepper. Arrange oven rack at least 6 inches from heat and set temperature at broil (450 degrees). Broil chicken about 15 minutes, turn and pour remaining lime-oil mixture over chicken. Continue to broil about 15 minutes more or until fork can be inserted in chicken with ease. Pour mushrooms in butter from can over chicken and return to oven for about 2 minutes or until mushrooms are hot. Makes 2 servings.

National Broiler Council

RIB EYE STEAKS WITH HORSE RADISH TOPPED TOMATOES

- 6 beef rib eye steaks, cut 1/4 -inch thick
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup reduced-calorie mayonnaise

2 tablespoons chopped green onion, divided
2 teaspoons prepared grated horseradish

- 1 egg white, stiffly beaten
- 3 medium tomatoes, cut in half crosswise

Place beef rib eye steaks on rack in broiler pan so surface of meat is 3 inches from heat. Broil 6 to 8 minutes to desired degree of doneness, turning once. Season with salt and pepper. Meanwhile combine mayonnaise, 1 tablespoon green onion and horseradish. Fold in beaten egg white. Place 2 tablespoons horseradish mixture over each tomato half; broil with steaks during last 3 minutes or until brown. Garnish with remaining green onion. Serve steaks with Horseradish Topped Tomatoes. Serves 6.

Beef Council



Start a family favorite by making Broccoli-Stuffed Beef Roast.

SICILIAN MEATLOAF

- 2 eggs, beaten
 - 3/4 cup soft bread crumbs
 - 1/2 cup tomato juice
 - 2 tablespoons parsley
 - 1/2 teaspoon oregano
 - 1/4 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 clove garlic, minced
 - 2 pounds ground beef
 - 8 thin slices ham
 - 1 1/2 cups mozzarella
- Combine all ingredients except ham and cheese. Pat out into a

12x10-inch rectangle on a piece of foil. Arrange ham on top of meat and then cheese on top of ham. Roll up starting at short end. Seal edges. Seal the foil edges also and place on cookie sheet. Bake at 350 degrees for 1 1/2 hours. Open up and put some cheese wedges on top and return to oven to melt cheese. Slice and serve.

Angelique McDonald
Bedford Co. Dairy Princess

HOT CHICKEN SALAD

- 2 cups cooked chicken
- 2 cups celery
- 1 cup croutons
- Small onion
- 1 teaspoon lemon juice
- 1 cup salad dressing
- 1 cup almonds (optional)

Mix together all ingredients and place in baking dish. Sprinkle grated cheese over top with crushed potato chips.

Beatrice Bay

(Turn to Page B8)



Step 1



Step 4



Step 2



Step 5



Step 3

Source: Meat Board Test Kitchens

BROCCOLI-STUFFED BEEF ROAST

- 3 to 4-pound boneless beef top loin roast
 - 1/2 teaspoon salt
 - 1/4 teaspoon pepper
 - 1 tablespoon butter
 - 1 cup finely chopped mushrooms
 - 1/4 cup finely chopped onion
 - 1/4 cup apple cider
 - 2 tablespoons grated Parmesan cheese
 - 1 tablespoons dry bread crumbs
 - 1 clove garlic, minced
 - 1 teaspoon dried thyme leaves, crushed
 - 1/4 teaspoon lemon pepper
- Trim fat from beef. Make a cut one-third of the way down horizontally through the length and width of the roast (parallel to the surface of the meat). Do not cut through the opposite side. Unfold the top, thinner flap. Make a second, horizontal shallow cut 4 of the way through the thicker meat portion. Rotate the beef one-half turn and continue cutting with knife horizontally through the length and width of the roast (parallel to the surface of the meat). Do not cut through the opposite side. Unfold the flap. The meat should lay flat. Sprinkle top of open beef surface with salt and pepper. Melt butter in nonstick frying pan over medium heat until hot (about 2 minutes). Add broccoli, mushrooms and onions; cook and stir 3 to 4

minutes. Add cider; cook until liquid evaporates about 2 to 3 minutes. Remove from heat and stir in cheese and bread crumbs. Spread 1/2 the stuffing onto the middle beef section and fold the flap over. Spread remaining filling over it. Close last flap to enclose the stuffing. Combine garlic, thyme, and lemon pepper; sprinkle over top and sides of roast. Place beef roast on rack in open roasting pan. Do not add water. Do not cover. Roast in 325 degree oven to desired doneness. Allow about 21 to 23 minutes per pound. Allow roast to stand 15 minutes in warm place before carving. Carve into 1/2 -inch thick slices.

Beef Council

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 Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522.

March

- 4- Vegetarian Dishes
- 11- Peanut Butter Recipes
- 18- Cooking With Eggs
- 25- Easter Recipes