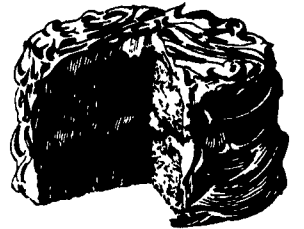


# Home On The Range



## Beef For Real People

Beef offers a great tasting package of nutrients for a relatively low calorie cost. Today's beef is lower in fat and calories than ever before.

### THRIFTY STEAK

1 pound ground beef  
1 tablespoon onion  
½ cup milk  
1 teaspoon salt  
¼ teaspoon pepper  
1 cup crushed wheaties  
Mix all ingredients and shape into one inch thick patties. Broil three to four minutes. Turn and broil five minutes longer.

### STEAK SAUCE

1 envelope Spatini sauce mix  
1 6-ounce can tomato paste  
2 6-ounce cans cold water  
3 tablespoons vinegar  
4 tablespoons brown sugar  
Bring to a boil. Add hamburgers and simmer. Top each one with cheese and place on bun.

C.M.Z.  
Lititz

### SIRLOIN AND GRAPE RIBBON KABOBS

Preparation time: 15 minutes  
Microwave cooking time: 6½ to 7 minutes  
8 ounces boneless beef sirloin steak, cut one inch thick  
48 green or red seedless grapes  
½ cup apple jelly  
2½ teaspoons prepared grated horseradish  
Cut beef sirloin steak into 2-inch thick strips. Alternately thread beef strips (weaving back and forth) and grapes on 16 six-inch bamboo skewers. Arrange in spokelike fashion on rack in microwave-safe baking dish. Combine apple jelly and horseradish in small microwave-safe bowl. Microwave at HIGH one minute or until jelly is melted. Brush glaze over kabobs. Cover with waxed paper. Microwave at MEDIUM or 50 percent power (approximately 325 watts) three minutes. Turn kabobs over, bring inside to the outside, brush with remaining glaze and continue cooking, covered, at MEDIUM 2½ to 3 minutes. Yield: 16 appetizer kabobs.

National Live Stock and Meat Board

### STEAK 'N PEPPERS

Preparation time: 20 minutes  
Microwave cooking time: 18 to 23 minutes

4 beef tenderloin steaks, cut 1 inch thick (approximately 4 ounces each)  
1 tablespoon light sesame oil, divided  
1 to 3 teaspoon peppercorns, coarsely crushed  
1 tablespoon butter  
2 medium green bell peppers, cut into ¼-inch thick julienne strips  
1 each medium red and yellow bell pepper, cut into ¼-inch thick julienne strips  
6 green onions, cut into ½ -inch pieces

¼ cut soy sauce  
1-½ teaspoons cornstarch  
¼ cup each balsamic vinegar\*, apple juice and tomato juice  
4 to 6 drops hot pepper sauce  
Flatten beef tenderloin steaks with palm of hand, flattening to ¼ -inch thickness. Brush both sides of steaks with 1 teaspoon oil; press pepper into both sides. Place remaining oil and butter in 11¼ x 7½ -inch microwave-safe baking dish; microwave at HIGH 1 minute or until butter is melted. Add peppers and green onions, stirring to coat with oil mixture. Microwave at HIGH 4 minutes or until peppers are crisp/tender, stirring once; reserve. Combine soy sauce and cornstarch in 4-cup microwave-safe glass measure; stir in balsamic vinegar, apple juice, tomato juice, and hot pepper sauce. Microwave at HIGH 2 minutes or until mixture boils; stir. Continue cooking at HIGH 1 to 2 minutes or until sauce is thickened; stirring once. Preheat browning dish at HIGH 6 to 8 minutes. Meanwhile, stir cooked sauce into reserved peppers; set aside. Press steaks down firmly on browning dish. Microwave, uncovered, at HIGH 2 minutes. Turn steaks and continue cooking at HIGH 1 to 2 minutes longer or until desired doneness. If necessary, reheat pepper mixture at HIGH 1 to 2 minutes or until hot. Remove peppers onto serving platter with slotted spoon; top with steaks. Serve steaks and peppers with remaining sauce. 4 servings.

\*Balsamic vinegar is available in the imported section of the supermarket or in specialty food shops.



If you would like facts about beef, a guide for understanding beef's role in a balanced diet, selecting from a wide variety of beef cuts and preparing them for your eating enjoyment and good health, send a self-addressed, stamped envelop to National Live Stock and Meat Board, 444 North Michigan Avenue, Chicago, IL 60611.

### BROILED BEEF PORTERHOUSE STEAKS

Beef porterhouse steaks, cut one to two inches thick  
Salt and pepper  
Place steaks on grill and broil at moderate temperature. Steaks cut one inch thick should be placed two to three inches from the heat. Steaks cut two inches thick should be placed three to five inches from the heat. When one side is browned, turn, season and finish cooking on the second side. Season.

Steaks cut one inch thick require approximately 15 to 20 minutes for rare and 20 to 25 minutes for medium. Steaks cut two inches thick require approximately 30 to 35 minutes for rare and 40 to 45 minutes for medium.

Delores Sensenig  
New Oxford

### BEEF STROGANOFF

1 pound beef strips or ground beef  
¼ teaspoon pepper  
¾ cup sour cream  
1½ tablespoons fat  
½ teaspoon salt  
9 ounces boiling water  
1 beef flavored bouillon cube  
¼ cup flour  
Brown meat in fat. Dissolve bouillon cube in boiling water and set aside. Add onions and seasoning to browned meat. Add bouillon and water. Simmer, covered, for 35 to 40 minutes. Blend sour cream with flour. Add to meat mixture gradually, stirring constantly. Stir until thickened. Remove from heat and serve over cooked noodles or rice.

D. Witmer  
Ephrata

### APPETIZER MEATBALLS

2 pounds ground lean beef  
1 pound bulk pork sausage  
1 can (5 oz.) evaporated milk  
2 cups old-fashioned oats  
½ teaspoon pepper  
2 tablespoons chili powder  
½ teaspoon garlic powder  
2-3 teaspoons salt  
2 eggs  
½ cup chopped onion

2 cups catsup  
1½ cups brown sugar  
1 teaspoon liquid smoke  
½ teaspoon garlic powder  
½ cup chopped onion  
Mix all meatball ingredients together; shape into small one inch diameter balls. Place in baking pan in single layer. Combine sauce ingredients and pour over meatballs. Bake at 350° for one hour. Yield nine dozen meatballs.

G.M.Z.  
Lititz

### SAUCE

If you like sauce, double —

(Turn to Page B6)

## Featured Recipe

An unlikely food combination turned into a winning combination for Lloyd Rocznik of Rochester, Minnesota at the 1989 National Beef Cook-off in Portland, Oregon. Combining beef and yogurt to create a tasty, light meal for only 243 calories per serving. Rocznik won a \$1,000 prize for the Best Under 300 Calorie/Serving category. Here is Lloyd Rocznik's unique recipe.

### RED-HOT BEEF KABOBS WITH YOGURT SAUCE

Preparation time: 25 minutes  
Marinating time: 15 minutes  
Cooking time: 8 to 10 minutes  
1 boneless beef sirloin steak, cut 1-1/4 inches thick (approximately 2 pounds)  
¼ cup packed brown sugar  
4 teaspoons cider vinegar  
1 tablespoon vegetable oil  
2 teaspoons chili powder  
1 teaspoon salt  
½ to 1 teaspoon hot pepper sauce  
1 carton (8 ounces) plain low-fat yogurt  
½ cup minced green onions and tops  
¼ teaspoon garlic salt  
1 package (10 ounces) fresh spinach  
Red bell pepper slices  
Paprika

Trim fat from boneless beef sirloin steak; cut steak into 1-½ -inch pieces. Mix brown sugar, vinegar, oil, chili powder, salt, and hot pepper sauce in medium bowl. Add beef pieces; toss to coat. Let stand 15 minutes. Meanwhile, stir together yogurt, green onions, and garlic salt; set aside. Wash spinach; discard stems and pat dry. Coarsely chop spinach; set aside. Thread beef pieces on six to eight 9-inch metal skewers. Place beef on grid over medium coals\*. Grill beef 8 to 10 minutes to desired doneness (rare or medium), turning frequently. To serve, place spinach around edge of large serving platter, leaving center open for small serving bowl. Remove beef from skewers and arrange over spinach. Garnish beef with peppers. Put yogurt sauce in serving bowl; sprinkle with paprika. Place bowl in center of platter. 6 to 8 servings.

\*Test about 4 inches above coals for medium with 4-second hand count.

## 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. Recipes should reach our office one week before publishing date.

<b>Feb.</b>	10- Chocolate Lovers' Month
	17- Recipes Using Nuts
	24- Cherry Desserts
<b>March</b>	3- Peanut Butter Month