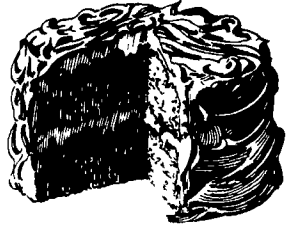


# Home On The Range



## Menu Planning? Lean On Beef

Today's beef is lower in calories than ever before. This is a result of new breeding and feeding techniques, combined with closer trimming at the meat case. That's good for everyone who enjoys eating, but wants to eat right.

Beef offers a great tasting package of nutrients for its relatively low calorie cost. The ease of preparing beef makes it ideal for feeding today's active families.

There are numerous ways to prepare beef. Try these, and see if you don't agree — Lean on beef for menu favorites.

### VEGETABLE SOUP

1 quart potatoes  
1 quart carrots  
1 quart peas  
1 quart navy beans  
6 or 7 quarts tomato juice  
1 quart celery  
1 quart onion  
1 pint spaghetti  
2 tablespoons chili powder  
2 pounds ground beef  
½ cup sugar  
Salt to taste  
Brown hamburger and onions. Add seasonings and vegetables and cook until soft. Makes 12 quarts.

Anna Joyce Martin  
East Earl

### BEEF BURGUNDY

Put in a deep, heavy pan  
½ pound salt pork or suet, diced  
12 small white onions  
Cook and stir until the onions are brown. Remove the onions and set aside.  
Add 2 pounds round steak, in 2-inch cubes  
Brown well. Sprinkle with:  
2 tablespoons flour  
Salt and pepper  
Marjoram  
Thyme  
Stir and add:  
1 cup red wine  
1 cup bouillon or water  
Cover and cook over lowest possible heat for 4 to 5 hours or in a casserole or bean pot in a 250 degree oven. Add the onions and the following:  
12 small potatoes  
½ pound sliced mushrooms  
1 cup diced carrots, optional  
Cook until the vegetables are tender, about 45 minutes. Season to taste. Serves 6.

Shirley Grove  
Cheyney

### MANICOTTI

Batter dough:  
3 eggs  
1 cup water  
1 cup flour  
Dash salt and pepper  
Beat together all ingredients to make a smooth batter. Pour batter into a heated non-stick frying pan until it resembles a large pancake. Do not turn. Remove and layer wax paper between each manicotti. Makes 25 doughs.

Cheese-Meat Filling:  
Mix all ingredients together. Place about 1 tablespoon in center of dough and roll from both sides. Line manicotti in a baking dish. Top with your favorite spaghetti sauce. Cover baking dish. Bake at 350 degrees for 30 to 45 minutes.  
Terry Hill  
Lebanon Co. Dairy Princess

### PITA BURGERS WITH CUCUMBER-YOGURT SAUCE

1 pound ground beef  
½ cup chopped unpeeled cucumber  
½ cup plain lowfat yogurt  
2 teaspoons pepper-herb mix, divided\*  
2 pita pocket breads, halved  
1 medium tomato, cut into 8 thin slices  
Combine cucumber, yogurt, ½ teaspoon herb mix and ¼ teaspoon salt in a small bowl; set aside. Divide ground beef into 4 equal portions; shape into patties 4-inches in diameter. Sprinkle remaining 1½ teaspoons herb mix over both sides of patties. Meanwhile heat 12-inch nonstick frying pan over medium heat 5 minutes. Panbroil patties 6 to 8 minutes, turning once. Season with salt, if desired. Meanwhile heat pita halves in toaster until lightly toasted. To serve, place a beef patty in each pita half; add 2 tomato slices. Add sauce as desired. Serves 4.

\*Pepper-Herb Mix  
2 tablespoons dried basil leaves  
1 tablespoon lemon-pepper  
1 tablespoon onion powder  
1 tablespoon dried savory leaves  
1½ teaspoons rubbed sage  
Combine all ingredients. Store, covered, in airtight container. Shake before using to blend. Yield: about ½ cup.

Pa. Beef Council



A contemporary steak and potatoes dinner takes advantage of cooking steaks from the frozen state, a quick and easy mealtime solution.

### STEAK WITH CHEESY MICROWAVE POLENTA

1 pound boneless beef top sirloin steak, cut 1-inch thick  
Cheesy Microwave polenta\*  
1 teaspoon Italian seasoning  
1 clove garlic, minced  
½ teaspoon salt  
¼ teaspoon coarse ground black pepper  
Prepare cheesy microwave polenta. Meanwhile combine Italian seasoning, garlic, salt and pepper; sprinkle evenly over both sides of beef top sirloin steak. Place steak on rack in broiler pan so surface of meat is 3 to 4 inches from heat. Broil 14 to 16 minutes to desired doneness (rare to medium), turning once. Carve into thin slices and serve with Cheesy Microwave Polenta. Serves 4.

\*Cheesy Microwave Polenta  
1½ cups water  
½ cup yellow cornmeal  
½ teaspoon salt  
½ cup shredded mozzarella cheese, divided  
2 tablespoons grated Parmesan cheese

1 cup prepared spaghetti sauce  
Combine water, cornmeal, and salt in 1-quart microwave-safe casserole. Microwave, covered, at High 6 to 8 minutes, stirring every 2 minutes. (Mixture will be thick). Stir in 2 tablespoons each mozzarella cheese and parmesan cheese. Sprinkle with remaining mozzarella cheese. Microwave, uncovered, at medium or 50 percent power 2 to 3 minutes or until cheese melts. Let stand covered 5 minutes. Meanwhile, microwave spaghetti sauce in 2-cup microwave-safe container, covered, at high 2 minutes or until heated through. Serve over polenta. Serves 4.

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### BEEF STIR-FRY

1 pound top round, closely trimmed of fat, sliced thin  
2 tablespoons soy sauce  
1 to 2 tablespoons fresh grated ginger, optional  
2 cloves garlic, minced  
1 tablespoon vegetable oil  
1 large onion, chopped

6 scallions, sliced lengthwise into 4-inch pieces  
2 carrots, sliced thin  
1 cup celery, sliced  
2 cups snow peas  
1 sweet red pepper, sliced  
1 cup sliced mushrooms  
1 tablespoon cornstarch  
¼ cup cold water  
Pepper to taste

Marinade: Combine meat with soy sauce, ginger and garlic in a bowl or plastic container. Cover with plastic wrap and marinate in the refrigerator for 1 hour.

In a wok or heavy, large non-stick skillet, heat oil over medium heat. Add onion and scallions, saute until onion is translucent. While onion is sauteing, remove meat from marinade and set aside. Add marinade, carrots, celery, snow peas, and red pepper to wok. Stir approximately 4 minutes until vegetables begin to soften. Add

mushrooms; stir. Push vegetables up the sides of the wok. Increase heat to medium-high. Add sliced meat and stir until meat is browned on all sides (be careful not to overcook). Reduce heat to medium-low and push meat up the sides of the wok. Combine cornstarch and water. Add cornstarch mixture to the sauce; mix until the sauce begins to thicken. Combine all ingredients, add pepper to taste; and stir until hot. Makes six 1½ cups servings.

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## Featured Recipe

Quick, effortless cooking is the goal for most cooks during the workweek. They want to get dinner on the table in a hurry, with as little fuss as possible.

To help, the Meat Board Test Kitchens and Beef Industry Council has released a recipe booklet. The streamlined recipes and tips are designed especially for time-pressured cooks who want to create great-tasting, well-balanced meals with fresh, readily available ingredients in just 30 minutes or less.

For your free copy, send a self-addressed, stamped envelope to the Pennsylvania Beef Council, Inc., 4714 Orchard St., Harrisburg, PA 17109.

In the meantime, enjoy this recipe that appears in the booklet. The sassy flavor of salsa is combined with beef and cheese to create this entree in less than 20 minutes, if you microcook the potatoes and cook the beef mixture on the range top.

### BEEF AND SALSA TOPPED POTATOES

1 pound lean ground beef  
2 large baking potatoes  
½ cup chopped onion  
1 cup prepared medium salsa  
½ cup shredded Cheddar cheese  
1 green onion, sliced

Scrub potatoes; pierce each with a fork in several places. Microwave at high for 8 to 10 minutes or until tender, rotating ¼ turn after 4 minutes. Let stand 5 minutes. Meanwhile, cook ground beef and onion in 10-inch nonstick frying pan over medium heat until browned, stirring occasionally. Pour off drippings. Add salsa, stirring to combine and continue cooking 3 to 4 minutes. Cut potatoes in half lengthwise; break up and fluff pulp with fork. Season with salt, if desired. Spoon an equal amount of beef mixture over each potato half. Top with equal amount of cheese and garnish with green onion. Serves 4.

## 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.

### January

12- Warm Up With Soup  
19- Pizza Week

### February

26- One Dish Meals  
2- Muffin Mania Week