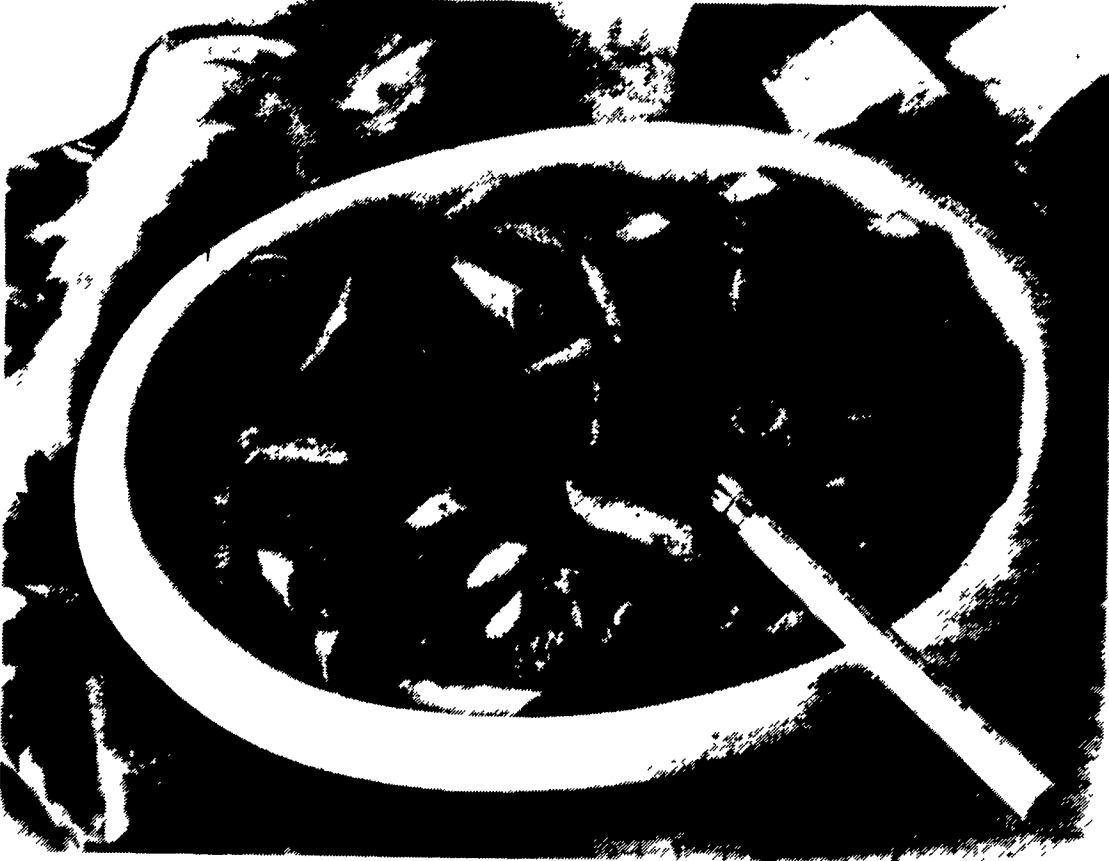
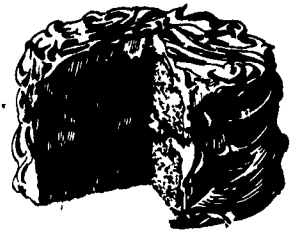


# Home On The Range



Italian Beef and Pasta is an economical, family-pleasing favorite with a new flavor twist.

## Ideas For One-Dish Meals

We all need dinner in a hurry from time to time. But, dinner in a hurry doesn't need to mean dashing to the local carry-out or fast food restaurant. Not when you know the basics for one-dish cooking.

One of the beauties of one-dish cooking is that it's very fast when you use quick-cooking meats and frozen or freshly prepared vegetables from the supermarket.

Another plus for one-dish meals is that cleanup is easy because there is only one pan.

Some one-dish meals do require longer cooking times. But these, too, are often timesavers, for they can be prepared and stuck in the oven while you do your chores. Save these longer cooking one-dish meals for those days when you can allow extra time for baking.

Many busy families have favorite dinner fall-backs — convenient, tasty weekday meals that complement hectic routines. Have fun trying these.

### ITALIAN SIRLOIN STEW

1 pound boneless beef sirloin steak, cut 1-inch thick  
1 large clove garlic, crushed  
2 tablespoons olive oil, divided  
2 medium onions, cut into ¼-inch slices

1 teaspoon dried basil leaves  
½ teaspoon ground red pepper  
1 ½ ounce-can tomatoes, undrained

1 cup ready-to-serve beef broth  
2 medium zucchini, cut into ¼-inch slices  
Grated parmesan cheese, optional

Cut beef steak into ¼-inch thick strips; cut each strip into 1-inch pieces. Combine garlic with 1 tablespoon oil; stir into beef and reserve. Saute onion in remaining oil in large saucepan 3 minutes. Sprinkle with basil and pepper; cook and stir 1 minute. Add tomatoes, beef broth, and zucchini. Bring to a boil; cover, reduce heat, and simmer 15 minutes.

Meanwhile, heat large nonstick skillet over medium-high heat. Cook and stir beef 1 to 2 minutes; add to sauce. Stir 2 teaspoons cornstarch dissolved in 2 tablespoons water into stew and cook until slightly thickened, about 2 minutes. Sprinkle with grated cheese, if desired. Serves 4.

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### MEAL-IN-ONE

1 ½ pounds ground beef  
½ cup chopped onion  
1 can cream of mushroom soup  
1 can tomato soup  
½ cup water  
Dash pepper

9-ounce frozen cut green beans, cooked and drained  
1 cup cooked sliced carrots  
3 cups mashed potatoes  
Cheese, shredded

In saucepan, brown beef and onion until tender. Pour off fat. Add soups, water, pepper, beans, and carrots. Pour into 2-quart shallow baking dish. Spoon potatoes in diagonal lines across top of casserole, sprinkle with shredded mild cheese.

Serves 6.

June Unruh  
Adamstown

### ITALIAN BEEF STIR FRY

1 pound beef round tip steaks, cut ¼ to ½-inch thick  
2 cloves garlic, crushed  
2 tablespoons olive oil  
2 small zucchini, thinly sliced  
1 cup cherry tomato halves  
¼ cup reduced-calorie Italian salad dressing  
2 cups hot cooked spaghetti  
1 tablespoon grated Parmesan cheese

Cut beef steaks crosswise into 1-inch wide strips; cut each strip crosswise in half. Cook and stir garlic in oil in large nonstick skillet over medium-high heat 1 minute. Add beef strips (½ at a time); stir fry 1 to 1½ minutes. Season with salt and pepper. Remove with slotted spoon; keep warm. Add zucchini to same skillet; stir-fry 2 to 3 minutes or until crisp-tender. Return beef to skillet with tomato halves and dressing; heat through. Serve beef mixture over hot pasta, sprinkle with parmesan cheese. Serves 4.

### SIRLOIN CITRUS SALAD

1-pound boneless beef top sirloin steak, cut 1-inch thick  
Citrus Vinaigrette  
1 tablespoon olive oil  
4 cups torn romaine lettuce  
2 oranges, peeled and separated into segments

¼ cup walnuts, toasted  
Sliced strawberries, optional  
Prepare citrus vinaigrette; reserve. Cut beef steak into ¼-inch thick strips; cut each strip in half. Heat oil in a large nonstick skillet over medium-high heat. Stir fry beef 1 to 2 minutes. Remove with slotted spoon; season with salt, if desired. Toss lettuce, beef and oranges in large bowl. Sprinkle with walnuts. Drizzle with vinaigrette. Garnish with strawberries, if desired. Serve immediately. 4 servings.

### Citrus Vinaigrette:

Thoroughly combine 2 tablespoons each orange juice and red wine vinegar, 1 tablespoon olive oil, 2 teaspoons honey and 1¼ teaspoons Dijon-style mustard. Yield: approximately ½ cup.

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### ITALIAN BEEF AND PASTA

1 ½ pounds boneless beef round steak or boneless beef chuck steak, cut ½-inch thick

1 tablespoon vegetable oil  
1 medium onion, chopped  
1 large clove garlic, crushed  
1 teaspoon Italian seasoning  
1 can Italian-stewed tomatoes, undrained, broken

1 can ready-to-serve beef broth  
¼ cup red wine

½ pound mushrooms, halved  
1 ½ cups dry mostaccioli  
2 tablespoon grated Parmesan cheese

1 tablespoon chopped parsley, optional

Cut steak into 1-inch pieces. Heat oil in large skillet over medium heat until hot. Brown beef pieces. Pour off drippings, if necessary. Stir in onion, garlic, and Italian seasoning; continue to cook 2 minutes. Add tomatoes, broth and wine. Bring to a boil. Reduce heat to low; cover tightly and cook slowly on top of range or in 300-degree oven for 1½ hours or until meat is tender. Add mushrooms and mostaccioli, stirring to separate pasta. Cook, covered, 20 minutes. Remove cover; continue cooking 10 minutes or until mostaccioli is tender. Transfer to deep serving dish; stir in cheese. Sprinkle with parsley, if desired. Serves 4.

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### SHEPHERD'S PIE

In bottom of baking dish, place cooked vegetables. Mix meat and gravy and place on top of vegetables. Cover with mashed potatoes. Bake at 350 degrees for 30 minutes or until the gravy boils.

Top with cheese and return casserole to the oven until cheese is melted.

Lucinda Lehman  
Honey Grove

(Turn to Page B8)

## Featured Recipe

Cathy Gro, the Mifflin County Dairy Princess, is a junior at Lewistown Area High School. The daughter of Dale and Susan Gro of Pal-Ray Farm in McVeytown, Cathy helps milk 92 Holsteins and Ayrshires and crop farm the 200 acres.

Here are two of her breakfast favorites.

### BANANA BREAKFAST DRINK

3 ripe bananas, sliced  
3 cups cold milk  
3 tablespoons honey  
1 teaspoon vanilla extract

Place all ingredients in blender container; cover. Blend until smooth and frothy. Serve immediately in tall chilled glasses.

### CHEDDAR OMELET

3 eggs  
3 tablespoons water  
½ cup shredded cheddar cheese  
Dash pepper  
1 tablespoon butter

With a fork, thoroughly mix eggs, water, ¼ cup cheese and pepper. Heat butter in 8-10-inch omelet pan or skillet until hot enough to sizzle a drop of water. Pour in egg mixture. It should begin to cook at edges immediately. Draw the cooked portions with a spatula or fork toward the center so that the uncooked portions flow to the bottom and outer edge. Keep mixture as level as possible. Shake skillet frequently to keep omelet from sticking. When eggs no longer flow and surface is still moist, increase heat to brown bottom quickly.

If necessary, loosen edges. Shake skillet again to be certain omelet is not sticking at any point. Sprinkle with remaining ¼ cup cheese. Fold in half. Total cooking time is about 1½ minutes.

## 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  
February
- 29- Cooking With Lamb
  - 5- Favorite Muffins
  - 12- Heart Happy Recipes
  - 19- National Cherry Month

