

Beef — It's What's For Dinner

(Continued from Page B6)

UPDATED BEEF STROGANOFF

- Total preparation and cooking time: 25 minutes*
- 1 pound beef tenderloin tips
 - 1-1/2 cups uncooked farfalle (bow tie) pasta
 - Vegetable cooking spray
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
 - 8 ounces mushrooms, cut into 1/2-inch slices
 - 1/3 cup coarsely chopped onion
 - 2 teaspoons vegetable oil
 - 1 to 2 tablespoons all-purpose flour
 - 3/4 cup ready-to-serve beef broth
 - 1 tablespoon sliced green onion
 - 1/4 cup dairy light sour cream

1. Cook pasta according to package directions. Keep warm.
2. Meanwhile trim fat from beef; cut into 1 x 1/2-inch pieces. Spray large nonstick skillet with cooking spray. Heat skillet over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet; keep warm. Season with salt and pepper.
3. In same skillet, cook and stir mushrooms and onion in oil 2 minutes or until tender. Stir in flour. Gradually add broth, stirring until blended. Bring to a boil; cook and stir 2 minutes. Return beef to skillet; heat through.
4. Serve beef mixture over pasta. Sprinkle with green onion; pass sour cream to dollop on top.

Makes 4 servings (serving size: 1/4 of recipe).

Nutritional information per

serving: 344 calories; 30 g protein; 13 g fat; 25 g carbohydrate; 4.9 mg iron; 344 mg sodium; 77 mg cholesterol. (Complete nutritional information available upon request.)

Cook's Tip: One-pound boneless beef top sirloin steak cut 3/4 inch thick, may be substituted for beef tenderloin tips. Cut steak lengthwise in half and then crosswise into 1/4-inch thick strips.

SAVORY MEATLOAF

- 2 pounds ground beef
 - 8-ounce can stewed tomatoes
 - 1/2 cup chopped onion
 - 1/4 cup chopped green pepper
 - 2 eggs
 - 2 teaspoons Worcestershire sauce
 - 1 1/2 cups shredded wheat biscuits, crushed
 - 2 teaspoons salt
 - 1/2 teaspoon pepper
- Lightly mix together all ingredients. Shape into a loaf and place in a baking pan. Bake at 375 degrees for one hour. Makes 12 slices

I got this recipe off the shredded wheat box years ago. I made one modification to suit my husband who doesn't like cooked tomatoes. I use a can of tomato soup instead of stewed tomatoes. I add 1/4 cup of the undiluted soup to the meat mix. Bake for 30 minutes, then mix the remaining soup with an equal amount of water and pour over the meatloaf. Bake for another 30 minutes.

**Bonnie Blain
Halifax**

SLOPPY JOES

- 1 pound ground beef
 - 1 medium onion, chopped
 - 1 1/2 tablespoons all-purpose flour
 - 1 cup Coca Cola
 - 3/4 cup catsup
 - 2 tablespoons vinegar
 - 1 tablespoon Worcestershire sauce
 - 2 teaspoons dry mustard
- In a skillet, brown the meat and onions. Drain excess fat. Add the remaining ingredients and stir to mix. Cover and simmer for 30 minutes. Serve hot in hamburger buns.

**B.J. Light
Lebanon**

SAVORY BEEF STEW WITH ROASTED VEGETABLES

Total preparation and cooking time: 2-1/2 hours

- 1-3/4 to 2 pounds boneless beef chuck shoulder or bottom round
- 1 tablespoon olive oil
- 3 cloves garlic, crushed
- 3/4 teaspoon pepper
- 1 can (13-3/4 to 14-1/2 ounces) ready-to-serve beef broth
- 2 teaspoons dried thyme leaves
- Vegetable cooking spray
- 12 medium mushrooms
- 6 plum tomatoes, each cut lengthwise into quarters, seeded
- 3 small onions, each cut lengthwise into quarters
- 1-1/2 tablespoons olive oil
- 1-1/2 tablespoons plus 2 teaspoons balsamic vinegar
- 1 tablespoon cornstarch, dissolved in 2 tablespoons water
- Chopped fresh thyme (optional)
- 3 cups cooked couscous

1. Trim fat from beef. Cut beef into 1-inch pieces. In Dutch oven, heat 1 tablespoon oil over medium heat until hot. Add beef and garlic (1/2 at a time) and brown evenly, stirring occasionally. Pour off drippings. Season beef with pepper; stir in broth and dried thyme. Bring to a boil; reduce heat to low. Cover tightly and simmer 1-1/2 to 2 hours or until beef is tender.

2. Meanwhile heat oven to 425°. Lightly spray 15 x 10-inch jelly roll pan with cooking spray. Place vegetables in pan. Combine 1-1/2 tablespoons oil and 1-1/2 tablespoons vinegar; drizzle over vegetables, tossing to coat. Roast in 425° oven 20 to 25 minutes or until tender.

3. Bring beef stew to a boil over medium-high heat. Add cornstarch mixture; cook and stir 2 minutes or until sauce is slightly thickened and bubbly. Stir in roasted vegetables and remaining 2 teaspoons vinegar. Sprinkle with fresh thyme, if desired.

Serve with couscous.
Makes 6 servings (serving size: 1/6 of recipe).

Nutritional information per serving using beef chuck shoulder: 380 calories; 34 g protein; 13 g fat; 30 g carbohydrate; 5.2 mg iron; 281 mg sodium; 86 mg cholesterol. (Complete nutritional information available upon request.)

Nutritional information per serving using beef bottom round: 374 calories; 33 g protein; 13 g fat; 30 g carbohydrate; 4.9 mg iron; 268 mg sodium; 82 mg cholesterol. (Complete nutritional information available upon request.)

PEPPERY T-BONE STEAKS & CHILI CORN

- Total preparation and cooking time: 30 minutes*
Soaking time: 30 minutes
- 2 well-trimmed beef T-Bone or Porterhouse steaks, cut 1 inch thick
 - 4 ears fresh sweet corn, in husks
 - 1 to 2 cloves garlic, crushed
 - 1/2 teaspoon coarse grind black pepper
 - 2 tablespoons butter
 - 1/2 teaspoon chili powder
 - 1/4 teaspoon ground cumin

1. Pull back corn husks from each ear of corn leaving husks attached to base. Remove corn silk. Fold husks back around corn; tie at end of each ear with string or strip of one of the outside corn husks. Soak corn in cold water 30 minutes.

2. Remove corn from water; place on grid over medium coals. Grill 20 minutes or until tender, turning often.

3. Meanwhile combine garlic and pepper; rub into both sides of beef steaks. Place steaks on grid 15 minutes before corn is done. Grill approximately 10 to 14 minutes for medium-rare to medium doneness, turning once.

4. Meanwhile in small bowl, combine butter, chili powder and cumin; mix until blended.

5. Remove bone; carve steaks crosswise into thick slices. Serve with corn and seasoned butter.

Makes 4 servings.

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