

Home on the Range

Ground Beef's Varied Tastes

Meatballs on the grill? If you like meatballs, you'll love the great flavor that charcoal grilling gives them, and they're a delicious addition to your grilling repertoire.

Threaded onto skewers and brushed with barbecue sauce during grilling, meatballs are flavorful and delicious.

As with any ground beef mixture, keep these tips in mind when preparing the meatballs to ensure moist results.

- Mix ingredients lightly but thoroughly; over mixing can result in tough meatballs.

- Shape gently; don't press and pat too much or a compact, dry texture could result.

- Make sure meatballs are uniform in size so they cook evenly.

- Cook to medium doneness — just until no longer pink in the center.

SAUCY MEATBALLS

3 pounds ground beef
2 cups quick oats
2 eggs
1 can evaporated milk
2 teaspoons salt
½ teaspoon pepper
2 teaspoons chili powder
1 small onion, chopped
Mix together all ingredients thoroughly. Shape into small balls. Place balls one-inch apart in roast pan. Mix sauce ingredients and pour over meatballs.

Sauce:

2 cups ketchup
1 cup sugar
1 tablespoon liquid smoke
Cover and bake 30 minutes at 350 degrees. Bake uncovered at 350 degrees for 10 minutes.

Earla Horning
Penn Yan, N.Y.

HOMINY CASSEROLE

3 large onions
5 tablespoons butter
1 pound can hominy
¼ teaspoon chili powder
2 tablespoons flour
1 green pepper, chopped
1 pound lean ground beef
8-ounces tomato sauce
1 cup milk
Grated cheese
Saute onions and pepper in 3 tablespoons butter until tender. Add beef. Cook until redness has disappeared. Add hominy, chili, and tomato sauce. Place in 1½ -quart baking dish.

Melt 2 tablespoons butter. Add flour and milk. Cook until thickened. Add half cup cheese and pour over mixture. Sprinkle top with cheese. Bake at 350 degrees for 35 minutes.

Rachel Rudolph
New Oxford

SPANISH RICE AND GROUND MEAT

1 package Spanish rice
1 pound ground meat
Shredded cheddar cheese
1 small can tomato sauce
Cook rice according to package directions. Cook and crumble ground meat (beef, chicken or turkey). Drain well. Mix together rice, meat, and tomato sauce. Simmer 30 minutes. Just before serving, sprinkle cheese on top. Serve with garden salad and fresh crusty bread.

Husbands actually ask for this meal.

Sue Pardo
Jarrettsville, Md.

HAMBURGER AND RICE CASSEROLE

1 pound ground beef
1 small onion, chopped
1 green pepper, chopped
1 can cream of celery soup
2 cups milk
1 cup uncooked minute rice
Brown first three ingredients. Season with salt and pepper in a large skillet. Add soup mix and rice. Mix. Place in 2-quart casserole. Bake at 350 degrees for one hour.

Shirley Huegel
Lancaster

TACO SALAD

1 pound ground beef, cooked and drained
1 head lettuce, broken up
8-ounce can kidney beans, drained
1 tomato, cut up
1 onion, cut up
1 can black olives, seedless, sliced
8-ounces shredded cheddar cheese
Mix together all ingredients. When ready to serve, add and stir in:
1 bag nacho chips, broken up
1 package dry Italian dressing mixed according to package directions

Madeline VanLeuven
Mantua, N.J.



Try meatballs in various sauces for delightful new tastes.

SAVORY MEATBALLS

2 pounds lean ground beef
1 cup soft bread crumbs
2 eggs
¼ cup finely chopped onion
2 cloves garlic, crushed
1 teaspoon salt
¼ teaspoon pepper
Heat oven to 350 degrees. In a large bowl, combine all ingredients, mixing lightly but thoroughly.

Shape beef mixture into 24 meatballs. Place on rack in broiler. Bake in 350 degree oven for 25-30 minutes or until meat is no longer pink and juice runs clear.

Shape beef mixture into 64 1-inch meatballs.

Place on rack in broiler pan. Bake in 350 degree oven 18-20 minutes or until no longer pink and juice runs clear. To make ahead, seal cooked meatballs in freezer bags, label and seal and freeze up to one month.

Louise Graybeal
Renich, W.V.

MINI-MEATBALLS IN CRANBERRY-PEACH SAUCE

1 recipe cooked appetizer-size Savory Meatballs
16-ounces whole berry cranberry sauce
8-ounces sliced peaches in light syrup, drained
½ cup prepared mild picante or salsa

2 tablespoons cider vinegar
½ teaspoon grated fresh ginger
Dash ground allspice
In food processor fitted with steel blade, combine cranberry sauce and peaches. Cover. Process, pulsing on and off, until finely chopped.

In a large nonstick skillet, combine fruit mixture and remaining sauce ingredients. Bring to a boil. Reduce heat to medium-low. Simmer 5 minutes, stirring occasionally.

Add meatballs to skillet; continue to cook until meatballs are heated through, stirring occasionally. Garnish with green onion. Makes 64 appetizer-size meatballs.

Louise Graybeal
Renich, W.V.

MINI-MEATBALLS IN ROASTED RED PEPPER SAUCE

1 recipe cooked appetizer-size Savory Meatballs
1 tablespoon olive oil
1 medium onion, finely chopped
3 cloves garlic, crushed
1 cup ready-to-serve beef broth
2 teaspoons cornstarch
2 7-ounce jars roasted red peppers, rinsed, drained, chopped
½ cup dry white wine
2 tablespoons tomato paste
¼ teaspoon dried thyme leaves

In a large nonstick skillet, heat oil over medium heat until hot. Add onion and garlic. Cook and stir 2-3 minutes or until tender.

Combine broth and cornstarch; add to skillet with red peppers, wine, tomato paste, and thyme. Bring to a boil; reduce heat to medium low. Simmer 10-12 minutes or until slightly thickened, stirring occasionally.

Add meatballs to skillet; continue to cook until meatballs are heated through, stirring occasionally.

Makes 64 appetizer-size meatballs with sauce.

We enjoy farming and eating our produce.

Louise Graybeal
Renich, W.V.

ZESTY MEATBALL SANDWICHES

12 cooked large Savory Meatballs
2 tablespoons water
½ green pepper, cut into strips
½ onion, cut into thin strips
1¼ cups prepared low-fat spaghetti sauce
½ teaspoon dried basil leaves
4 hoagie rolls, split
¼ cup shredded part-skim mozzarella cheese, optional

In a large nonstick skillet, heat water over medium heat until hot. Add bell pepper and onion. Cook and stir 4 minutes or until water is evaporated and vegetables are tender. Reduce heat to medium low; add meatballs, sauce and basil. Cover and cook 5-6 minutes or until heated through, stirring occasionally.

Spoon equal amount of meatball mixture on bottom half of each roll. Top with 1 tablespoon cheese if desired. Close with top half of roll.

Makes 4 servings (serving size: 1 sandwich).

Louise Graybeal
Renich, W.V.

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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.

October

21- Pasta Favorites
28- Pumpkins Galore

November

4- Biscuits and Mix
11- Favorite Breads

Featured Recipe

Irvin Filler from Brookfield, Mass., sent in this recipe with the note: When you are making sauerkraut this fall, keep out a medium-size head of cabbage and try this coleslaw — it's good!

COLESLAW

1 medium-sized green cabbage (tough leaves removed) cored, shredded
2 medium-sized carrots, peeled and grated
1 green bell pepper, cored, seeded, finely diced
2 tablespoons grated onion
2 cups prepared mayonnaise
¼ cup granulated sugar
¼ cup Dijon-style mustard
¼ cup cider vinegar
2 tablespoons celery seeds
1 teaspoon salt
¼ teaspoon white pepper
Place vegetables in a large bowl. Set aside.
Combine remaining ingredients in another bowl. Add to the vegetables and toss well.
Cover the coleslaw and refrigerate for 3 to 4 hours before serving for the flavors to meld. Serves 6.