

# Home on the Range

## Beef:

### It's What's For Dinner

Beef contains more readily available iron than does nearly any other food source. That's important, since many people—especially women—often don't get enough iron in their diets.

Beef is also a great source of protein, B vitamins, niacin, riboflavin, and zinc.

Today's beef has 27 percent less external fat than a decade ago.

Did you know that a 3-ounce serving of cooked, trimmed beef top round has just 4 grams of fat and only 70 milligrams of cholesterol? The same size serving of baked, skinless chicken breast has 2 grams fat and 70 milligrams cholesterol.

Lean beef fits into the American Heart Association guidelines. Beef is a nutrient dense food, which means that it supplies significant nutrients for the calories it contains.

True, it's difficult to beat the flavor of traditional roast beef or grilled steak, but here are some recipes, mostly from the Beef Council, that are sure to vie for favorite standing in your mealtime repertoire.

#### FIVE LAYER DINNER

- 1 pound ground beef
- 1/4 cup butter
- 1 small onion, chopped
- 1 cup sliced carrots
- 1 cup chopped celery
- 4 cups julienned potatoes
- 1 cup uncooked rice
- 1 quart canned green beans, drained
- 3 cups tomato juice plus 1 cup water
- 1 teaspoon salt
- 1 teaspoon parsley flakes
- 1/2 teaspoon poultry seasoning
- 1/4 teaspoon pepper
- 1 cup shredded cheese

Brown beef, drain off fat. In medium saucepan, saute onion, carrots, and celery in butter 3 to 5 minutes, stirring frequently. Set aside. In a large greased casserole dish or roasting pan, layer potatoes, rice, ground beef, carrot mixture, and beans. Combine tomato juice, water, and seasonings; pour over all. Cover and bake at 350 degrees for 1 1/2 hours or until potatoes and rice are tender. Top with cheese; cover and let set until cheese melts.

Jolene Martin  
Lititz

#### BLUE CHEESE TENDERLOIN STEAKS

- 4 beef tenderloin steaks, cut 1-inch thick
  - 2 tablespoons cream cheese, softened
  - 1/2 teaspoons crumbled blue cheese
  - 1/2 teaspoons plain low-fat yogurt
  - 2 teaspoons minced onion
  - Dash white pepper
  - 1 large clove garlic, halved
  - 1/2 teaspoon salt, divided
  - 2 teaspoons chopped parsley
- Combine cream cheese, blue cheese, yogurt, onion, and pepper; reserve. Rub each side of beef steaks with garlic. Place steaks on rack in broiler pan so surface of meat is 2 to 3 inches from heat. Broil 5 to 6 minutes. Season with 1/4 teaspoon salt.

Turn and broil 3 to 4 minutes. Season with remaining salt. Top each steak with an equal amount of reserved cheese mixture. Broil an additional 1 to 2 minutes. Garnish with parsley. 4 servings.

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#### BEEF CHILI

- 1 pound lean beef cubed steaks
  - 2 teaspoons vegetable oil
  - 4 1/2 teaspoons Spicy Seasoning Mix\*
  - 1 medium onion, chopped
  - 28-ounce can plum tomatoes, undrained
  - 2 cups frozen whole kernel corn
- Heat oil in deep large skillet over medium heat 5 minutes. Meanwhile cut each beef steak lengthwise into 1-inch wide strips; cut crosswise in 1-inch pieces. Sprinkle beef with 2 teaspoons spicy seasoning. Stir-fry beef and onion 2 to 3 minutes. Season with salt, if desired. Add tomatoes (break up with back of spoon), corn and remaining 2 1/2 teaspoons spicy seasoning. Bring to a boil; reduce heat to medium-low and simmer, uncovered, 18 to 20 minutes. 4 servings.

#### \*Spicy Seasoning Mix

- 3 tablespoons chili powder
  - 2 teaspoons ground cumin
  - 1 1/2 teaspoons garlic powder
  - 3/4 teaspoon dried oregano leaves
  - 1/2 teaspoon ground red pepper
- Combine all ingredients. Store, covered, in airtight container. Shake before using to blend. Yield: about 1/2 cup.

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Grecian Skillet Ribeyes can be prepared in 25 minutes using just eight ingredients.

#### BARBECUE BEEF CUPS

- 3/4 cup lean ground beef
  - 1/2 cup barbecue sauce
  - 1 teaspoon instant minced onion
  - 1 can refrigerated biscuits
  - 1 cup shredded cheddar cheese
- Preheat oven to 400 degrees. Brown ground beef in skillet over medium heat until no longer pink; stir occasionally. Drain fat and rinse, if desired.

Combine beef with barbecue sauce and onion.

Separate biscuits and place each in an ungreased muffin cup. Press the dough up the sides to the edge of muffin cup.

Spoon beef mixture into cups. Bake 10 to 12 minutes until biscuit is golden brown. Top with shredded cheese. Return to oven until cheese melts. 10 servings.

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#### GRECIAN SKILLET RIBEYES

- 2 well-trimmed beef ribeye steaks, cut 1-inch thick
- 1 tablespoon olive oil
- 1 tablespoon fresh lemon juice
- 2 tablespoons feta cheese
- 1 tablespoon chopped, pitted black olives

#### Seasoning:

- 1 1/2 teaspoons garlic powder
- 1 1/2 teaspoons dried basil leaves, crushed
- 1 1/2 teaspoons dried oregano leaves, crushed
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Combine seasoning ingredients; press into both sides of beef steaks. In large nonstick skillet, heat oil over medium heat until hot. Place steaks in skillet; cook approximately 10 to 14 minutes for medium rare to medium doneness, turning once. Sprinkle with lemon juice.

To serve, sprinkle cheese and olives over steaks; garnish as desired. Makes 2 to 4 servings.

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## Featured Recipe

For the contemporary crowd, a casual weekend supper for friends mean easy entertaining and fabulous food.

And when the main dish is a stunning Veal and Vegetable Lasagna, the rest is easy because you need only the simplest accompaniments like a salad and bread to round out the menu. Veal and Vegetable Lasagna is a star, both in flavor and ease of preparation. Made with lean ground veal, it's a delicious, contemporary rendition of the classic favorite.

Fore ease, this updated lasagna starts with a prepared garlic and mushroom pasta sauce, and uncooked lasagna noodles. By covering the uncooked noodles completely with the sauce as the lasagna is assembled, they will be al dente at the end of cooking time. Lasagna was never so easy.

#### VEAL AND VEGETABLE LASAGNA

Total preparation and cooking time: 1-3/4 hours

- 1-1/2 pounds ground veal
- 2 teaspoons olive oil
- 2 large yellow bell peppers, cut into sixths
- 1 package (10 ounces) fresh spinach, torn
- 1/2 teaspoon salt
- 1 jar (26 to 28 ounces) prepared garlic and mushroom pasta sauce
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 10 uncooked lasagna noodles (not oven-ready)
- 4 cups shredded smoked mozzarella cheese

1. Heat oven to 375°F. Heat oil in large nonstick skillet over medium heat. Add peppers; cook 3 to 4 minutes or until crisp-tender, stirring occasionally. Remove from skillet; set aside. Add spinach to same skillet; cook and stir 1 minute or until slightly wilted. Drain excess liquid. Remove from skillet; set aside.

2. Brown ground veal in same skillet over medium heat 7 to 8 minutes or until veal is no longer pink, breaking up into 1/2-inch crumbles. Pour off drippings. Season with salt. Stir in pasta sauce and tomatoes.

3. spread 2 cups sauce mixture in 13x9-inch baking dish. Place 4 noodles lengthwise and 1 noodle crosswise (break noodle to fit) in a single layer; press lightly into sauce. Layer spinach over noodles. Arrange peppers in single layer over spinach. Sprinkle with half of cheese. Spread 2-1/2 cups sauce over cheese. Cover with remaining noodles; press lightly into sauce. Spread remaining sauce over noodles.

4. Cover with aluminum foil; bake in 375°F oven 1 hour. Remove from oven. Sprinkle with remaining cheese. Tent with aluminum foil; let stand 15 minutes before cutting.

Makes 9 servings.

#### Cooks Tips:

one (10-Ounce) package frozen leaf spinach, defrosted and drained well, may be substituted for fresh spinach.

Regular mozzarella cheese may be substituted for smoke mozzarella.

**Nutrition information per serving:** 407 calories; 32 g. protein; 36 g. carbohydrate; 14 g. fat; 3.8 mg iron; 745 mg sodium; 88 mg cholesterol. (Complete nutritional information available on request.)

## 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 listed below.

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