

Beef Contest Entries

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BEEF AND PEPPER STRIPS MANILA

- 2½ pounds beef roast, any cut
- 2 tablespoons Worcestershire sauce
- 2 teaspoons vinegar
- 2 tablespoons brown sugar
- 2 tablespoons cornstarch
- 1 egg
- 2-4 tablespoons canola oil
- 2 red bell peppers

Slice the raw roast into ¼-inch strips across the grain. Cut the strips into one-inch pieces.

Whisk together the Worcestershire sauce, vinegar, brown sugar, cornstarch, and egg. Pour over beef strips in non-metal bowl. Cover and refrigerate four hours.

Cut the sweet bell peppers into bite-size strips and have ready in a separate bowl.

Heat 2 tablespoons canola oil in a large teflon skillet at 400 degrees. Lift meat from marinade. Add meat all at once to hot oil and fry, stirring and flipping the pieces constantly.

As meat begins browning, add a little more oil and then add the pepper strips. Continue to stir fry until beef is tender enough to cut with the side of a fork and peppers are crisp tender.

Serve over a platter of hot fluffy rice or egg noodles.

I have lived near Manila in my childhood and very much enjoy Philippine cuisine.

We are a family of four with two preschool children. This recipe is a way to get beef tender enough for them to chew.

Because the preparation can be done ahead of time, this recipe is nice to use when there is little time to spend cooking or when the weather is too warm to enjoy standing over the stove.

Marla Martin
Waynesboro

POOR MAN'S STEAK

- 2 pounds ground beef
- 1 cup cracker crumbs
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 chopped onion
- 1 cup tomato juice

Mix together ingredients. Mixture may seem stiff and dry. Shape into loaf. Wrap and chill in refrigerator overnight. Cut into ½-inch slices and roll in flour. Brown quickly on both sides. Place pieces in roaster. Mix 1 can cream of mushroom soup and 1 cup water together and pour over meat. Bake at 350 degrees for 1½ hours.

My family likes when I serve this and it is handy for company dinner too. Make ahead and freeze.

Loretta Zimmerman
Manheim

MA'S PULLED BEEF

- 3-4 pound beef roast (prefer bottom round or rump)
- 1 cup water, divided
- ½ cup ketchup
- 1 teaspoon chili powder
- 1½ tablespoons Worcestershire sauce
- 2 tablespoons vinegar
- 1 teaspoon salt
- 1 tablespoon sugar
- 1 teaspoon dry mustard
- 1 medium onion, finely chopped

The night before serving, place roast in crock pot with ½ cup water, turn low.

Mix remaining ingredients and refrigerate overnight. In the morning, shred roast with a fork and put back into crock pot with the refrigerated mix.

This can stay in the slow cooker on low until mealtime and is best served on kaiser rolls. Also good just right out of the crock...m-mm good. Makes a super after-church lunch or a great addition to any potluck dinner.

Linda Hake
Dallastown

SAVORY SWEET ROAST

- 3-4 pounds blade roast
- 1 onion
- 1 can cream of mushroom soup
- ½ cup water
- ¼ cup sugar
- ¼ cup vinegar
- 2 teaspoons salt
- 1 teaspoon mustard
- 1 teaspoon Worcestershire sauce

Brown meat on both sides in skillet. Add sliced onions. Blend together remaining ingredients. Pour over meat. Cover and simmer 2½-3 hours or until tender.

My family loves roast beef made this way. It stays very tender. We like to use the juice as gravy after the roast is done. Serve over cooked noodles or rice.

Marlene Burkholder
Ephrata

MEATBALL STEW

- Combine in large kettle:
- 2 (14½-ounce cans beef broth
- 2 (10½-ounce cans cream of mushroom soup
- 4 medium potatoes, diced
- 4 carrots, diced
- ¼ cup chopped onions, or to taste
- ½ teaspoon parsley

Meatballs:

- 1½ pounds ground beef
- 1 cup rolled oats
- 1 egg
- 1 teaspoon salt
- 1 teaspoon marjoram (optional)
- ½ teaspoon thyme (optional)

Brown in large skillet, drain off fat, and add to stew. Cook 30 minutes or until tender.

Our family thinks this stew is delicious. It's even better served with shredded cheese. Sometimes on busy days, I just put it in the crockpot.

Kathy Martin
Holtwood

MEAT AND MACARONI SUPPER

- ½ cup onion
- 2 tablespoons butter
- 1 can cream of mushroom soup
- 1 cup tomatoes, cut up or tomato juice
- Dash pepper
- 1 teaspoon salt
- 3 cups elbow macaroni, cooked
- 1 pound ground beef
- ¼ cup grated cheese

Brown ground beef and onion in butter. Mix remaining ingredients with ground beef and onion mixture. Pour into 1½-quarts greased casserole and bake at 350 degrees for 35 minutes.

My mom made this recipe often while I was growing up. Now it is also my family's favorite casserole, and I make it often for them.

Ellen Oberholtzer
Leola

FAMILY FAVORITE MEATLOAF

- 1½ pounds ground beef
- ¾ cup rolled oats
- ¾ cup tomato juice
- ¼ cup finely chopped onion
- 1 egg, beaten
- 1½ teaspoon salt
- ¼ teaspoon pepper
- 4-ounce can mushrooms, drained

Sliced white American cheese

Pizza sauce for topping

Combine the first seven ingredients. Mix well. Press one half of meat mixture in bottom and a little up the sides of a 8x11-inch pan. Put mushrooms on the meat in pan, then one layer of sliced cheese. Put remaining half of meat mixture on top of cheese, sealing the edges. Bake 45 minutes at 350 degrees; remove from oven, top with pizza sauce, and bake 15 minutes longer. Yield: 8-10 servings.

Since I tried this recipe, we rarely have meatloaf any other way.

Mrs. Harlan Burkholder
East Earl

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