

Beef Contest Entries Make End-Of-Summer Sizzle

Thanks to the many readers who made the Beef Contest a culinary success. This is a continuation of the entries we received. The recipes are not printed in any particular order. Winners were chosen randomly and a list of the winning names was printed on page B2 of last week's issue. Happy eating!

SLOPPY JOE SANDWICHES

1 pound ground beef
 1/2 cup ketchup
 2 tablespoons vinegar
 2 tablespoons sugar
 1 tablespoon prepared mustard
 1 tablespoon Worcestershire sauce
 1/2 cup chopped onion
 Salt and pepper to taste
 Brown ground beef, drain off excess fat. Return ground beef to sauce pan. Add onion and stir until onion is softened. Add remaining ingredients. Stir to combine. Simmer at least 30 minutes before serving on hamburger rolls. The flavor improves if the meat is simmered longer.

Everyone seems to like this recipe my mother gave me.
Deborah Button
 Jarrettsville, Md.

SKILLET SPAGHETTI

1 pound ground beef or veal
 1/4 cup chopped onion
 5 cups tomato juice
 1/4 cup ketchup
 1 1/2 teaspoon chili powder
 1 teaspoon garlic salt
 1 teaspoon salt
 1 1/2 teaspoon oregano
 1/2 teaspoon pepper
 1/4 cup brown sugar
 8 ounces pasta noodles
 In a large skillet cook hamburger and onions until browned. Pour off fat. Except for pasta, add remaining ingredients and bring to a boil. Add pasta and simmer until tender, about 20 minutes. Serve with Parmesan cheese.

This is a quick and yummy meal and it's very easy to make as a casserole and give as a gift to a busy person. We raise veal calves so I often substitute ground beef for veal.
Marian Zimmerman
 Lewisburg

DELUXE BEEF BAR-B-Q

3 pound beef roast
 3 pounds ground beef
 1 onion, minced
 1/4 cup Worcestershire sauce
 1/4 cup brown sugar
 2 10 1/2 cans cream of chicken soup, undiluted
 2 teaspoons salt
 1/8 teaspoon pepper
 1 1/2 cup steak of BBQ sauce
 Boil roast until tender. Drain and break into stringy bits. Brown ground beef and drain. Combine all ingredients and simmer 45 minutes to one hour. Serve on hamburger buns and freeze leftovers.

I like to use leftover roast beef for this recipe. I also keep some in the freezer for unexpected guests.

Ruthie Martin
 Loysville

BEEF BAR-B-Q

1 pound ground beef
 1 onion, chopped
 1 cup ketchup
 3 tablespoons sugar
 3 tablespoons vinegar
 1 tablespoon Worcestershire sauce
 1/2 teaspoon salt
 Fry ground beef and onion. Add other ingredients. Simmer 10 to 12 minutes. Spoon onto hamburger buns.

This is our favorite beef bar-b-q recipe and I serve it fre-

quently for simple meals.

Elizabeth Weaver
 Denver

BAKED STEAK

1 round steak
 1 beaten egg
 About 2 cups seasoned breadcrumbs
 About 2 tablespoons vegetable oil
 Salt and pepper to taste
 8-ounce can mushroom gravy
 Cut round steak into serving-size pieces (about four ounces or the size of your closed fist). Dip the pieces of round steak into the beaten egg. Generously cover round steak pieces with bread crumbs.

After heating oil in the skillet, brown both sides of the breaded meat. In a single layer, arrange meat in a greased 9X13-inch baking pan. Salt and pepper to taste. Pour mushroom gravy over meat.

Cover with aluminum foil. Bake 350 degrees for 1 1/2 to 2 hours or until meat is sufficiently tender.

Ruby Kwisnek
 Clarksburg

FROZEN MEATLOAF

15 pounds fresh ground beef
 8 cups tomato juice
 2 1/2 cups ketchup
 10 eggs
 7 cups oatmeal
 16 teaspoons salt
 2 1/2 teaspoons black pepper
 2 1/2 cups chopped onion
 1/4 cup brown sugar
 Place fresh ground beef in a large tub. In another large bowl mix the remaining ingredients. When thoroughly mixed add to ground beef and mix thoroughly.

Place in plastic bags one pound size (or whatever size desired) and put in freezer.

This recipe is very handy. Thawed meat can be made into meatloaf of meatballs. Bake at 350 degrees for one hour.

Jane Zimmerman
 Millmont

BISCUIT BARBECUE

1 pound ground beef
 10-ounce tube refrigerated buttermilk biscuits
 1/2 cup ketchup
 3 tablespoons brown sugar
 1 tablespoon cider vinegar
 1/2 teaspoon chili powder
 1 cup shredded cheddar cheese
 Separate dough into 10 biscuits and flatten them into 5-inch circle. Press each into the bottom and up the sides of a greased muffin cup. Set aside.

In a skillet, brown ground beef and drain. In a small bowl, mix ketchup, brown sugar, vinegar and chili powder. Stir together until smooth. Add to meat and mix well. Divide meat mixture into the biscuit-lined muffin cups, about 1/4 cup for each. Sprinkle tops with cheese.

Bake 375 degrees for 18-20 minutes. Cool for 5 minutes then remove from tins and serve. Yields 10 servings.

This recipe is a tasty variation from beef barbecue. My children, Kelly, 4, and Andrew, 11, like to help me prepare this fun recipe. Great for picnics or a fast supper. My husband Dave and I live on dairy farm in Southern York County.

Donna Downs
 Airville

SMOKED BEEF ROAST

3-pound chuck roast
 1/2 teaspoon pepper
 1 tablespoon oregano
 1 tablespoon basil
 1/2 teaspoon salt
 1/2 tablespoon Worcestershire sauce

Fill the charcoal holder and

light to prepare the smoker for the meat. While the charcoal is burning but the coals are not yet white, prepare the meat.

Sprinkle both sides of the roast with the Worcestershire sauce. In a small bowl combine pepper, salt, basil, and oregano. Rub both sides of the roast with the mixture.

When the coals are ready and the temperature gauge on the smoker is at the ideal setting fill the drip pan with water. Place smoke hickory chips on the hot coals. Place the drip pan in its spot in the smoker. Next place the roast on the top rack of the smoker and place the lid on the smoker.

Periodically check the smoker to make sure you have heat and that there is water in the drip pan. Roast the meat for approximately 4 hours. Use a meat thermometer to test the doneness. Enjoy.

The leftovers are good cut up in small pieces and mixed in salads.

My family enjoys this recipe because it gives the beef a different flavor. Also I put the meat in the smoker early in the afternoon, go back to the barn to finish the work and when the work is done the meat is finished in time for supper.

Crystal Bollinger
 Mifflinburg

BEEF VOLCANOES

1 1/2 pounds ground beef
 2 eggs
 1/4 cups tomato juice
 1 1/2 cups quick oats
 1/4 cup onion
 1/4 tablespoon Worcestershire sauce
 1 1/2 teaspoon salt
 1/4 teaspoon pepper
 1 cup tomato juice
 10 (1 inch square) cheese pieces

Mix the first nine ingredients and shape into balls. Place onto greased casserole dish and press cheese squares into center of each ball. Pour one cup tomato juice over all. Bake 35-40 minutes at 350 degrees.

This recipe is really quick, and easy to make. The contents also bake in less time than meat loaf if you happen to run a little short.

Rebecca Beiler
 Quarryville

BEEF CASSEROLE DINNER

3 bacon strips
 1 small onion, chopped
 1 pound ground beef
 8 ounces elbow macaroni
 1 can (2 1/2 cups) tomatoes
 2 tablespoons sugar
 1/4 teaspoon pepper
 1 tablespoon butter
 1/4 cup chopped parsley
 1 cup grated cheddar cheese
 Partially fry bacon, then remove from pan. Saute onion in bacon fat. Add beef and cook until brown. Cook macaroni as directed and drain. Heat tomatoes and add sugar, pepper, salt, butter and parsley.

In a two-quart greased casserole dish, alternate layers of ground beef, macaroni, cheese and tomatoes. Top with bacon strips and bake at 375 degrees for 20 minutes. Serves eight.

This is a recipe my mother found on a TV cooking show called "Homemakers Round-up" out of Baltimore in 1955. She would double this recipe for Sunday family gatherings.

Over the last 30 years it became lost and forgotten. Several months ago I was delighted to have it fall from the pages of one of her old handwritten rec-

The Skinniest Seven Beef Cuts

	0.9	3.0	grams of:
Chicken breast	0.9	3.0	saturated fat
Eye round	1.5	4.2	total fat
Top round	1.4	4.2	
Round tip	2.1	5.9	
Top sirloin	2.4	6.1	
Bottom round	2.1	6.3	
Top loin	3.1	8.0	
Tenderloin	3.2	8.5	
Chicken thigh	2.6	9.2	

Source USDA, ARS. Nutrient Database for Standard Reference, Release 13. Nutrient Data Laboratory, 1999. All cuts are based on three-ounce cooked servings, all grades, 1/4-inch trim. All chicken cuts are based on three-ounce cooked servings, skinless.
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ipe notebooks. Now I will repeat history.

Pat Elligson
 Millers, Md.

SHEPHERD'S PIE

1 pound ground beef
 8-10 medium potatoes
 1 egg
 1/2 cup milk
 1/2 cup butter
 1 medium onion
 2 cans cream of mushroom soup
 1 soup can of water
 1 can of corn with juice
 Boil potatoes until soft enough to mash. Drain potatoes and return them to the pot. Add egg, milk and butter one at a time while beating on high. Put to the side.

Brown ground beef in medium frying pan, adding one chopped onion. Cook on medium heat until done. Drain hamburger and return to pan. Add one can of corn (juice and all), and two cans cream of mushroom. Fill one soup can with water and add that also. Mix ground beef mixture all together. Heat on low, stirring occasionally until hot.

Pour ground beef mixture into the bottom of a large casserole bowl. Top with mashed potatoes. Place in oven. Bake at 350 degrees for 20 minutes or until golden brown.

I live on a farm where we raise beef cattle, so beef is what's for dinner. It is easy to make. My family loves this recipe because it is meat, potatoes, and gravy all in one. It also makes excellent leftovers.

Denise L. Miller
 Hamburg

SUMMER TIME STEAK

1 pound steak, thawed
 3 cups water
 20 ounce can cream of mushroom soup
 1/2 cup onions, chopped
 1 tablespoon salt
 1/2 teaspoon pepper
 1 cup chopped celery
 1 cup green beans
 1 cup chopped carrots
 2 cups cubed potatoes
 Combine first six ingredients in a medium roast pan and bake at 350 degrees for 1 1/4 hour. Add last four ingredients, the remaining vegetables. Bake another hour or until done.

This quick and easy meal is handy on busy summer days when it seems everything needs to be done "today."

Mrs. Ellen Eberly
 Leola

CAMPERS FIRST NIGHT-OUT

1 pound ground beef, browned
 1 pound macaroni
 1 can vegetable soup
 salt and pepper to taste
 Ketchup to taste
 1 package beef gravy mix
 Brown and drain beef. Cook macaroni according to package and drain. Add beef and soup (no water). Stir in salt, pepper and ketchup. Mix in gravy mix (no water).

This is a quick and easy meal. The gravy mix helps bring out the beef flavor. My family really enjoys this casserole.

Sherry Bashore
 Annville

BEEF A LA MODE

4 pound boneless beef roast
 2 cups red Burgundy wine
 1 large onion, sliced
 2 cloves garlic, minced
 2 bay leaves
 1 teaspoon leaf thyme, crumbled
 2 teaspoons salt
 1/2 teaspoon pepper
 2 tablespoons olive oil
 1 (16 ounces) small beef broth
 1/3 cup flour
 Place meat in a marinade bowl. Pour mix of burgundy, onion, garlic, bay, thyme, salt, and pepper over meat. Cover and store in refrigerator overnight, turning to get all sides marinated. Can leave in refrigerator for 24 hours.

To cook, remove meat, pat dry. Brown in hot oil on all sides. Put in 12 cup casserole dish. Add marinade and broth. Bake 325 degrees for 3 hours or until meat is very tender. remove meat to hot plate. Strain broth in blender and mix with flour to form gravy. Blend on high unit smooth. Serve over meat or on the side.

I found this recipe when I was given a bottle of Burgundy wine as a gift. It has become a family favorite. It is great because you can use cheaper cuts of meat and the end results will be as if you used the most expensive. Wonderful for guests or sliced and served with buffet. A birthday and holiday requester.

Linda L. Boyer
 Narvon

BEEF JERKY II

1 pound flank steak
 1 garlic clove, crushed
 1/2 cup honey
 1 teaspoon pepper
 4 tablespoons lemon juice
 1/2 cup soy sauce

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