

Beef Contest Entries Make End-Of-Summer Sizzle

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1/8 teaspoon salt
Put flank steak in the freezer for about 30 minutes or just until firm. Slice the steak across the grain, about 1/4 inch thick.

In a bowl, combine crushed garlic clove, honey, pepper, lemon juice, soy sauce, and salt. Marinate the steak strips for at least 2 hours. Place the slices on a rack on a baking sheet, dry in oven at 150 degrees for 12 hours.

Renee Blatt
Pa. Honey Queen
Jonestown

WORK STEW

5 pounds chuck roast, cut into 1-inch cubes
3 pounds onion: Peel off skin, cut in quarters
32-ounce jar regular sweet peppers: Pour out 1/4 juice from jar into container, fill the jar with water. Tear peppers into quarters
1 tablespoons sugar
1 teaspoons garlic powder
Cook on top of stove. Put beef in pan with a little oil and one pound of onions. Let cook 45 minutes with 1/2 juice and 1/2 the peppers. Add one more pound of onions and the rest of the peppers, sugar and garlic powder. Let that cook for 1/2 hour, then add the last pound of onions. Cook until meat become tender. Best when eaten the next day.

Peter G. Braeunig
Whitehouse Station
New Jersey

SAVORY SWEET ROAST

3 to 4 pound blade roast
1 onion
1 can mushroom soup
1/2 cup water
1/4 cup sugar
1/4 cup vinegar
2 teaspoons salt
1 teaspoon mustard
1 teaspoon Worcestershire sauce
Brown meat on both sides in skillet. Add onions. Blend together remaining ingredients. Pour over meat. cover and simmer for 2 1/2 to 3 hours or until tender. This juice of good for gravy after the roast is done. can also be made in crock pot on high, 12-16 hours.

Our whole family likes this roast recipe, the meat is so tender little children can easily eat it. Enjoy!

Martha Ann Auker
Landisburg

ZESTY BEEF STEW

1 1/2 pounds round steak, cubed
2 tablespoons flour
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon garlic powder
1 large onion, diced
1/2 cup chopped green pepper
1/2 cup ketchup
1/2 cup brown sugar
In a small dish combine flour, salt, pepper and garlic powder. Coat meat with flour mixtures. In a two-quart casserole dish combine meat, onion, green pepper, ketchup and sugar. Cover with glass lid.

Microwave (700 watts) at medium for ten minutes, then medium to low 20 to 22 minutes or until meat is tender, stirring occasionally, or use auto sensor for stews, about 35 minutes. Let stand uncovered for five minutes and serve over noodles. Yields 4-6 servings

I like to use half the amount of garlic powder. Its taste says, "Give me more!"

Fay Bordner
Hummelstown

DEEP DISH

TACO SQUARES

1/2 pound ground beef
1 cup Bisquick
1/4 cup cold water
1-2 medium tomatoes, sliced or chunked
1/2 cup green pepper, chopped
1/2 cup plain yogurt
1/4 cup mayonnaise
1/2 cup cheddar cheese, shredded

1 tablespoon onion, chopped
Mix Bisquick and water. Put in a greased 8 by 8 by 2-inch pan or dish. Cook and drain ground beef and put over Bisquick mixture. Cover with tomatoes and then pepper. Mix together mayonnaise, cheese, and onion. Put on top of peppers. Bake 25-30 minutes at 325 degrees.

Marian Stoltzfus
Parkesburg

TEXAS BAR-B-QUE BEEF

1 roast (rolled rump roast is best)
12-ounce bottle bar-b-que sauce
8 ounces ketchup
1/2 cup sugar
1/2 tablespoon tabasco sauce
2-4 drops liquid smoke
2 ounces Worcestershire sauce
1/2 teaspoon salt

Brown beef on all sides. Place roast in crock pot. Add all ingredients into large mixing bowl, pour over beef in crock pot. Place crock pot on low for 8 hour or high for 4 hours. Simmer for allotted time. cut in slices. Serve with cob corn, salad and bread. Use leftover beef for lunch the next day. Slice beef thin and serve on Kaiser rolls.

This recipe is a favorite of our farm family. The recipe comes from my father who is a native of Texas.

The meal is easy to make and the slow cooking tenderizes the beef. We live on a beef farm in central Pennsylvania. My husband and boys are currently raising 170-200 head of beef and farm 300 acres.

Jodi Dashem
Centre Hall

IMPOSSIBLE CHEESEBURGER PIE

1 pound ground beef
1 cup chopped onion
1 1/2 cups milk
3 eggs
3 tablespoons vegetable oil
1/4 cup Bisquick ★
1/2 teaspoon salt
1/4 teaspoon pepper
2 tomatoes, sliced (optional)
1 cup cheese, your choice, shredded

Brown beef and onion, drain. Spread into greased pie plate, 10 by 1 1/2 inch.

Beat milk, eggs, oil, baking mix, salt and pepper 15 seconds in blender on high, or 1 minute with hand beater. Pour over beef in plate. Bake 25 minutes at 400 degrees. Top with tomatoes and cheese. Bake until knife inserted in center comes out clean, 5-8 minutes more. Yields 6-8 servings.

★ Substitute: 1/4 cup flour, 1 teaspoon baking powder, 1/2 teaspoon salt

Variations: Spread 1/3 cup spaghetti sauce in plate before adding beef. For taco pie, omit seasonings and 1/4 cup onion and add 1 package taco seasoning and 1/2 cup green pepper. Serve with sour cream.

This is a favorite of mine because it is quick and easy and versatile. My family of eight likes it because it is tasty! I fix two portions at a time for my family.

Alverna Martin
Wellsboro

BEEF "N TATER SQUARES

1 1/2 pound ground beef
1 cup soft bread crumbs
1 egg, beaten
1/2 cup onion, chopped
1/4 cup ketchup
1 teaspoon salt
1/4 teaspoon pepper
3 cups hot mashed potatoes
1 cup American cheese, grated
Combine first seven ingredients. pat into an 8-inch square baking pan. Bake for 30 minutes at 350 degrees. Remove from oven. Drain excess fat. Combine hot mashed potatoes and 1/4 cup cheese. Spread over meat. Top with remaining cheese. Bake 20 more minutes. Makes six servings.

Mrs. Lorraine High
Fredericksburg

LUSCIOUS SIRLOIN TIP ROAST

3-4 pound sirloin tip roast
2 tablespoons flour
2 tablespoons shortening
1/2 cup pineapple juice
1 tablespoon lemon juice
1 teaspoon Italian salad dressing mix
1 teaspoon Worcestershire sauce
2 teaspoons salt
Dash of pepper
Sprinkle meat lightly with flour. Brown slowly on all sides in hot shortening in a medium size roasting pan. Season with the salt. Combine pepper and remaining ingredients. Pour all over the meat. Cover roast. Roast at 325 degrees for 2-3 hours, or until meat is tender. Allow 3 or 4 serving per pound of meat. Gravy may be made.

This recipe was given to me by my sister many years ago. Whatever cut of meat you have the roast is always so tender with a flavor that is unbeatable!

Mrs. Thomas Maust
Berlin

BEEF CHOP SUEY CHIMNEY HILL

2 cups shredded beef, cooked
2 tablespoons oil
1 small onion, chopped
1 clove garlic, minced
4 medium stalks celery
1/2 sweet pepper
1 cup bean sprouts
1/2 pound mushrooms
3 tablespoons soft butter
4 tablespoons soy sauce
1 1/2 tablespoons cornstarch
1/2 cup water

In a big skillet cut the celery and pepper into strips. Drain and rinse the sprouts. Cut mushrooms 1/4 inch thick. Cook oil, onion, and garlic until soft. Make a hole in the center and add sprouts and mushrooms. Add beef and stir until heated through. Sprinkle on soy sauce. Blend cornstarch and water on above mixture. Stir and mix until sauce is clear. Serve over rice or noodles. Serves six.

I got this recipe from my daughter. I make the sauce a day or two ahead of expecting company, then heat it up as the rice or noodles cook. It is a perfect way to use up leftover beef, and it is so yummy! Through the years it has been a hit with all who eat it.

Mrs. Thomas Maust
Berlin

UPSIDE DOWN PIZZA

2 pounds ground beef
3 cups pizza sauce
1/4 cup chopped onion
1/4 cup sour cream
1 1/2 cup mozzarella cheese, shredded
8-ounce package crescent roll dough
1 tablespoon melted butter

parmesan cheese

Brown hamburger and onion. Drain and add pizza sauce to hamburger. Pour mixture into 9 by 13-inch pan. Spread sour cream over sauce mixtures, then sprinkle with mozzarella cheese. Take crescent rolls out of package and lay on top. Brush with melted butter and sprinkle with parmesan cheese. Bake at 350 degrees for 30-40 minutes until bubbly. Serves 6-8.

I just discovered this recipe recently but it's a favorite of our family already. My husband Glenn and I live on a farm and raise beef cattle, so we want people to eat more beef!

Charlene Reiff
Lititz

BEEF ROULADEN

8 slices top round steak, cut 1/4 inch thick (approximately 2 pounds)
1/4 cup dijon mustard
Salt and pepper
8 slices bacon
1 large onion, cut in thin wedges
3 tablespoons oil
3 cups beef broth
1/2 cup flour
1/2 cup water
Spread mustard on each steak slice, season with salt and pepper. Place 1 slice of bacon and a few onion wedges on each steak. Roll up and secure with toothpicks. Brown in a large skillet with oil, drain. Add broth to roll-ups, bring to a boil, then reduce heat, cover and simmer 1 1/2 hours.

Remove meat, keep warm. Combine flour and water; stir into broth, boil, cook until thickened. Remove toothpicks from meat, add to gravy, heat through. Serve with potato dumplings.

My husband and three daughters really enjoy this tender beef dish. It is tasty and very easy to fix.

Mindy Merlina
Duncannon

TANGY MEATBALLS

3 pounds ground beef
2 eggs
2 cups oatmeal
1 1/2 cups milk
1 cup chopped onion
2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
Sauce:
2 cups ketchup
1 1/2 cups packed brown sugar
1/2 cup onion
1 to 2 teaspoons liquid smoke
1/2 teaspoon garlic powder

In a large bowl, beat eggs. Add oats, milk, onion, salt, pepper and garlic powder. Add the ground beef, mix well. Shape into balls. Place in baking pan. Bake, uncovered, at 375 degrees for 30 minutes. Remove from oven and drain.

In a saucepan, bring all sauce ingredients to a boil. Pour over meatballs. Return to oven and bake, uncovered, for 20 minutes or until meatballs are done.

I'm sharing this recipe because we like it so well!

James, Arlene
and Jeffery (8) Weaver
East Earl

BEEF BAR-B-QUE

3 cups ground beef
1 small onion, chopped
1/4 cup celery, chopped
1 1/2 to 2 cups ketchup
1 tablespoon sugar
1 tablespoon vinegar
1 tablespoon mustard
Put all ingredients in a frying pan and cook slowly for 1/2 hour.

Jennifer Cassel

Ephrata

OVEN BAR-B-QUE ROAST

4 to 6 pound boneless beef roast
1 can cream of mushroom soup
1/4 cup bottled barbecue sauce
1 envelope dry onion soup mix
In roasting pan, cover roast with mushroom soup, barbecue sauce and onion soup mix. Cover and bake at 350 degrees for three hours.

Jennifer Cassel
Ephrata

MEAT LOAF

2 pounds ground beef
1 egg, beaten
1/2 cup bread crumbs
1/2 cup cornflakes crumbs
1/2 cup milk
1/2 cup cream
1/4 cup ketchup or tomato paste, optional
Salt, pepper, and onion to taste

Mix all ingredients together, mold in loaf shape and put in baking dish. Add enough water just to make bottom of baking dish wet. Bake at 350 degrees for one hour. Can uncover part of the time if you want to brown the top more.

Back in the 1950s and early 1960s I often remember helping mix this meat loaf for my mother when she was preparing a meal for company. I still often use this for our own family.

A. Sensenig
Ephrata

TACO SALAD

2 pounds ground beef
1 medium onion, chopped
1 small can kidney beans
2 cups cooked rice
1 medium head lettuce
Fresh tomatoes, as desired
1/4 pound cheddar cheese, shredded
1 package tortilla chips
1 16-ounce bottle dressing
Brown hamburger, add kidney beans, heat until beans are warm. Drain and cool.

Add remaining ingredients, except chips and dressing. Stir in chips and dressing just before serving. Crush chips (they can be warmed in microwave on high for three seconds). Layer warm chips, hamburger, kidney beans and rice, put shredded cheese on top so that cheese melts. Add onions, lettuce, and tomatoes. Drizzle with dressing - delicious!

We love this salad served warm. Whenever we ask our 3-year-old son what he's hungry for his immediate answer is taco salad! Even for breakfast.

Mrs. Alvin H. Leid
Orrstown

CHEESEBURGER AND FRIES CASSEROLE

2 pounds ground beef
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 pound velveta or American cheese
2 pounds french fries (frozen)
Mix salt and pepper into ground beef. Pat into the bottom of a 9 by 13 inch pan. Bake at 350 degrees for 1/2 hour. Slice cheese and put on top of ground beef. Cover with fries, return to oven, bake 45 minutes longer.

Leah Weaver
Stevens

OLD-FASHIONED BEEF STEW

2 pounds stewing beef, cubed
1/2 cup all-purpose flour
2 teaspoons salt
1/2 teaspoons pepper
1/2 cup vegetable oil
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