

The Beef Cookbook

915 Recipes

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Filipino Beef Stir-Fry

Ingredients

2 (1/2 pound) New York strip steaks, sliced into thin strips
2 tablespoons cornstarch
2 tablespoons soy sauce
1 1/2 teaspoons white sugar

3 tablespoons olive oil
1 sweet onion, chopped
2 cloves garlic, crushed
1 tablespoon oyster sauce
salt and pepper to taste
1 pound snow peas
3/4 cup green peas
1 carrot, sliced
2 stalks celery, sliced
1 red bell pepper, seeded and cut into chunks
1/4 cup oil for deep frying

Directions

Place the sliced steak in a large bowl. Sprinkle the cornstarch over the beef slices and mix to coat. Whisk the soy sauce and sugar together in a small bowl until the sugar dissolves; pour over the beef slices. Mix and marinate in the refrigerator for at least 2 hours or overnight.

Heat 3 tablespoons olive oil in a large skillet over medium heat; cook and stir the onion and garlic in the hot oil until tender, 5 to 7 minutes. Stir the oyster sauce into the onion and garlic; season with salt and pepper. Add the snow peas, green peas, carrot, celery, and red bell pepper; cook and stir until the vegetables are slightly tender, yet still crisp, 7 to 10 minutes. Remove the skillet from the heat.

Heat 2 tablespoons oil in a separate skillet. Remove the beef from the marinade, shaking off any excess moisture; discard the marinade. Fry the beef slices in the hot oil to your desired degree of doneness, 3 to 5 minutes per side for medium. Add the cooked beef to the vegetable mixture and mix well. Serve hot.

Spaghetti Sauce with Ground Beef

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 4 cloves garlic, minced
- 1 small green bell pepper, diced
- 1 (28 ounce) can diced tomatoes
- 1 (16 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 2 teaspoons dried oregano
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1/2 teaspoon black pepper

Directions

Combine ground beef, onion, garlic, and green pepper in a large saucepan. Cook and stir until meat is brown and vegetables are tender. Drain grease.

Stir diced tomatoes, tomato sauce, and tomato paste into the pan. Season with oregano, basil, salt, and pepper. Simmer spaghetti sauce for 1 hour, stirring occasionally.

Beef Steaks With Blue Cheese

Ingredients

2 (6 ounce) beef tenderloin filets, 1 1/2 inches thick
2 ounces blue cheese, crumbled
2 tablespoons butter, softened
2 slices white bread, crusts removed and cubed
1 tablespoon olive oil
2 tablespoons grated Parmesan cheese

Directions

Place meat on broiler pan. Broil 4-6 in. from the heat for 5-8 minutes on each side or until meat is browned and cooked to desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Meanwhile, in a bowl, combine the blue cheese and butter; set aside. In a skillet, saute bread cubes in oil until golden brown. Sprinkle with Parmesan cheese. Top steaks with blue cheese mixture and sprinkle with croutons; broil 1 minute longer or until cheese is slightly melted.

Bill's Beefuna Burgers

Ingredients

1 1/2 pounds ground round
1 (6 ounce) can tuna packed in oil,
drained
1 large sweet onion, finely
chopped
3 tablespoons sweet pickle relish
seasoning salt and pepper to taste
6 hamburger buns, split

Directions

Preheat an outdoor grill for medium-high heat. When grill is hot, lightly oil the grate.

In a large bowl, mix together the ground beef, tuna, onion, and relish. Season with seasoning salt and pepper to your liking. Form the meat mixture into 6 patties.

Place patties on the hot grill, and cook for 6 to 9 minutes on each side, or until cooked through. Serve on buns with the usual toppings.

Creamed Beef for SOS

Ingredients

1 pound ground beef
2 cubes chicken bouillon,
crumbled
1/2 teaspoon garlic powder
1/2 teaspoon ground black
pepper
1/4 teaspoon onion powder
1/2 cup all-purpose flour
1 1/2 cups low-fat milk

Directions

Heat a large skillet over medium-high heat; stir in the ground beef, chicken bouillon, garlic powder, black pepper, and onion powder. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, about 7 minutes.

Stir in the flour and cook for 3 minutes, stirring constantly. Stir in the milk and bring to a simmer, stirring constantly. Reduce heat to medium-low, and simmer 5 minutes to thicken.

Smoked Beef Brisket

Ingredients

2 1/2 pounds beef brisket
1 tablespoon liquid smoke
flavoring
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup chopped onion
1/2 cup ketchup
2 teaspoons Dijon mustard
1/2 teaspoon celery seed

Directions

Cut the brisket in half; rub with Liquid Smoke, salt and pepper. Place in a 3-qt. slow cooker. Top with onion. Combine the ketchup, mustard and celery seed; spread over meat. Cover and cook on low for 8-9 hours. Remove brisket and keep warm. Transfer cooking juices to a blender; cover and process until smooth. Serve with brisket.

Beef Cabbage Hash

Ingredients

1 pound ground beef
4 medium baking potatoes,
peeled and julienned
4 cups shredded cabbage
1 large onion, sliced and
quartered
3/4 cup water
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Add remaining ingredients. Cover and cook over medium-high heat for 10 minutes or until potatoes are tender.

Doc's Best Beef Jerky

Ingredients

2 pounds beef round steak, cut into thin strips
1/4 cup soy sauce
2 tablespoons Worcestershire sauce
2 tablespoons liquid smoke
2 tablespoons brown sugar
2 teaspoons salt
1 teaspoon ground black pepper
1 teaspoon meat tenderizer
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika

Directions

Place beef strips in the bottom of a large bowl. Pour soy sauce, Worcestershire sauce, liquid smoke, brown sugar, salt, pepper, meat tenderizer, garlic powder, onion powder, and paprika over beef. Mix to assure all the meat is evenly coated. Cover and marinate in the refrigerator for 8 hours or overnight.

Remove meat from bowl and place between two pieces of plastic wrap; pound to 1/8-inch thickness.

Arrange the meat strips on the tray of a dehydrator and dry at your dehydrator's highest setting until done to your liking, at least 4 hours. Store in an airtight container or resealable bags.

Beef and Irish Stout Stew

Ingredients

2 pounds lean beef stew meat, cut into 1-inch cubes
3 tablespoons vegetable oil, divided
2 tablespoons all-purpose flour
1 pinch salt and ground black pepper to taste
1 pinch cayenne pepper
2 large onions, chopped
1 clove garlic, crushed
2 tablespoons tomato paste
1 1/2 cups Irish stout beer (such as Guinness®)
2 cups chopped carrot
1 sprig fresh thyme
1 tablespoon chopped fresh parsley for garnish

Directions

Toss the beef cubes with 1 tablespoon of vegetable oil. In a separate bowl, stir together the flour, salt, pepper, and cayenne pepper. Dredge the beef in this to coat.

Heat the remaining oil in a deep skillet or Dutch oven over medium-high heat. Add the beef, and brown on all sides. Add the onions, and garlic. Stir the tomato paste into a small amount of water to dilute; pour into the pan and stir to blend. Reduce the heat to medium, cover, and cook for 5 minutes.

Pour 1/2 cup of the beer into the pan, and as it begins to boil, scrape any bits of food from the bottom of the pan with a wooden spoon. This adds a lot of flavor to the broth. Pour in the rest of the beer, and add the carrots and thyme. Cover, reduce heat to low, and simmer for 2 to 3 hours, stirring occasionally. Taste and adjust seasoning before serving. Garnish with chopped parsley.

Crowned Beef Bake

Ingredients

1 pound ground beef
1 (4 ounce) can mushroom stems and pieces, drained
1 (2.8 ounce) can French fried onions, crumbled, divided
2 cups frozen mixed vegetables
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 cup sour cream
1 (7.5 ounce) package refrigerated buttermilk biscuits
1 egg, lightly beaten
1 teaspoon celery seed
1/2 teaspoon salt

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Place half in a greased 2-qt. baking dish. Layer with mushrooms, two-thirds of the onions and all of the vegetables. Top with remaining beef.

In a saucepan, combine soup and 1/2 cup sour cream; cook over low heat until heated through. Pour over beef. Cut each biscuit in half; arrange cut side down around edge of dish. Sprinkle remaining onions in center of casserole. Combine egg, celery seed, salt and remaining sour cream; drizzle over biscuits. Bake, uncovered, at 375 degrees F for 25-30 minutes or until golden brown.

Cozy Cottage Beef Stew Soup

Ingredients

3/4 pound beef stew meat, cut into 1 inch cubes
2 onions, diced
3 cloves garlic, minced
1 large stalk celery, minced
2 carrots, finely chopped
1/4 pound green beans, cut into 1 inch pieces
8 ounces fresh mushrooms, coarsely chopped
3 potatoes, peeled and diced
1 (14.5 ounce) can crushed tomatoes
1 (8 ounce) can tomato sauce
1 bay leaf
1/2 teaspoon ground black pepper
1/2 teaspoon dried thyme
1/4 teaspoon dried marjoram
2 (14.5 ounce) cans fat-free chicken broth
1/2 cup all-purpose flour
2 (10.5 ounce) cans beef consomme

Directions

In a slow cooker, combine beef, onions, garlic, celery, carrots, green beans, mushrooms, and potatoes. Pour in the tomatoes and tomato sauce. Season with bay leaf, pepper, thyme, and marjoram. Stir together chicken broth and flour. Pour chicken broth mixture and beef consomme into slow cooker, and stir.

Cover, and cook on Low 6 to 10 hours. Remove bay leaf before serving.

Baked Beef Stew

Ingredients

1 (14.5 ounce) can diced tomatoes, undrained
1 cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
4 medium carrots, cut into 1-inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

Directions

In a large bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a greased 13-in. x 9-in. x 2-in. or 3-qt. baking dish.

Cover and bake at 375 degrees for 1-3/4 to 2 hours or until meat and vegetables are tender. Serve in bowls.

Roast Beef Pasta Salad

Ingredients

1 (16 ounce) package spiral pasta
2 cups chopped cooked roast beef
1 cup chopped green pepper
1 cup sliced celery
3/4 cup chopped red onion
1/2 cup chopped sweet red pepper
1/3 cup chopped dill pickle
2 green onions, sliced
DRESSING:
2 tablespoons beef bouillon granules
1/4 cup boiling water
1/2 cup milk
2 cups mayonnaise
1 cup sour cream
1 teaspoon dill weed
Dash pepper

Directions

Cook the pasta according to package directions; drain and rinse in cold water. Place in a large bowl; add the beef, green pepper, celery, onion, red pepper, pickle and green onions.

For dressing, dissolve bouillon in water. Add the milk, mayonnaise, sour cream, dill and pepper; mix well. Toss with pasta mixture. Cover and refrigerate until ready to serve.

Mawmenye (Lentils and Beef Stew)

Ingredients

2 tablespoons butter
1 1/4 pounds lean beef stew meat,
cut into 1-inch cubes
1/4 teaspoon pepper
1/2 teaspoon salt
1 cup chicken broth
1 cup dry lentils
4 cups beef broth
1 cup diced turnip
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon salt
1/2 teaspoon dried basil
1 cup raisins
2/3 cup chopped dried figs

Directions

Melt butter in a large pot over medium-high heat. Season the beef with salt and pepper, then cook in the pot until browned on the outside. Pour in the chicken broth, and simmer over medium heat for about 45 minutes, until the beef is tender. Remove the beef from the liquid, and set aside.

Pour the beef broth into the pot, and add the lentils. Bring to a boil, then simmer over low heat for 15 minutes.

Season the turnips with cinnamon, nutmeg, salt and basil, and add them to the pot. Return the beef to the pot, and stir in the raisins and figs. Simmer for 10 minutes to blend the flavors before serving.

McKagen's Beef Jerky

Ingredients

1/4 cup teriyaki sauce
1/4 cup Worcestershire sauce
1/4 cup balsamic vinaigrette
1 teaspoon garlic powder
1 teaspoon onion powder
2 teaspoons liquid smoke
flavoring
1/2 teaspoon salt
3 drops hot sauce (such as Dave's
Insanity Sauce ®), or to taste
1 pound top round steak, cut into
1/4 inch strips
1 teaspoon ground black pepper

Directions

Combine the teriyaki sauce, Worcestershire sauce, balsamic vinaigrette, garlic powder, onion powder, liquid smoke, salt, and hot sauce in a resealable plastic bag. Add the meat strips and coat evenly with the marinade. Seal and refrigerate 24 hours.

Preheat an oven to 175 degrees F (80 degrees C). Line a baking sheet with aluminum foil and place a wire rack on top.

Remove the beef strips from the marinade and shake off excess marinade. Discard the remaining marinade. Place the meat strips onto the wire rack and sprinkle with black pepper. Bake in the preheated oven until firm and dry, at least 3 hours. Allow the jerky to cool completely before storing in a sealed container.

Herbed Beef Rib Roast

Ingredients

- 1 tablespoon garlic powder
- 1 tablespoon ground mustard
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 (6 pound) beef rib roast
- 1/4 cup water
- 1/4 cup beef broth
- 1 tablespoon red wine vinegar or
cider vinegar

Directions

Combine the garlic powder, mustard, salt and pepper; rub over entire roast. Place roast fat side up in a shallow roasting pan. Pour water, broth and vinegar into pan. Bake, uncovered, at 350 degrees F for 2-3/4 to 3 hours, basting frequently with pan juices, or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F. Let stand for 10-15 minutes before slicing.

Mushroom Beef Skillet

Ingredients

2 tablespoons all-purpose flour
1 pound beef stew meat, cut into
1 inch cubes
2 tablespoons butter
1/2 cup chopped onion
3 garlic cloves, minced
1 1/2 cups beef broth
1/2 cup sliced fresh mushrooms
1 teaspoon dried basil
1/4 teaspoon salt
1/8 teaspoon pepper
Hot cooked rice

Directions

Place the flour in a large resealable plastic bag. Add beef, a few pieces at a time, and shake to coat. In a skillet, cook the beef in butter over medium heat until browned. Add onion and garlic; cook for 2-3 minutes or until onion is tender.

Add broth, mushrooms, basil, salt and pepper. Bring to a boil. Reduce heat; cover and simmer 1-1/2 hours or until meat is tender, stirring occasionally. Serve over rice.

Beer Beef Stew II

Ingredients

2 tablespoons vegetable oil
3 1/2 pounds beef stew meat, cut
into 1 1/2 inch pieces
1 cup all-purpose flour
2 large potatoes, chopped
1 cup chopped carrots
3/4 cup chopped celery
3/4 cup chopped onion
3 cloves garlic, chopped
1 tablespoon dried basil
1 tablespoon dried thyme
1 cup chili sauce
1 cup beer
1/4 cup brown sugar

Directions

Heat the oil in a skillet over medium heat. Place the beef stew meat and flour in a large resealable plastic bag, and shake to coat. Transfer coated meat to the skillet, and cook about 1 minute, until browned.

Mix the potatoes, carrots, celery, onion, and garlic in a slow cooker. Place browned beef over the vegetables, and season with basil and thyme.

In a bowl, mix the chili sauce, beer, and brown sugar, and pour over meat in the slow cooker.

Cover slow cooker, and cook 8 hours on Low or 2 hours on High.

Barbeque Beef Bake

Ingredients

1 pound ground beef
3/4 cup chopped onion
1 cup barbeque sauce
2 cups shredded Cheddar cheese
2 cups baking mix (such as Bisquick ®)
2 eggs
1 cup milk

Directions

Preheat an oven to 400 degrees F (200 degrees C).

Cook the ground beef and onion together in a large skillet over medium heat until the beef is completely browned; stir the barbeque sauce and Cheddar cheese into the ground beef. Pour the mixture into a 9x13-inch dish.

Whisk the baking mix, eggs, and milk together in a bowl; pour over the beef mixture.

Bake in the preheated oven until the crust is golden brown and cooked throughout, about 25 minutes.

Nettles Dried Beef Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1/2 cup sour cream
2 tablespoons milk
1 teaspoon horseradish
2 tablespoons chopped onion
1/4 teaspoon dried dill weed
1 (2 ounce) package dried beef, finely chopped
1 (2.25 ounce) can sliced black olives, drained

Directions

Place the cream cheese, sour cream, milk, horseradish, onion, and dill in a bowl, and stir until well blended. Gently fold in the beef and black olives. Cover and refrigerate 2 hours, or overnight to blend flavors before serving.

Slow Cooker Barbecue Beef

Ingredients

3 tablespoons all-purpose flour
3 pounds chuck roast
15 ounces tomato sauce
1/2 cup chopped onion
1/3 cup brown sugar
2 cubes beef bouillon
1 1/2 teaspoons chili powder
1 clove garlic, minced
1 teaspoon mustard powder

Directions

Rub the flour into the roast. Place roast in bottom of slow cooker. Pour in the tomato sauce, onion, brown sugar, bouillon, chili powder, garlic and mustard powder. Mix well.

Cover slow cooker and cook on high setting for 8 hours OR on low setting for 14 to 16 hours.

Dried Beef Cheese Ball

Ingredients

1 (8 ounce) package cream cheese, softened
3 ounces dried beef
2 green onions, chopped
1/4 teaspoon onion salt
1 1/4 teaspoons monosodium glutamate
1 tablespoon Worcestershire sauce

Directions

In a medium-size mixing bowl, combine cream cheese, dried beef, green onions, onion salt, monosodium glutamate, and Worcestershire sauce. Form the mixture into a ball and refrigerate before serving.

Pepper-Crusted Beef Tenderloin with Chocolate-

Ingredients

2 (5 ounce) beef tenderloin filets
1 tablespoon olive oil
coarse sea salt to taste
1 tablespoon cracked white peppercorns
1 tablespoon olive oil
1 tablespoon minced shallot
1/4 cup port wine
1 tablespoon balsamic vinegar
1/4 cup beef stock
1 teaspoon minced fresh rosemary
1/2 (1 ounce) square bittersweet chocolate, chopped

Directions

Brush the tenderloin filets on all sides with 1 tablespoon olive oil, then sprinkle with sea salt and cracked pepper. Heat another tablespoon of olive oil in a skillet over medium-high heat until it begins to smoke. Add the steaks, and cook to your desired degree of doneness, 4 minutes per side for medium-rare. Once done, remove the steaks from the skillet and keep warm.

Stir in the minced shallot, and cook for 1 minute. Pour in the port and balsamic vinegar. Simmer until the port reduces to the consistency of chocolate syrup, 2 to 3 minutes. Add the beef stock and rosemary, and return to a simmer. Once the sauce has begun to simmer, whisk in the chocolate until it melts and slightly thickens the sauce. Pour sauce over steaks to serve.

Mexican Beef Supreme

Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 1 pound cubed beef stew meat
- 1 1/2 teaspoons minced garlic
- 1/2 lime, juiced
- 1 jalapeno pepper, seeded and chopped
- 3 green onions, chopped
- 1/4 cup chopped fresh cilantro, or to taste
- 1 teaspoon dried oregano
- 1 (7 ounce) can green salsa

Directions

Heat olive oil in a large skillet over medium-high heat. Add the onion, and cook for a few minutes, then stir in the beef, and garlic. Cook, stirring frequently until meat is evenly browned.

While the meat is cooking, stir together the lime juice, jalapeno, cilantro and green onion. When the meat is browned, stir in the cilantro mixture and oregano. Pour in the salsa, cover and cook for about 10 minutes, stirring occasionally, until the meat is cooked through.

Beef and Bean Stew

Ingredients

1/2 cup all-purpose flour
1 tablespoon paprika
1 teaspoon salt
1/4 teaspoon cayenne pepper
2 1/2 pounds beef stew meat, cut into 1 inch cubes
3 tablespoons olive or vegetable oil, divided
2 medium onions, thinly sliced
2 cups water
1 (6 ounce) can tomato paste
3/4 teaspoon rubbed sage
1/2 teaspoon dried thyme
1 (16 ounce) can kidney beans, rinsed and drained

Directions

In a large resealable plastic bag, combine the flour, paprika, salt and cayenne. Add beef and shake to coat. In a Dutch oven over medium heat, brown beef in 2 tablespoons oil. Remove with a slotted spoon. In the same pan, saute onions in the remaining oil. Add water, tomato paste, sage and thyme; mix well. Return beef to pan. Bring to a boil; reduce heat. Cover and simmer for 1-1/4 hours, stirring occasionally. Add more water if needed. Stir in beans. Cover and simmer 15 minutes longer or until meat is tender.

Mark's Quick Beef Spanish Rice

Ingredients

1 cup water
1/2 cup uncooked white rice
1/2 teaspoon salt

1 1/2 pounds ground beef
salt and black pepper to taste
1/3 cup chopped onion
1/3 cup chopped green bell pepper
1 (14.5 ounce) can diced tomatoes with green chilies (such as RO*TEL®), undrained

Directions

Bring the water to a boil in a saucepan with a lid, sprinkle in the rice, stir in the salt, and cover. Reduce heat and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Place the ground beef in a skillet with a lid, sprinkle with salt and pepper, and brown over medium heat, breaking it up as it cooks, until the meat is crumbly and no longer pink inside, about 10 minutes. Remove the beef and skim off most of the fat from the skillet, leaving about 2 teaspoons. Stir the onion and bell pepper into the skillet with the reserved drippings, and cook and stir until the onion is translucent, about 5 minutes.

Scoop the cooked rice into the skillet, stir to break up the rice, and pour in the tomatoes and cooked ground beef. Stir everything together, cover, and cook over low heat until the flavors have blended and the dish is hot, about 10 minutes.

Easy Beef Pie

Ingredients

1 tablespoon vegetable oil
1/2 pound cubed beef chuck roast
1 cup red wine
1 (10.5 ounce) can beef gravy
1 (15 ounce) can mixed vegetables
2 (9 inch) pie crusts
1 egg white

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium saucepan over medium heat; saute the stew meat for 10 minutes, or until well browned on all sides. Reduce heat to low and add the red wine. Cover and simmer for 15 minutes, allowing the alcohol to cook off.

Remove cover and add the gravy and vegetables. Stir well and simmer for 10 more minutes. Pour mixture into one pastry shell. Cover with second pastry shell, sealing edges and cutting steam vents in top. Brush edges with egg white. Place pie on a baking sheet.

Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes.

Tangy Grilled Beef

Ingredients

1 (10.75 ounce) can condensed tomato soup
2 tablespoons brown sugar
2 tablespoons lemon juice
2 tablespoons vegetable oil
1 tablespoon Worcestershire sauce
1 teaspoon garlic powder
1/4 teaspoon dried thyme
1 1/2 pounds beef top sirloin steak

Directions

Preheat grill for medium heat.

In a small bowl, mix together soup, sugar, lemon juice, oil, Worcestershire, garlic powder, and thyme.

Place steak on lightly oiled grill rack over medium hot heat. Grill for 6 to 10 minutes, uncovered, turning once. Brush often with soup mixture. When done, allow to rest a few moments off the heat.

Transfer any remaining sauce to a small saucepan, and heat to boiling. Serve with steak.

Dried Beef Ball

Ingredients

5 ounces dried beef, chopped
2 (8 ounce) packages cream
cheese, softened
6 green onions, chopped
1 tablespoon Worcestershire
sauce
1/2 teaspoon seasoned salt

Directions

Reserve about a half cup of chopped dried beef.

In a separate medium bowl, combine the remaining beef, cream cheese, green onions, Worcestershire sauce and seasoned salt. Mix well and roll into a ball.

Roll the ball in the reserved beef, coating the entire outside of the ball.

Beef Tenderloin Asturias

Ingredients

1/4 cup olive oil
4 (6 ounce) beef tenderloin steaks
salt and pepper to taste
1 small onion, minced
1 tablespoon paprika
1/4 cup dry white wine
1/2 cup beef broth
4 ounces Spanish blue cheese,
such as Cabrales or Valdeon
2 tablespoons chopped parsley

Directions

Heat olive oil in a large skillet over medium-high heat until smoking. Season steaks to taste with salt and pepper, then sear on both sides in hot oil. Reduce heat to medium and continue cooking until steaks reach desired doneness, about 6 minutes for medium-rare. Remove steaks from skillet and keep warm.

Stir in minced onion and cook until softened and translucent, about 5 minutes. Season with paprika and cook for an additional minute. Increase heat to medium-high, then pour in wine. Simmer until the wine has reduced by half, then add the beef broth, return to a simmer, and cook for 2 minutes. Stir in the crumbled blue cheese until just melted.

To serve, pour the sauce over the steaks and sprinkle with chopped parsley.

Beef Sirloin Tip Roast

Ingredients

1 (3 pound) sirloin tip roast
1 1/4 cups water, divided
1 (8 ounce) can mushroom stems
and pieces, drained
1 envelope onion soup mix
3 tablespoons cornstarch

Directions

Place a large piece of heavy-duty foil (21-in. x 17-in.) in a shallow roasting pan. Place roast on foil. Pour 1 cup water and mushrooms over roast. Sprinkle with soup mix. Wrap foil around roast; seal tightly. Bake at 350 degrees F for 2-1/2 to 3 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Remove roast to a serving platter and keep warm. Pour drippings and mushrooms into a saucepan. Combine cornstarch and remaining water until smooth; gradually stir into drippings. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with slice beef.

Beef Martini

Ingredients

1/2 onion, chopped
2 cloves garlic, crushed
1 cup barbecue sauce
1/4 cup gin
1 tablespoon dry vermouth
1 tablespoon green olive brine
1 teaspoon dried basil
4 (1/2 pound) beef sirloin steaks
salt and pepper to taste

Directions

In a medium bowl, combine onion, garlic, barbecue sauce, gin, vermouth, olive brine, and basil.

Sprinkle each steak with salt and pepper, and place in resealable sandwich bags. Divide marinade between each bag, and seal. Ensure that marinade is evenly distributed around steaks. Refrigerate for 2 to 24 hours.

Preheat grill for medium-high heat, and lightly oil grate.

Remove steaks from bags, and discard marinade. Grill steaks for 7 to 8 minutes per side, or to desired doneness.

Best Ever Saucy Beef Kabobs

Ingredients

2 cups tomato juice
1/2 cup butter
1/4 cup finely chopped onion
1/3 cup ketchup
1 teaspoon dry mustard
1 teaspoon salt
1/2 teaspoon paprika
1/2 teaspoon ground black pepper
1 clove garlic, minced
1 tablespoon Worcestershire sauce
1 dash hot sauce
2 pounds beef sirloin, cut into 1 inch cubes
1/2 pound fresh mushrooms, stems removed
1 pint cherry tomatoes
1 large onion, quartered
1 large green bell pepper, cut into 1 inch pieces
skewers

Directions

In a saucepan over low heat, mix the tomato juice, butter, onion, ketchup, mustard, salt, paprika, pepper, garlic, Worcestershire sauce, and hot sauce. Simmer for 30 minutes, remove from heat, and allow to cool.

Preheat grill for medium heat.

Thread the sirloin cubes, mushrooms, cherry tomatoes, onion quarters, and green pepper pieces onto skewers, alternating as desired. Drizzle some of the sauce over the kabobs.

Oil the grill grate. Arrange kabobs on the grill. Grill 10 minutes, or until meat is cooked through, occasionally turning kabobs. Baste with sauce during the last 5 minutes.

Drip Beef Sandwiches

Ingredients

5 pounds chuck roast
2 cubes beef bouillon
2 tablespoons salt
2 teaspoons garlic salt
2 bay leaves
2 tablespoons whole black peppercorns
2 teaspoons dried oregano
1 1/2 teaspoons dried rosemary

Directions

Place roast in a large pot with water to cover. Mix in bouillon, salt, and garlic salt. Place the bay leaves, peppercorns, oregano, and rosemary in a coffee filter and secure tightly with a rubber band. Add this to the pot.

Bring to a boil over high heat, then reduce heat to low, cover with a lid, and simmer for 6 to 8 hours. Remove coffee filter and discard. Remove roast from the pot and shred with two forks. Reserve broth for dipping if desired.

My Best Beef Brisket

Ingredients

1 (10.5 ounce) can beef broth
3/4 cup soy sauce
1/4 cup lemon juice
3/4 tablespoon liquid smoke
flavoring
5 pounds beef brisket
1 (8 ounce) package cream
cheese, softened
1 tablespoon prepared
horseradish

Directions

Place the brisket in a stainless steel or glass container. In a small bowl, stir together broth soy sauce, lemon juice, and liquid smoke; pour over brisket. Place in refrigerator and marinate overnight.

Preheat oven to 325 degrees F (165 degrees C). Remove brisket from marinade and place in a 9x13 inch baking dish. Bake in a preheated oven for 6 hours or until tender.

For the sauce, in a small bowl combine the softened cream cheese and horseradish. Whisk together thoroughly.

Fiesta Chili Beef and Rice

Ingredients

2 tablespoons vegetable oil
1 cup white rice
1 cup chopped onion
1 cup chopped green bell pepper
1 1/4 cups water
1 (10 ounce) can red chile sauce
1 (8.75 ounce) can sweet corn
1 tablespoon lemon juice
1 teaspoon salt
1 pound sirloin, cut into 1 inch cubes
1 (15 ounce) can Mexican-style tomato sauce
1 teaspoon ground cumin
1 cup shredded Monterey Jack cheese

Directions

Add oil to a medium saucepan. Stir in rice, and cook over medium heat until rice begins to have a golden color, about 5 minutes. Add 1/2 cup onion and 1/2 cup green pepper; cook and stir for 1 minute. Stir in water and half of the chili sauce. Bring to boil. Mix in corn, lemon juice, and 1/2 teaspoon salt. Cover, and simmer over low heat for 20 minutes.

Meanwhile, saute beef with remaining 1/2 cup onion and 1/2 cup green pepper until meat loses pink color and vegetables are tender.

Add remaining chili sauce, tomato sauce, cumin, and 1/2 teaspoon salt. Simmer uncovered 15 minutes.

Turn rice onto a platter, and fluff with a fork. Sprinkle with cheese, and top with beef mixture. Serve immediately.

Tangy Beef Turnovers

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (16 ounce) jar sauerkraut -
rinsed, drained and chopped
1 cup shredded Swiss cheese
3 (8 ounce) cans refrigerated
crescent rolls

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add sauerkraut and cheese; mix well. Unroll crescent roll dough and separate into rectangles. Place on greased baking sheets; pinch seams to seal. Place 1/2 cup beef mixture in the center of each rectangle. Bring corners to the center and pinch to seal. Bake at 375 degrees F for 15-18 minutes or until golden brown.

SwansonB® Braised Beef with Shallots and

Ingredients

1 1/2 pounds beef chuck pot roast, cut into serving-sized pieces
1/4 cup all-purpose flour
3 tablespoons butter
1/2 pound small shallots, peeled
1 cup SwansonB® Beef Stock
2 medium tomatoes, chopped
3 tablespoons balsamic vinegar
1 tablespoon packed brown sugar
2 large carrots, cut into 2-inch pieces
2 cups mushrooms, cut into quarters
1/4 cup chopped fresh parsley
2 tablespoons grated lemon peel

Directions

Coat the beef with flour.

Heat the butter in a 12-inch skillet over medium-high heat. Add the beef and cook until it's well browned on all sides. Remove the beef from the skillet.

Add the shallots to the skillet. Cook for 10 minutes or until they're tender. Stir in the stock, tomatoes, vinegar and sugar and heat to a boil. Return the beef to the skillet. Reduce the heat to low. Cover and cook for 1 1/2 hours.

Add the carrots and mushrooms to the skillet. Cook for 30 minutes or until the carrots are tender. Remove the beef and vegetables from the skillet.

Increase the heat to high. Cook for 10 minutes or until the stock mixture thickens. Return the beef and vegetables to the skillet. Season as desired. Sprinkle with the parsley and lemon peel.

Slow Cooked Corned Beef for Sandwiches

Ingredients

2 (3 pound) corned beef briskets
with spice packets
2 (12 fluid ounce) bottles beer
2 bay leaves
1/4 cup peppercorns
1 bulb garlic cloves, separated
and peeled

Directions

Place the corned beef briskets into a large pot. Sprinkle in one of the spice packets, and discard the other one or save for other uses. Pour in the beer, and fill the pot with enough water to cover the briskets by 1 inch. Add the bay leaves, peppercorns and garlic cloves. Cover, and bring to a boil.

Once the liquid comes to a boil, reduce the heat to medium-low, and simmer for 4 to 5 hours, checking hourly, and adding more water if necessary to keep the meat covered.

Carefully remove the meat from the pot, as it will be extremely tender. Set on a cutting board, and allow it to rest until it firms up a bit, about 10 minutes. Slice or shred to serve. I discard the cooking liquid, but it can be used to cook cabbage and other vegetables if desired.

Best Beef Stroganoff

Ingredients

1 (16 ounce) package egg noodles
2 tablespoons butter, softened
2 onions, finely chopped
2 cloves garlic, minced
1 (8 ounce) package fresh mushrooms, thinly sliced
1 pound beef loin steak, cut into thin strips
1 (14 ounce) can beef consomme
1/4 cup Burgundy wine (optional)
3 tablespoons lemon juice
2 tablespoons all-purpose flour
2 tablespoons cold water, or as needed
1 (8 ounce) container sour cream

Directions

Bring a large pot of lightly salted water to a boil. Add noodles and cook 5 to 7 minutes or until al dente; drain.

Melt butter in a large saucepan over medium-high heat. Stir in onions and garlic, and cook until slightly tender. Mix in mushrooms, and continue cooking 2 minutes. Place steak strips in saucepan and cook about 1 minute. Mix in consomme, Burgundy and lemon juice. Bring to a boil.

In a small bowl, thoroughly blend flour with cold water until smooth. Reduce saucepan heat to low. While stirring constantly, slowly pour flour mixture into saucepan. Gradually return to boil while stirring rapidly, until sauce is thick and smooth. Cover saucepan and continue cooking 5 minutes, stirring occasionally. Remove from heat, let cool slightly and stir in sour cream. Serve over cooked egg noodles.

Corned Beef and Cabbage

Ingredients

1 medium onion, cut into wedges
4 medium potatoes, peeled and quartered
1 pound baby carrots
3 cups water
3 garlic cloves, minced
1 bay leaf
2 tablespoons sugar
2 tablespoons cider vinegar
1/2 teaspoon pepper
1 (3 pound) corned beef brisket with spice packet, cut in half
1 small head cabbage, cut into wedges

Directions

Place the onion, potatoes and carrots in a 5-qt. slow cooker. Combine water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over vegetables. Top with brisket and cabbage. Cover and cook on low for 8-9 hours or until meat and vegetables are tender. Remove bay leaf before serving.

Beef 'n' Black Bean Soup

Ingredients

1 pound ground beef
2 (14.5 ounce) cans chicken broth
1 (14.5 ounce) can diced tomatoes, undrained
8 green onions, thinly sliced
3 medium carrots, thinly sliced
2 celery ribs, thinly sliced
2 garlic cloves, minced
1 tablespoon sugar
1 1/2 teaspoons dried basil
1/2 teaspoon salt
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
1/2 teaspoon chili powder
2 (15 ounce) cans black beans, rinsed and drained
1 1/2 cups cooked rice

Directions

In a skillet over medium heat, cook beef until no longer pink; drain. Transfer to a slow cooker. Add the next 12 ingredients. Cover and cook on high for 1 hour. Reduce heat to low; cook for 4-5 hours or until vegetables are tender. Add the beans and rice; cook 1 hour longer or until heated through.

Hot and Tangy Broccoli Beef

Ingredients

3/4 pound boneless tender beef steak, rib eye, sirloin or flank
1 tablespoon cornstarch
3 tablespoons Kikkoman Soy Sauce, divided
1 large clove garlic, minced
1/2 teaspoon sugar
1 pound fresh broccoli, trimmed
4 teaspoons cornstarch
1/2 teaspoon crushed red pepper
3 tablespoons vegetable oil, divided
1 medium onion, thinly sliced
2 teaspoons Kikkoman Seasoned Rice Vinegar

Directions

Cut beef across grain into thin slices. Combine 1 Tbsp. each cornstarch and soy sauce with garlic and sugar in medium bowl; stir in beef. Let stand 10 minutes.

Meanwhile, remove flowerets from broccoli; cut into bite-size pieces. Peel stalks; cut diagonally into thin slices.

Combine 1 cup water, remaining 2 Tbsp. soy sauce, 4 teaspoons cornstarch and crushed red pepper in small bowl. Set aside.

Heat 1 Tbsp. oil in hot wok or large skillet over high heat. Add beef and stir-fry 1 minute; remove.

Heat remaining 2 Tbsp. oil in same pan. Add broccoli and onion; stir-fry 2 minutes. Sprinkle 1 Tbsp. water over vegetables; cover and cook 2 minutes, stirring occasionally.

Add beef and soy sauce mixture; cook and stir until sauce boils and thickens. Remove from heat; stir in vinegar.

Wildfire BBQ Beef on Buns

Ingredients

3 pounds chuck roast or round steak
1 small onion, thinly sliced
1 cup Bob Evans® Wildfire BBQ Sauce
1/2 cup apricot preserves
2 tablespoons Dijon mustard
12 rolls or buns

Directions

Place beef and onion into slow cooker. Combine Wildfire sauce, preserves and mustard and pour into slow cooker. Cover and heat on low for 8 to 10 hours or until meat is tender. Remove meat and shred with 2 forks. Combine shredded meat with sauce and serve on buns.

Deviled Corned Beef Buns

Ingredients

1 cup crumbled canned corned beef
1/2 cup shredded, processed American cheese
1/3 cup chopped stuffed olives
1/3 cup ketchup
2 tablespoons finely chopped green onions
1 tablespoon finely chopped green pepper
1 tablespoon Worcestershire sauce
1/4 teaspoon pepper
4 submarine rolls or hoagie rolls, split

Directions

In a medium bowl, combine the first eight ingredients. Divide and spoon onto bottom of rolls. Replace tops; wrap each tightly in foil. Bake at 325 degrees F for 20 minutes or until heated through.

Crescent Beef Casserole

Ingredients

- 1 pound lean ground beef
- 1 cup diced zucchini
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 2 teaspoons olive oil
- 1 cup tomato puree
- 1 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 1/2 cups mashed potatoes
- 1 cup crumbled feta cheese
- 1 (8 ounce) package refrigerated crescent rolls

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, saute the zucchini, onion and green pepper in oil until crisp-tender. Stir in the beef, tomato puree, oregano, salt and pepper; heat through.

Spread mashed potatoes in an 11-in. x 7-in. x 2-in. baking dish coated with nonstick cooking spray. Top with beef mixture; sprinkle with feta cheese.

Unroll crescent dough. Separate into four rectangles; arrange three rectangles over the casserole. Bake at 375 degrees F for 12-15 minutes or until top is browned. Roll remaining dough into two crescent rolls; bake for another use.

Ground Beef Curly Noodle

Ingredients

1 pound ground beef
1 (3 ounce) package Oriental
flavored ramen noodles
1 (14.5 ounce) can diced tomatoes
1 (10 ounce) can whole kernel
corn

Directions

Heat a large skillet over medium-high heat. Crumble in the ground beef, and cook until no longer pink, stirring frequently. Drain off grease.

Stir in the flavor packet from the noodles, tomatoes, and corn (with their juices). Break up the noodles slightly, and add them to the skillet. Bring to a boil, then reduce heat to low, cover, and simmer for 10 minutes, or until noodles are tender. Stir occasionally to break up any clumps of noodles.

Beef and Noodle Casserole

Ingredients

6 ounces egg noodles
1 pound ground beef
2 (10.75 ounce) cans condensed tomato soup
2 tablespoons Worcestershire sauce
2 cloves garlic, minced
1/2 pound shredded Cheddar cheese
1/4 cup dry sherry
1/4 cup grated Parmesan cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Cook the noodles according to package directions.

Brown the ground beef in a large skillet over medium high heat. Stir in the tomato soup, Worcestershire sauce and garlic, bring to a boil, reduce heat to low and let simmer.

When noodles are done, stir them and the cheese into the simmering sauce until cheese is melted. Stir the sherry into the sauce and stir for 1 minute, then place in a 2 quart casserole dish and sprinkle with the Parmesan cheese to taste.

Bake in preheated oven for 30 minutes.

Beef Burgundy III

Ingredients

2 pounds sirloin tips, cubed
1 medium onion, chopped
12 ounces mushrooms, chopped
2 tablespoons butter
1 (10.75 ounce) can condensed
golden mushroom soup
1/2 cup Burgundy wine

Directions

In a Dutch oven over medium-high heat, sear beef on all sides. Stir in onion, and saute until golden brown. Add mushrooms, butter, mushroom soup and wine. Reduce heat, cover, and simmer for 2 hours.

Beef Jerky in a Smoker

Ingredients

4 tablespoons ground black pepper
1 cup soy sauce
1 tablespoon cider vinegar
1 dash hot pepper sauce
1 dash Worcestershire sauce
2 pounds sirloin, cut into 1/2 inch thick slices

Directions

In a large, nonporous bowl, combine the ground black pepper, soy sauce, vinegar, hot pepper sauce and Worcestershire sauce. Mix well and add the meat slices. Cover and refrigerate overnight.

Prepare an outdoor smoker for low heat and lightly oil grate.

Lay meat strips out on grill so that they do not overlap. Smoke over low heat. Jerky will be done when the edges appear dry with just a slight hint of moisture in the center of the slices, about 6 to 8 hours.

Cindy's Beef Tips

Ingredients

- 1 cup all-purpose flour
- 1 teaspoon seasoned salt
- 1 teaspoon ground black pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1 pound cubed beef stew meat
- 1/4 cup canola oil, divided
- 1 large onion, coarsely chopped
- 3 cups beef broth
- 1 (10.75 ounce) can fat free condensed cream of mushroom soup
- 1 (10.75 ounce) can skim milk
- 1 (8 ounce) can sliced mushrooms, drained
- 2 tablespoons cornstarch (optional)
- 1 tablespoon water (optional)

Directions

In a large resealable plastic zipper bag, place flour, seasoned salt, black pepper, garlic powder, and onion powder. Stir the flour and seasonings together, and add the beef stew meat. Seal the bag and shake several times to coat the beef cubes with seasoned flour. Brush off excess flour.

Heat half of the canola oil in a large skillet over medium-high heat. Fry half of the beef cubes, turning them over until all sides are nicely browned, 5 to 10 minutes. Remove the browned beef to a plate, and repeat with the rest of the canola oil and beef cubes. Transfer to plate, and cook and stir the onion in the hot skillet until translucent, about 5 minutes.

Whisk together beef broth, mushroom soup, and skim milk until smooth. Return the beef cubes to the skillet together with any juices on the plate, add the mushrooms, and pour the broth mixture over the beef and mushrooms. Turn heat to low, and simmer until the meat is very tender, about 3 hours. For a thicker gravy, mix cornstarch and water to make a smooth paste, and stir into the gravy. Simmer about 2 minutes to thicken.

Beef Cups

Ingredients

12 slices Wonder® Classic White Bread
3 tablespoons softened butter
1 1/4 pounds ground beef
1 egg
1 small onion, chopped
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup shredded Cheddar cheese
Salt and pepper to taste

Directions

Preheat oven to 350 degrees F.

Butter one side of each slice of Wonder Bread and press each slice butter-side down into the cups of a muffin tin. In a medium bowl, mix together the ground beef, egg, onion, cream of mushroom soup, salt and pepper until well blended. Fill each bread cup with the mixture. Sprinkle shredded Cheddar cheese over the tops.

Bake for 30 minutes or until meat is cooked through.

Kazakh Beef Soup

Ingredients

3 beef soup bones
2 tablespoons olive oil, divided
1 (16 ounce) jar sauerkraut -
rinsed and drained
1 onion, chopped
2 large baking potatoes, peeled
and cubed
1 tablespoon hot chile sauce, or to
taste
salt to taste
1/4 cup sour cream (optional)

Directions

Place soup bones in a stock pot with enough water to cover them by 2 inches. Bring to a boil, and cook uncovered for about 1 hour to make a beef stock. Remove bones, and cool.

Heat one tablespoon of oil in a large skillet. Saute sauerkraut for a few minutes, then add just enough water to cover the sauerkraut, cover the pan, and let simmer over low heat for about 30 minutes, until the sour taste is gone. Drain, and set aside. Heat remaining olive oil in a small skillet over medium-high heat. Saute onion in the hot oil until tender.

When the bones are out of the stock, add potatoes, and boil for about 15 minutes, until potatoes are tender. Stir in the sauerkraut, onions, and any meat that can be picked from the bones. Season with chili sauce and salt to taste. Simmer over low heat for about 15 minutes. Ladle into bowls, and serve with a dollop of sour cream.

Roasted Vegetable and Beef Stew

Ingredients

2 pounds beef chuck roast, cubed
4 tablespoons olive oil
1 onion, chopped
1/4 pound fresh mushrooms, sliced
4 carrots, coarsely chopped
4 large russet potatoes, cut into quarters
2 stalks celery, chopped
4 cloves garlic, minced
2 tablespoons all-purpose flour
1 bay leaf
2 cups beef broth
1/2 cup red wine
1/4 cup tomato paste
salt and pepper to taste

Directions

Preheat oven to 450 degrees F (230 degrees C). Place beef cubes in a metal roasting pan and stir in 2 tablespoons olive oil. Put in the oven, on the middle rung and cook for 30 minutes, turning occasionally, until brown and tender.

Meanwhile, put onions, mushrooms, carrots, potatoes, celery, and garlic in a roasting pan. Stir in 2 tablespoons olive oil. Place in oven underneath beef. Bake for 35 to 40 minutes, stirring occasionally, until tender. Remove both beef and vegetable mixture from oven.

Remove beef from roasting pan and set aside. Place roasting pan, on medium high heat. Add wine and bring to a boil, scraping up the bits of drippings, stirring. When the bottom of the pan is clear of all browned pieces, remove from heat.

Put beef and wine mixture in a Dutch oven and stir in beef broth and add bay leaf and tomato paste. Bring to a boil. Reduce heat and simmer, covered, for 40 minutes.

Add 2 tablespoons flour to cooked vegetables and toss until all vegetables are coated. Add vegetables to beef stew. Simmer, covered, for 20 minutes, or until vegetables are heated through and tender. Serve hot.

Slow-Cooker Beef and Vegetable Soup

Ingredients

1 pound beef for stew, cut into 1-inch cubes
Ground black pepper
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
3 large onions, chopped
12 small red potatoes, cut into quarters
2 medium carrots, sliced
4 cloves garlic, minced
1 tablespoon chopped fresh thyme leaves
2 tablespoons tomato paste
1 1/2 teaspoons instant coffee crystals
4 cups SwansonB® Beef Broth
Sour cream (optional)
Chopped green onion (optional)

Directions

Season the beef with black pepper and coat with flour. Heat the oil in a skillet. Add the beef and cook until browned.

Place the onions, potatoes, carrots, garlic and thyme in a 3 1/2-quart slow cooker. Top with the beef. Mix the tomato paste, coffee and 1 cup broth. Pour the coffee mixture and the remaining broth into the slow cooker. Cover and cook on LOW 8 to 10 hours.* or until done. Serve with the sour cream and chopped green onions, if desired.

Beef and Barley Soup IV

Ingredients

1 pound cubed beef stew meat
1 beef soup bone
1/4 cup barley
3 carrots, peeled
1 onion, peeled and left whole
3 stalks celery
salt to taste

Directions

In a 6 quart soup pot, combine stew meat, soup bone, barley and carrots. Cover with water to within 2 inches of top of pot. Bring to a boil, then reduce heat and simmer 1 hour.

Place onion and celery in pot and continue to simmer 2 hours more.

Remove onion, carrots, bone and celery. Season with salt and serve.

Corned Beef Stir-Fry

Ingredients

7 tablespoons vegetable oil,
divided
3 tablespoons vinegar
2 tablespoons sugar
1 teaspoon celery seed
1/4 teaspoon salt
6 cups coarsely chopped cabbage
1 cup shredded carrots
1/4 cup chopped green onions
1/2 pound thinly sliced fully
cooked corned beef

Directions

In a bowl, whisk 4 tablespoons oil, vinegar, sugar, celery seed and salt until sugar is dissolved; set aside.

In a large skillet, saute the cabbage, carrots and onions in remaining oil until crisp-tender, about 15 minutes. Stir in vinegar-oil mixture and corned beef. Cover and simmer for 10 minutes or until heated through.

Campbell's® Slow Cooker Hearty Beef and Bean

Ingredients

1 1/2 pounds ground beef
1 large onion, chopped
2 cloves garlic, minced
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1 (14.5 ounce) can diced tomatoes
1/2 cup water
2 (15 ounce) cans kidney beans,
rinsed and drained
1/4 cup chili powder
2 teaspoons ground cumin

Directions

Cook the beef in a 12-inch skillet over medium-high heat until it's well browned, stirring often. Pour off any fat.

Stir the beef, onion, garlic, soup, tomatoes, water, beans, chili powder and cumin in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours.*

Beef Heart Braised in Wine

Ingredients

4 pounds beef heart
1/4 cup all-purpose flour
salt and pepper to taste
3 tablespoons butter
1 onion, chopped
2 carrots, chopped
2 potatoes, chopped
2 teaspoons dried thyme
1 cup beef broth
1/2 cup red wine

Directions

Wash the heart and remove any fat and arteries. Slice the heart in half, then slice it into 1/2 inch thick slices.

Dredge heart in flour and season with salt and pepper.

Heat the butter in large saute pan over medium-high heat. Add the heart slices and cook for 30 to 45 seconds per side.

Stir in the onion, carrots, potatoes, thyme, beef broth and wine. Reduce heat to low, cover and simmer for 1 hour. Serve.

Vietnamese Beef Pho

Ingredients

4 quarts beef broth
1 large onion, sliced into rings
6 slices fresh ginger root
1 lemon grass
1 cinnamon stick
1 teaspoon whole black peppercorns
1 pound sirloin tip, cut into thin slices
1/2 pound bean sprouts
1 cup fresh basil leaves
1 cup fresh mint leaves
1 cup loosely packed cilantro leaves
3 fresh jalapeno peppers, sliced into rings
2 limes, cut into wedges
2 (8 ounce) packages dried rice noodles
1/2 tablespoon hoisin sauce
1 dash hot pepper sauce
3 tablespoons fish sauce

Directions

In a large soup pot, combine broth, onion, ginger, lemon grass, cinnamon, and peppercorns. Bring to a boil, reduce heat, and cover. Simmer for 1 hour.

Arrange bean sprouts, mint, basil, and cilantro on a platter with chilies and lime.

Soak the noodles in hot water to cover for 15 minutes or until soft. Drain. Place equal portions of noodles into 6 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Pass platter with garnishes and sauces.

Beef, Bean and Barley Stew

Ingredients

1 pound cubed beef stew meat
1 small onion, chopped
1 pinch salt
1/4 teaspoon ground black pepper
3 cloves garlic, crushed
2 (14 ounce) cans beef broth
3 1/2 cups water
1 cup peeled and diced tomatoes with juice
1 potato, cubed
2 carrots, chopped
1/4 medium head cabbage, shredded
1/3 cup quick-cooking barley
1 (14.5 ounce) can great Northern beans, rinsed and drained
1/4 teaspoon dried oregano
1/4 teaspoon dried basil
1/4 teaspoon dried rosemary
1/4 teaspoon caraway seeds

Directions

Coat a large pot or Dutch oven with cooking spray. Place over medium heat and cook beef until brown. Stir in onion and cook until translucent. Drain fat. Stir in salt, pepper and garlic and cook 1 minute. Pour in beef broth, water and tomatoes. Stir in potato, carrots, cabbage, barley and beans. And season with oregano, basil, rosemary and caraway. Bring to a boil, then reduce heat and simmer 20 minutes.

Beefy Spanish Rice

Ingredients

- 1 cup uncooked brown rice
- 1 pound ground beef
- 1 medium onion, chopped
- 1 (28 ounce) can stewed tomatoes
- 1 teaspoon celery salt
- 1 teaspoon salt
- 1 teaspoon honey
- 1/2 teaspoon garlic salt
- 1/2 teaspoon pepper
- 1 cup shredded Cheddar cheese

Directions

Cook rice according to package directions. Meanwhile, in a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in tomatoes, seasonings and rice. Transfer to a greased 2-qt. baking dish. Cover and bake at 350B°: for 50-55 minutes. Sprinkle with cheese. Bake, uncovered, 5-10 minutes longer or until cheese is melted.

Mexican Beef and Bean Stew

Ingredients

1 1/2 pounds beef for stew, cut in 1 inch pieces
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
1 (10.5 ounce) can Campbell's® Condensed Beef Consomme
1 cup Pace® Thick & Chunky Salsa
1 large onion, coarsely chopped
1 (15 ounce) can pinto beans, rinsed and drained
1 (16 ounce) can whole kernel corn, drained
2 tablespoons chili powder
1 teaspoon ground cumin
1/4 teaspoon garlic powder

Directions

Coat the beef with flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook in 2 batches until it's well browned, stirring often.

Stir the beef, consomme, salsa, onion, beans, corn, chili powder, cumin and garlic powder in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Smothered Beef Short Ribs

Ingredients

1/2 cup olive oil
4 pounds beef short ribs
salt and pepper to taste
1 cup all-purpose flour
2 cups chopped onions
1 cup chopped celery
1 cup chopped carrots
2 tablespoons minced garlic
3 bay leaves
1 tablespoon dried thyme
1 cup red wine
8 cups beef stock
1/4 cup chopped fresh parsley

Directions

Heat the oil in a large pot over medium high heat. Season the ribs with salt and pepper to taste and dredge them in flour. Fry the ribs in the oil in small batches, adding oil as needed, to sear the meat. This should take 2 to 3 minutes per batch. Set ribs aside.

In the same pot, add the onions and saute for 2 minutes. Add the celery and carrots and saute for 1 more minute. Season with salt and pepper to taste, and then stir in the garlic, bay leaves and thyme and cook for 1 more minute.

Deglaze the pot with the red wine, scraping up all the bits on the bottom. Add the stock, bring to a boil, reduce heat to low and simmer. Add the ribs and continue to simmer for 2 hours, until the sauce thickens. Stir in the parsley and serve.

Zippy Ground Beef Skillet

Ingredients

8 ounces uncooked small tube pasta
1 pound lean ground beef
3/4 cup diced onion
3/4 cup diced green pepper
1 (28 ounce) can diced tomatoes, undrained
2 jalapeno peppers, seeded and minced*
1 tablespoon honey
2 teaspoons chili powder
3/4 teaspoon salt
1 1/2 cups reduced fat sour cream

Directions

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, cook the beef, onion and green pepper over medium heat until meat is no longer pink; drain. Add the tomatoes, jalapenos, honey, chili powder and salt. Reduce heat to low; cook, uncovered, for 10 minutes, stirring occasionally. Drain pasta; add to beef mixture. Add sour cream; cook and stir until heated through (do not boil).

Cheesy Beef 'n' Rice

Ingredients

1 cup uncooked long grain rice
1 garlic clove, minced
2 tablespoons butter or margarine
3 cups water
2 medium carrots, shredded
2 teaspoons beef bouillon granules
1 teaspoon dried parsley
1/2 teaspoon salt
1/2 teaspoon dried basil
1/2 teaspoon dried minced onion
1 pound ground beef, cooked and drained
1/2 cup shredded Cheddar cheese

Directions

In a large saucepan, saute rice and garlic in butter until golden brown. Stir in water, carrots, bouillon, parsley, salt, basil and onion. Bring to a boil. Reduce heat; cover and simmer for 5 minutes. Stir in beef. Transfer to a greased 9-in. square baking dish. Cover and bake at 325 degrees for 45 minutes, stirring twice. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Simple Beef Flavored Gravy

Ingredients

1 1/2 cups water
3 teaspoons beef bouillon
1/4 cup all-purpose flour
1 onion, chopped
1/4 cup butter

Directions

Combine water, bouillon, flour, onion and butter in a small saucepan. Bring to a boil over medium heat and cook until thickened.

Beef on Weck

Ingredients

3 cups prepared au jus sauce
2 pounds thinly sliced roast beef
6 Kaiser rolls, split
2 teaspoons kosher salt
2 teaspoons caraway seeds
1/4 cup prepared horseradish

Directions

Preheat the oven to 300 degrees F (150 degrees C).

Warm the au jus sauce in a saucepan over medium heat. Add the roast beef and let it warm up at the same time. While the meat is soaking, place the rolls on a baking sheet with the cut side down. Brush the tops lightly with water and sprinkle with salt and caraway seeds.

Bake in the preheated oven until rolls are toasted, about 10 minutes. Serve the sliced beef on the rolls with the au jus and horseradish on the side.

Jewish Grandma's Best Beef Brisket

Ingredients

1 tablespoon vegetable oil
1 (4 pound) beef brisket
ground black pepper to taste
2 onions, thickly sliced
2 cloves garlic, peeled and cut in half
salt and pepper to taste

Directions

Heat the oil in a large deep skillet or pot over medium-high heat. Season the brisket generously with black pepper. Place in the pan and cook until the surface is a rich brown color, not burnt, but dark. Lift the roast and scatter the onions in the pan. Place the uncooked side of the roast down onto the onions. Repeat the browning process.

Add the garlic to the pan, and fill with enough water to almost cover the roast. Bring to a simmer. Reduce heat to low and cover with a lid or tight-fitting aluminum foil. Simmer for 4 hours, turning the roast over once halfway through. The roast should be fork tender.

Remove the brisket to a serving platter. Bring the broth in the pan to a simmer, scraping the bottom to loosen any browned bits. Cook until reduced to a thin gravy. Taste and season with salt and pepper if needed.

Yummy Beef or Venison Stew

Ingredients

3 pounds venison (deer meat)
7 cups water as needed
5 cubes beef bouillon cube
1 onion, thinly sliced
1/3 cup all-purpose flour
2 tablespoons vegetable oil
1 1/2 cups sliced carrots
1 1/2 cups chopped celery
1 1/2 cups potatoes, cubed
1/2 cup all-purpose flour
1 cup hot water

Directions

Cut meat into bite-sized pieces. Mix with onions, and toss mixture with 1/3 cup flour. Heat oil in a large saucepan, and cook over medium low heat until browned.

Place browned meat and bouillon cubes into crock pot. Add water until meat is covered with 1 inch liquid. Cover. Slow cook on high for about 5 hours. This should be long enough to make meat very tender.

To thicken up the gravy, mix 1/2 cup flour with 1 cup hot water until flour is dissolved. Pour into crock pot, and stir. Repeat if not thick enough. If you are not using veggies, the stew is ready to pour over the rice now. If you are going to use veggies, add them now. Cook until vegetables are tender.

Zippy Beef Casserole

Ingredients

1 cup uncooked elbow macaroni
1 pound ground beef
1 (10.75 ounce) can condensed cream of mushroom soup
3/4 cup milk
2/3 cup ketchup
1/2 cup shredded Cheddar cheese
1/4 cup chopped green bell pepper
1 cup dried minced onion
1 teaspoon salt, or to taste
1 cup crushed potato chips

Directions

Preheat the oven to 350 degrees F (175 degrees C). Bring a saucepan of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain.

Cook ground beef in a skillet over medium heat, stirring until evenly browned; drain. Stir in cooked macaroni, condensed soup, milk, and ketchup until well blended. Mix in the Cheddar cheese, green pepper, and minced onion. Season with salt, and pour into a 2 quart baking dish.

Cover, and bake for 40 minutes in the preheated oven. Uncover, sprinkle the top with potato chips, and bake for another 5 to 10 minutes, until chips are toasted.

Slow Cooker Tuscan Beef Stew

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Tomato Soup (Regular or 25% Less Sodium)
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup Burgundy wine or other dry red wine or water
1 teaspoon dried Italian seasoning, crushed
1/2 teaspoon garlic powder
1 (14.5 ounce) can diced tomatoes with Italian herbs
3 large carrots, cut into 1-inch pieces
2 pounds beef for stew, cut into 1-inch pieces
2 (16 ounce) cans white kidney beans (cannellini), rinsed and drained

Directions

Stir the soup, broth, wine, Italian seasoning, garlic powder, tomatoes, carrots and beef in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Stir in the beans. Turn the heat to HIGH. Cook for 10 minutes or until the mixture is hot.

Beefs Portuguese Style

Ingredients

3/4 cup red wine
1/4 cup water
10 cloves garlic, chopped
1 tablespoon chile paste
1/2 teaspoon white pepper
1/2 teaspoon salt
6 (4 ounce) beef tenderloin steaks
1/3 cup vegetable oil

Directions

In a medium bowl, combine red wine, water, garlic, chile paste, white pepper and salt. Add beef, and turn to coat evenly.

In a large heavy skillet over medium heat, fry 3 steaks for 2 minutes on each side; Set steaks aside, and drain liquids into the red wine mixture. Repeat with remaining beef.

Pour oil into skillet, and reduce heat to medium-low. Fry steaks for a second time, 2 minutes on each side. Drain oil, and return all steaks and marinade to the pan. Allow to boil for 2 minutes.

Beef Spaghetti Pie Ole

Ingredients

1 pound lean ground beef
1 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground cumin
1 (10 ounce) can diced canned tomatoes with green chilies, undrained
3/4 cup light dairy sour cream
1 cup shredded Monterey Jack or Cheddar cheese
B
Pasta Shell:
1 (7 ounce) package uncooked spaghetti
1/3 cup shredded Monterey Jack or Cheddar cheese
1 egg
1/2 teaspoon salt
1/4 teaspoon garlic powder

Directions

Heat oven to 350 degrees F. Cook pasta according to package directions; drain well. In large bowl, whisk together remaining pasta shell ingredients. Add pasta; toss to coat. Arrange pasta in 9-inch pie dish, pressing down and up side to form shell; set aside.

Meanwhile, heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking up into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef to skillet; season with 1 teaspoon garlic powder, 1/2 teaspoon salt and cumin; stir in tomatoes. Bring to a boil; cook 3 to 5 minutes or until liquid is almost evaporated, stirring occasionally.

Reserve 2 tablespoons beef mixture for garnish. Stir sour cream into remaining beef; spoon into pasta shell. Place 1 cup cheese in center, leaving 2-inch border around edge. Spoon reserved beef mixture onto center of cheese; bake in 350 degrees F oven 15 minutes or until heated through.

To serve, cut into wedges.

Beef Pho

Ingredients

5 pounds beef knuckle, with meat
2 pounds beef oxtail
1 white (daikon) radish, sliced
2 onions, chopped
2 ounces whole star anise pods
1/2 cinnamon stick
2 whole cloves
1 teaspoon black peppercorns
1 slice fresh ginger root
1 tablespoon white sugar
1 tablespoon salt
1 tablespoon fish sauce

1 1/2 pounds dried flat rice
noodles
1/2 pound frozen beef sirloin

TOPPINGS:

sriracha hot pepper sauce
hoisin sauce
thinly sliced onion
chopped fresh cilantro
bean sprouts (mung beans)
sweet Thai basil
thinly sliced green onion
limes, quartered

Directions

Place the beef knuckle in a very large (9 quart or more) pot. Season with salt, and fill pot with 2 gallons of water. Bring to a boil, and cook for about 2 hours.

Skim fat from the surface of the soup, and add the oxtail, radish and onions. Tie the anise pods, cinnamon stick, cloves, peppercorns and ginger in a cheesecloth or place in a spice bag; add to the soup. Stir in sugar, salt and fish sauce. Simmer over medium-low heat for at least 4 more hours (the longer, the better). At the end of cooking, taste, and add salt as needed. Strain broth, and return to the pot to keep at a simmer. Discard spices and bones. Reserve meat from the beef knuckle for other uses if desired.

Bring a large pot of lightly salted water to a boil. Soak the rice noodles in water for about 20 minutes, then cook in boiling water until soft, but not mushy, about 5 minutes. Slice the frozen beef paper thin. The meat must be thin enough to cook instantly.

Place some noodles into each bowl, and top with a few raw beef slices. Ladle boiling broth over the beef and noodles in the bowl. Serve with hoisin sauce and sriracha sauce on the side. Set onion, cilantro, bean sprouts, basil, green onions, and lime out at the table for individuals to add toppings to their liking.

Beef or Moose Jerky

Ingredients

3 pounds rump roast
3 cups soy sauce
3 cups packed brown sugar
4 fluid ounces hickory-flavored
liquid smoke

Directions

Slice roast into slabs approximately 1/4 inch thick, (Note: you can have this done at the grocery store or butcher). Trim off all of the fat from the edges. Cut the slabs into pencil-like strips (about 1/4 inch wide), and about 4 inches long.

In a large bowl, combine the soy sauce, brown sugar and hickory-flavored liquid smoke; blend well. Place all of the meat into the bowl of marinade. Cover and place in refrigerator for at least 30 minutes.

Place the meat in a food dehydrator for about 12 to 20 hours, depending how dry you like your jerky. Rotate the trays after 6 hours. For example: Bottom tray on top, top tray on bottom, second tray from bottom to be second tray from top, and so on.

Cuban Beef Stew

Ingredients

2 tablespoons olive oil
1 onion, chopped
4 cloves garlic, minced
1 red bell pepper, chopped
1 1/2 pounds sirloin tips, cubed
2 bay leaves
1/2 teaspoon ground cumin
1 teaspoon dried oregano
1/2 cup dry sherry
1 (8 ounce) can tomato sauce
2 tablespoons red wine vinegar
1/4 cup pimento-stuffed green olives
1/4 cup raisins
2 tablespoons capers
4 potatoes, peeled and quartered
salt and pepper to taste

Directions

In a large saute pan, heat oil over medium heat. Cook onion and garlic in oil, stirring frequently, until transparent. Stir in cubed meat, and cook until browned. Stir in red bell pepper, bay leaf, cumin, and oregano; cook for 2 to 3 minutes.

Stir in sherry, tomato sauce, vinegar, olives, raisins, and capers. Pour in enough water to just cover meat. Bring to boil, reduce heat to low, and cover. Simmer until fork tender, about 1 1/2 hours. Add more water if the stew becomes too thick.

Stir potatoes into the stew. Season with salt and pepper to taste. Cook, covered, until potatoes are almost tender. Uncover, and cook until done.

Grandma's Dried Beef Casserole

Ingredients

1/4 cup margarine
1/4 cup all-purpose flour
2 cups milk
4 ounces processed cheese food, cubed
1 (8 ounce) package uncooked egg noodles
1 (10.75 ounce) can cream of mushroom soup
4 ounces dried beef, chopped
1 cup crushed plain potato chips

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Bring a large pot of lightly salted water to a boil. Add the egg noodles, and cook until tender, about 8 minutes. Drain and transfer to a greased 9x13 inch baking dish.

Melt the margarine in a saucepan over medium heat. Whisk in the flour using a fork so that no lumps form. Gradually stir in the milk. Bring to a simmer, stirring constantly, then add the cheese. Cook and stir until smooth. Stir in the cream of mushroom soup, and then the dried beef. Stir into the noodles in the casserole dish, and top with crushed potato chips.

Bake for 30 minutes in the preheated oven, until the sauce is thick and bubbling, and top is toasted.

Sticky Beef Sandwich

Ingredients

3 cups shredded cooked or
leftover beef
1 cup ketchup
2 cups barbecue sauce
4 hamburger buns
1/2 cup sliced onion

Directions

Heat meat in a skillet over medium heat. Stir in the ketchup and barbecue sauce. Heat stirring constantly until the sauces and meat are sticky.

Serve meat on hamburger buns with sliced onion.

Japanese-Inspired Beef Tenderloin

Ingredients

4 (6 ounce) beef tenderloin filets
2 tablespoons salt-free seasoning blend
2 tablespoons soy sauce
2 tablespoons rice wine vinegar
2 tablespoons sesame oil
2 tablespoons ground allspice
1 tablespoon minced fresh ginger
1 tablespoon minced garlic
2 tablespoons extra virgin olive oil, divided
2 cups shredded napa (Chinese) cabbage
1 cup chopped shiitake mushrooms
1 cup chopped cucumber
1 cup bean sprouts
1/2 cup fresh snow peas, trimmed
1 tablespoon chopped green onions
2 cups chopped fresh spinach leaves
1 cup chopped fresh parsley

Directions

Rub seasoning blend into both sides of filets and place in a large, resealable plastic bag. In a medium bowl, stir together the soy sauce, rice wine vinegar, sesame oil, allspice, ginger, and garlic. Pour marinade into the bag and shake gently to ensure it coats the meat. Refrigerate filets for at least 3 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C).

Remove filets from plastic bag and reserve marinade. Use a paper towel to pat the meat dry. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Brown the filets on all sides, about 5 minutes. Place filets onto a baking sheet and bake in preheated oven until they reach an internal temperature of 140 degrees F (60 degrees C) for medium, about 10 minutes.

Meanwhile, in a large skillet over medium heat, heat the remaining olive oil. Stir-fry the cabbage, mushrooms, cucumbers, bean sprouts, snow peas, and green onions until tender, about 4 minutes. Stir in the spinach, parsley, and reserved marinade; cook another 5 minutes.

To serve, divide the vegetables between four plates; cut the filets into thick slices and place on top of vegetables.

Roast Beef Sandwich Roll

Ingredients

2 (1 pound) loaves frozen bread dough, thawed
3/4 cup chopped sweet red pepper
1/2 cup chopped red onion
1 teaspoon garlic salt
1 teaspoon Italian seasoning
8 ounces thinly sliced deli roast beef, julienned
2 cups finely shredded Cheddar cheese
1 egg white
1 tablespoon water

Directions

Combine loaves of dough and shape into one ball. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place for 90 minutes.

In a microwave-safe bowl, combine the red pepper, onion, garlic salt and Italian seasoning. Cover and microwave on high for 1 minute or until vegetables are tender.

Punch dough down. On a lightly floured surface, roll into a 15-in. x 12-in. rectangle. Combine the beef, cheese and red pepper mixture; spread over the dough to within 1/2 in. of edges. Roll up jelly-roll style, starting with a long edge; pinch seams and ends to seal. Place seam side down on a lightly greased baking sheet.

In a small bowl, beat egg white and water; brush over dough. Cut a slit with a sharp knife in top of dough. Bake at 400 degrees F for 30-35 minutes or until golden brown. Let stand for 10 minutes before slicing.

Grandma Maul's Italian Beef

Ingredients

1 (4 pound) boneless beef chuck roast
1/2 cup all-purpose flour
salt and ground black pepper to taste
2 tablespoons olive oil
2 cloves garlic, minced
1 cup water
1 tablespoon anise seed
1 tablespoon sesame seed
1 large green bell pepper, julienned

Directions

Rinse and pat dry the roast. Coat the roast evenly with the flour; season with salt and pepper.

Heat the olive oil in a skillet over medium-high heat. Add the garlic to the hot oil; sear the beef in the oil until all sides are slightly browned. Transfer the roast to a slow cooker. Pour the water over the roast.

Cook on Low for 5 hours. Add the anise seed and sesame seed to the slow cooker and cook another 4 hours. Add the green bell pepper and continue cooking until the meat is tender and easily pulled apart, about 1 hour more.

Grecian Beef, Tomato and Cucumber Salad

Ingredients

1 pound boneless beef top sirloin or top round steak, cut 3/4 inch thick or flank steak
1/4 cup prepared Greek dressing
3 medium tomatoes, cut into 8 wedges each
2 medium cucumbers, chopped
1 cup pitted Kalamata olives, cut in half
1/2 cup prepared Greek dressing
1/2 cup crumbled feta cheese

Directions

Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Place beef and 1/4 cup dressing in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.

Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Do not overcook. Remove from skillet. Repeat with remaining beef.

Toss tomatoes, cucumbers and olives with 1/2 cup dressing in serving bowl. Top with beef; sprinkle with cheese.

Barbeque Beef Casserole

Ingredients

2 pounds ground beef
1 large onion, diced
1 green bell pepper, seeded and diced
1 (10 ounce) can whole kernel corn, drained
1/2 cup barbeque sauce
1 (14.5 ounce) can diced tomatoes, drained
3 (8.5 ounce) packages corn bread mix

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Crumble the ground beef into a large skillet over medium-high heat. Cook until evenly browned. Add the onion, bell pepper, corn and tomatoes. Cook and stir until vegetables are tender. Drain excess grease, and stir in the barbeque sauce. Spread the beef mixture in an even layer in a 9x13 inch baking dish.

Prepare the cornbread batter mixes according to package directions. Spread the batter over the top of the beef mixture.

Bake for 20 to 25 minutes in the preheated oven, until the top is golden brown, and a knife inserted into the center of the cornbread layer comes out clean.

Our Favorite Olive Beef

Ingredients

2 pounds boneless chuck roast
2 (14.5 ounce) cans stewed tomatoes, chopped
1 (8 ounce) jar pitted green olives, chopped, 1/3 of liquid reserved
8 kaiser rolls

Directions

Place chuck roast, stewed tomatoes, and green olives with the reserved liquid into a slow cooker.

Cook 6 hours on Low, until the roast falls apart easily. Serve over kaiser rolls.

Roast Beef and Gravy

Ingredients

1 (3 pound) boneless beef chuck
roast
2 (10.75 ounce) cans condensed
cream of mushroom soup,
undiluted
1/3 cup sherry, wine or beef broth
1 envelope onion soup mix

Directions

Cut roast in half; place in a slow cooker. In a bowl, combine the remaining ingredients; pour over roast. Cover and cook on low for 8-9 hours or until meat is tender.

Easy Beef Stroganoff

Ingredients

1 (12 ounce) package egg noodles, cooked and drained
6 ounces fresh mushrooms, sliced
1 onion, chopped
1/4 cup butter
2 pounds lean ground beef
4 tablespoons all-purpose flour
2 cups beef broth
1 cup sour cream
salt and black pepper to taste

Directions

Bring a large pot of water to a boil. Cook egg noodles in boiling water until done, about 8 minutes. Drain.

Meanwhile, prepare the sauce. In a large skillet, cook mushrooms and onions in 2 tablespoons of butter over medium heat until soft; remove from pan.

Using the same pan, melt remaining butter. Cook ground beef in melted butter until browned. Mix in flour. Stir in beef broth, and cook until slightly thickened. Add mushroom and onion mixture; stir in sour cream. Season to taste with salt and pepper. Continue cooking until sauce is hot, but not boiling. Serve sauce over egg noodles.

Beef Nilaga

Ingredients

4 1/2 pounds beef short ribs
1 quart water
1 tablespoon black peppercorns,
crushed
2 onions, chopped
2 beef bouillon cubes
2 carrots, cut in chunks
2 stalks celery, quartered
1 chayote squash, peeled and
quartered
2 potatoes, quartered
salt to taste
1/4 head cabbage, cut into
wedges

Directions

Place the beef ribs in a large pot with enough water to cover. Bring to a boil over high heat, and boil for 5 minutes. Drain; discard the cooking water (the ribs will not be fully cooked).

Return the beef to the pot. Pour in the 1 quart water, peppercorns, onions, and beef bouillon. Bring to a boil, cover, reduce the heat, and simmer for 1 hour.

Skim any fat floating on the surface. Stir in the carrots, celery, chayote, and potatoes; cover, and simmer until potatoes are tender, about 20 minutes. Season with salt. Add cabbage and cook an additional 5 minutes.

Simply the Easiest Beef Brisket

Ingredients

1 (3 pound) beef brisket, trimmed of fat
1 medium onion, thinly sliced
salt and pepper to taste
1 (12 fluid ounce) can beer
1 (12 ounce) bottle tomato-based chili sauce
3/4 cup packed brown sugar

Directions

Preheat the oven to 325 degrees F (165 degrees C).

Season the brisket on all sides with salt and pepper, and place in a glass baking dish. Cover with a layer of sliced onions. In a medium bowl, mix together the beer, chili sauce, and brown sugar. Pour over the roast. Cover the dish tightly with aluminum foil.

Bake for 3 hours in the preheated oven. Remove the aluminum foil, and bake for an additional 30 minutes. Let the brisket rest and cool slightly before slicing and returning to the dish. Reheat in the oven with the sauce spooned over the sliced meat.

Szechuan Beef

Ingredients

1 pound sirloin steak, cut into bite size strips
1 tablespoon soy sauce
2 teaspoons cornstarch
1/4 teaspoon crushed red pepper
1 clove garlic, minced
2 tablespoons vegetable oil
3 cups fresh broccoli florets
2 small onions, cut into wedges
1 (8 ounce) can water chestnuts, drained
1/4 cup chicken broth
1/2 cup peanuts

Directions

Toss beef with soy sauce, cornstarch, crushed red pepper and garlic in non-metal bowl. Cover and refrigerate 20 minutes.

Heat oil in wok or large skillet over high heat. Stir fry beef until no longer pink, 5 minutes. Stir in broccoli, onions and water chestnuts; cook 2 minutes. Pour in broth, and bring to a boil. Stir in peanuts, cook one minute more, and serve.

Braised Beef with Barley

Ingredients

2 pounds boneless chuck roast
1 tablespoon vegetable oil
1 medium onion, chopped
1/2 pound fresh mushrooms,
sliced
3 garlic cloves, minced
1 (14.5 ounce) can beef broth
1 bay leaf
1 1/2 teaspoons salt
1/4 teaspoon pepper
1/2 cup pearl barley
1 cup frozen peas
1/3 cup sour cream

Directions

In a Dutch oven, brown meat in oil on all sides over medium-high heat. Remove roast and set aside. Drain, reserving 1 tablespoon of drippings. Saute the onion, mushrooms and garlic in drippings until tender.

Return roast to the pan. Add the broth, bay leaf, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours. Add barley. Cover and simmer for 45 minutes or until meat and barley are tender. Add peas; cover and simmer for 5 minutes or until peas are tender.

Discard bay leaf. Set the roast and barley aside; keep warm. Skim fat from pan juices. If desired, add sour cream to the pan juices; stir until heated through over low heat (do not boil). Slice roast; serve with barley and gravy.

Mom's Easy Creamed Chipped Beef on Toast

Ingredients

5 cups milk
3/4 cup all-purpose flour
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/2 cup butter
12 ounces beef lunch meat (such as Carl Buddig ®)
16 slices bread, toasted

Directions

Whisk the milk, flour, salt, and pepper together in a bowl until smooth.

Melt the butter in a large pot over medium heat. Gradually stir in the milk mixture until thick. Add the beef; cook and stir until heated through, about 5 minutes. Pour over toast to serve.

Corn 'n' Beef Pasta Bake

Ingredients

1 pound ground beef
1 medium onion, chopped
1 medium green or red bell pepper, chopped
2 garlic cloves, minced
2 cups frozen corn, thawed
1 (14.5 ounce) can diced tomatoes, undrained
1 1/2 cups uncooked bow tie pasta
1 cup buttermilk
1 (3 ounce) package cream cheese, cubed
1 teaspoon chili powder
salt and pepper to taste
1 cup shredded Monterey Jack cheese

Directions

In a large skillet, cook the beef, onion, green pepper and garlic over medium heat until meat is no longer pink; drain. Stir in the corn, tomatoes, pasta, buttermilk, cream cheese, chili powder, salt and pepper.

Transfer to a greased 2-1/2-qt. baking dish; sprinkle with cheese. Cover and bake at 375 degrees F for 40 minutes. Uncover; bake 25-30 minutes longer or until the pasta is tender.

Slow Cooker Beef Stew III

Ingredients

4 carrots, chopped
2 potatoes, peeled and cubed
1 cup sliced fresh mushrooms
1 onion, chopped
3 stalks celery, chopped
3 pounds cubed stew meat
1 packet dry onion soup mix
1 (10.75 ounce) can condensed
golden mushroom soup
1 3/4 cups water

Directions

Place the carrots, potatoes, mushrooms, onion and celery in the slow cooker. Place the stew meat over the vegetables.

In a medium bowl, combine the soup mix with the can of soup. Add the water and mix together well. Pour this in the slow cooker over the meat and vegetables.

Add water as needed so that the liquid comes just to the bottom of the meat.

Cook on low setting overnight, adding more water as necessary in the morning. Allow to cook all day.

Beef Noodle Bake

Ingredients

1 1/2 pounds ground beef
1 small onion, chopped
2 (8 ounce) cans tomato sauce
1 cup sour cream
1 (3 ounce) package cream
cheese, cubed and softened
1 teaspoon sugar
1/2 teaspoon garlic salt
7 cups uncooked wide egg
noodles, cooked and drained
1 cup shredded Cheddar cheese

Directions

In a skillet, cook beef and onion until meat is no longer pink; drain. remove from the heat; stir in tomato sauce, sour cream, cream cheese, sugar and garlic salt; mix until blended. Place half of the noodles in a greased 13-in. x 9-in. x 2-in. baking dish; top with half of the beef mixture. Repeat layers. Cover and bake at 350 degrees F for 30-35 minutes or until heated through. Sprinkle with cheese; bake 3-5 minutes longer or until cheese is melted.

Corned Beef and Cabbage

Ingredients

1 pound kosher salt
2 gallons water, divided
8 pounds beef brisket
6 bay leaves
8 black peppercorns
1 onion, chopped
1 medium head cabbage,
quartered
1 pound carrots, sliced
1 turnip, chopped
1 teaspoon chopped fresh cilantro
8 potatoes - peeled and cubed

Directions

In a large stainless steel or cast iron pot, combine the salt, water and brisket. Cover and let sit for 7 days in the refrigerator. (Note: brisket must be completely submerged, so double the salt and water if necessary.)

After 7 days, drain the brine and add 1 gallon fresh water, bay leaves and peppercorns. Bring to a boil, reduce heat to low/medium low, and simmer for 3 to 3 1/2 hours.

During the last 45 minutes of cooking, add the onion, cabbage, carrots, turnip, cilantro, and potatoes. Continue simmering until all vegetables are tender.

Aussie Beef and Peppers with Gnocchi

Ingredients

2 tablespoons olive oil
1 pound flank steak, cut into strips
1 onion, thinly sliced
1 teaspoon minced garlic
1 (6 ounce) package fresh button mushrooms, sliced
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 (14.4 ounce) can diced tomatoes
1 teaspoon smoked sweet paprika
1 (1 pound) package potato gnocchi

Directions

Heat olive oil in a skillet over high heat. Add beef and cook until browned, about 2 minutes. Transfer the beef to a bowl and cover with plastic wrap to keep warm. Reserve the oil in the skillet.

Reduce heat to medium, then stir in the onion and garlic, and cook until transparent, about 5 minutes. Toss in the mushrooms, red peppers, and yellow peppers and cook until tender, another 5 minutes. Stir in the tomatoes and paprika; bring to a boil over medium-high heat. Reduce heat to low and simmer until sauce thickens, about 5 minutes. Combine the beef with the tomato mixture and stir.

Meanwhile, bring a large pot of lightly salted water to a boil over high heat. Add gnocchi and cook until they float, 2 to 3 minutes. Drain, then toss the gnocchi in the sauce and serve.

One-For-All Marinated Beef

Ingredients

3/4 cup orange juice
1/4 cup reduced-sodium soy sauce
2 tablespoons brown sugar
2 tablespoons prepared mustard
1 tablespoon canola oil
2 garlic cloves, minced
1 (1 1/2-pound) beef flank steak

Directions

In a large resealable plastic bag, combine the first six ingredients; add flank steak. Seal bag and turn to coat; refrigerate for 4 hours or overnight.

Coat grill rack with nonstick cooking spray before starting the grill. Drain and discard marinade. Grill steak, covered, over medium heat 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Let stand for 10 minutes before slicing.

Beef 'N' Black-Eyed Pea Salad

Ingredients

2 cloves garlic cloves, minced
1 teaspoon chili powder
12 ounces boneless beef sirloin steak
8 cups torn romaine
1 (15.5 ounce) can black-eyed peas, rinsed and drained
1 large sweet red pepper, julienned
1/2 cup sliced ripe olives
1 (4 ounce) can chopped green chilies, drained
2 green onions, chopped
2 tablespoons minced fresh cilantro or parsley
3 tablespoons lime juice
2 tablespoons canola oil
2 teaspoons sugar
1 teaspoon salt
1 teaspoon grated lime peel
1/4 teaspoon pepper

Directions

Combine garlic and chili powder; rub over both sides of steak. If grilling the steak, coat grill rack with nonstick cooking spray before starting the grill. Grill steak, covered, over medium heat or broil 4 in. from the heat for 5-7 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done 170 degrees F).

When cool enough to handle, slice meat across the grain into thin strips; place in a large bowl. Add the romaine, peas, red pepper, olives, chilies, onions and cilantro. In a small bowl, combine the remaining ingredients. Pour over salad and toss to coat.

Grilled Beef Steaks with Espresso-Bourbon Sauce

Ingredients

4 (4 ounce) beef tenderloin steaks,
cut 1 inch thick
Salt and pepper

Espresso-Bourbon Sauce:

1/4 cup bourbon
1/4 cup maple syrup
1/4 cup reduced-sodium soy
sauce
1 tablespoon fresh lemon juice
2 teaspoons instant espresso
coffee powder
1/8 teaspoon black pepper

Directions

Combine all sauce ingredients, except pepper, in small saucepan; bring to a boil. Reduce heat; simmer, uncovered, 8 minutes or until sauce is thickened and reduced by about half, stirring occasionally. Stir in pepper. Keep warm.

Place steaks on grid over medium, ash-covered coals. Grill tenderloin steaks, uncovered, 13 to 15 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper, as desired. Serve with sauce.

Beef Cannelloni Bake

Ingredients

1 (8 ounce) package cannelloni pasta
8 ounces lean ground beef
2 carrots, chopped
1/2 stalk celery, chopped
1/2 onion, chopped
10 ounces fresh spinach, washed and chopped
1 1/4 teaspoons salt
1 1/4 teaspoons ground black pepper
2 tablespoons olive oil
1 cup dry white wine
1 cup heavy whipping cream
1 cup chopped tomatoes
1/2 cup grated Parmesan cheese
2 teaspoons Italian seasoning
2 tablespoons chopped fresh basil
1 (14.5 ounce) can stewed tomatoes
2 tablespoons olive oil
2 cloves garlic, chopped
1 onion, chopped
1 teaspoon salt
1 teaspoon ground black pepper
4 leaves fresh basil, chopped

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente. Drain and set aside. Meanwhile, preheat oven to 500 degrees F (260 degrees C).

In an 11 x 17 inch baking dish, crumble beef or veal and toss with carrots, celery, onion and spinach. Add 1 1/4 teaspoon salt, 1 1/4 teaspoon pepper, 2 tablespoons olive oil and wine. Mix well. Place in heated oven and roast until beef or veal is brown and vegetables are soft, about 30 to 40 minutes. Note: Be careful to not burn the meat and vegetables; this is a very hot temperature. If meat begins to smoke, lower oven temperature to 400 degrees F (200 degrees C). Stir often while baking. Cool for 15 minutes.

Place meat mixture in food processor and process until finely chopped. Add cream, roma tomatoes, cheese, dry herbs and basil. Stir and return to oven for approximately 20 minutes. Remove from oven and lower oven temperature to 350 degrees F (175 degrees C). Let mixture cool for 15 to 20 minutes, then stuff each cannelloni with 2 to 3 tablespoons of mixture. Place in a clean 9 x 13 inch baking dish.

To Make Tomato Sauce: Place Italian style tomatoes with liquids in food processor and process until smooth. Set aside. Heat 2 tablespoons olive oil over medium heat in a large skillet. Add 2 cloves chopped garlic and 1 chopped onion; saute until soft. Add processed tomatoes, 1 teaspoon salt and 1 teaspoon pepper and saute 5 to 10 minutes or until sauce is no longer watery. Add fresh basil leaves and cook for 1 minute longer.

Pour tomato sauce over cannelloni and bake for 20 minutes or until sauce is bubbly.

Beefy Tomatoes

Ingredients

6 medium tomatoes
1 pound lean ground beef
1 medium onion, chopped
2 teaspoons dried basil
1 teaspoon salt
1/4 teaspoon pepper
1/2 cup cooked rice
1/2 cup shredded reduced-fat
Cheddar cheese
1 egg, lightly beaten

Directions

Cut a thin slice off the top of each tomato and discard; remove core. Carefully scoop out pulp, leaving a 1/2-in. shell. Reserve 1 cup pulp (discard remaining pulp or save for another use). Invert tomatoes onto paper towels to drain.

In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the basil, salt, pepper and reserved tomato pulp; bring to a boil. Reduce heat; simmer, uncovered, for 10-12 minutes or until the liquid has evaporated.

Stir in the rice, cheese and egg; heat through. Spoon into tomato shells. Place in a shallow 2-qt. baking dish coated with nonstick cooking spray. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through.

Simple Beef Stroganoff

Ingredients

1 (8 ounce) package egg noodles
1 pound ground beef
1 (10.75 ounce) can fat free
condensed cream of mushroom
soup
1 tablespoon garlic powder
1/2 cup sour cream
salt and pepper to taste

Directions

Prepare the egg noodles according to package directions and set aside.

In a separate large skillet over medium heat, saute the ground beef over medium heat for 5 to 10 minutes, or until browned. Drain the fat and add the soup and garlic powder. Simmer for 10 minutes, stirring occasionally.

Remove from heat and combine the meat mixture with the egg noodles. Add the sour cream, stirring well, and season with salt and pepper to taste.

Diego's Special Beef Stew

Ingredients

1 pound cubed beef stew meat
1 tablespoon all-purpose flour
2 tablespoons olive oil
2 teaspoons butter
1 medium yellow onion, thinly sliced
1/4 cup red wine
1 beef bouillon cube
1 cup hot water
1 large potato, cubed
1/2 cup baby carrots
1/2 teaspoon rosemary
1/2 teaspoon dried thyme
1/2 tablespoon garlic powder
1/2 teaspoon ground black pepper
1/4 cup water
2 dashes Worcestershire sauce

Directions

Place cubed beef and flour in a resealable plastic bag. Seal and shake to evenly coat beef with flour. Heat the oil in a skillet over medium heat, and brown beef on all sides. Transfer to a slow cooker.

Melt the butter in the skillet over medium heat, and cook onion until tender. Transfer to the slow cooker with the beef. Pour wine into the skillet to deglaze, then pour wine into slow cooker.

Dissolve the beef bouillon cube in 1 cup hot water, and pour into slow cooker. Place potato and carrots in slow cooker, and season with rosemary, thyme, garlic powder, and pepper. Mix in remaining water and Worcestershire sauce. Add more water if needed to cover all ingredients.

Cover slow cooker, and cook stew 7 to 8 hours on Low.

Beefy Bloody Caesar

Ingredients

1 pinch celery salt
ice cubes
1 fluid ounce vodka
6 fluid ounces tomato and clam
juice cocktail
1 dash dry beef bouillon powder
1 dash hot pepper sauce
1 dash Worcestershire sauce
1 stalk celery

Directions

Rub the rim of a cocktail glass with celery salt. Place ice in the glass, and pour in vodka and tomato and clam juice cocktail. Mix in the bouillon powder, hot pepper sauce, and Worcestershire sauce. Garnish with celery.

Barbecue Beef Patties

Ingredients

1 egg
1/2 cup barbecue sauce, divided
3/4 cup crushed cornflakes
1/2 teaspoon salt
1 pound ground beef

Directions

In a bowl, combine egg, 1/4 cup barbecue sauce, cornflake crumbs and salt. Add beef and mix well. Shape into four oval patties, about 3/4 in. thick. Place in a greased 11-in. x 7-in. x 2-in. baking pan. Spread with remaining barbecue sauce. Bake, uncovered, at 375 degrees F for 25-30 minutes or until meat is no longer pink and meat thermometer reads 160 degrees F; drain.

Bull Riders All Beef Chili

Ingredients

- 1 tablespoon olive oil
- 1 1/2 pounds cubed beef stew meat
- 1 large eggplant, diced
- 5 tablespoons mild chili powder
- 1/4 cup dried oregano
- 1 teaspoon paprika
- 1 teaspoon ground black pepper
- 2 cups water
- 3 cubes beef bouillon
- 1 (6 ounce) can tomato paste
- 3 tablespoons all-purpose flour
- 1 teaspoon sea salt

Directions

Heat a large cast-iron skillet over medium-high heat until it begins to smoke slightly. Pour in the olive oil, and tip the pan to coat. Add beef cubes; cook and stir to brown on all sides. When the meat is pretty much browned, season with chili powder, oregano, paprika and pepper. Stir the beef to coat with all of the spices, and continue browning until spices become fragrant. Scrape all of the beef out of the pan, and into a 3 1/2 quart slow cooker.

Pour the water into the skillet, and watch out! It will sizzle. Stir in the beef bouillon, and scrape all of the bits of beef and spice off of the bottom of the pan. When the bouillon is dissolved, and the bottom of the pan is clear, pour the liquid into the slow cooker. Mix the eggplant and tomato paste into the chili. Adjust the amount of liquid in the slow cooker if necessary by adding water until it is within 1/2 inch of the top.

Cover, and cook on Low for 6 to 8 hours, or on High for 3 to 4 hours. Low heat is preferred if you have the time. Twenty minutes before serving, sift in the flour, and stir in along with the salt. Allow to cook until thickened. Serve with your favorite chili toppings.

Beef Tenderloin in Creamy Porcini Sauce

Ingredients

1 ounce dried porcini mushrooms
1 cup hot water
2 tablespoons butter
6 tablespoons olive oil, divided
1 small red onion, finely chopped
1 teaspoon finely minced garlic
1 cube beef bouillon
salt and black pepper to taste
1/2 cup heavy cream
2 pounds new potatoes
2 pounds beef tenderloin medallions
1/2 teaspoon crushed dried thyme

Directions

In a small bowl, soak dried mushrooms in hot water.

Heat butter and 2 tablespoons olive oil in a skillet over medium heat. Stir in the onion and garlic; cook until the onion is tender and transparent. Stir in beef bouillon cube, and pour in mushrooms with water. Season with salt and pepper. Mix in cream; simmer gently for 5 minutes. Set aside.

Place whole potatoes in a pan with water to cover; bring to a boil over high heat, and cook about 5 minutes. Drain water. When potatoes are cool enough to touch, cut them in half. Heat 2 tablespoons olive oil in a skillet over medium heat, and fry potatoes until golden. Season with salt and thyme. Set aside.

Preheat oven to 400 degrees F (200 degrees C).

Season beef medallions with salt and pepper. Heat 2 tablespoons olive oil in a wok or large skillet over high heat. Place medallions in hot oil, and brown on both sides. Remove from heat, and place medallions in the center of a roasting dish.

Cover medallions with porcini sauce. Arrange potatoes around medallions. Cover dish with aluminum foil. Roast for 15 minutes.

Asian Salad with Beef and Avocado

Ingredients

Asian Dressing:

2 tablespoons vegetable oil
2 tablespoons rice vinegar
1 1/2 teaspoons soy sauce
1 teaspoon grated fresh ginger
1 teaspoon sugar
1/2 teaspoon toasted sesame oil

B

Salad:

8 ounces flank steak, grilled
3 cups mixed salad greens
1 1/2 cups thinly sliced red bell pepper
1/2 cup thinly sliced scallions (green onions)
3/4 cup snow peas
1/2 cup chopped cilantro
1 fully ripened Avocado from Mexico, halved, pitted, peeled and sliced

Directions

Asian Salad Dressing: In a measuring cup, whisk together 2 tablespoons vegetable oil, 2 tablespoons rice vinegar, 1-1/2 teaspoons soy sauce, 1 teaspoon grated fresh ginger (or 1/4 teaspoon dried ginger), 1 teaspoon sugar and 1/2 teaspoon toasted sesame oil until well combined.

Slice steak thinly across the grain; set aside.

In large bowl, combine salad greens, red pepper, scallions, snow peas, cilantro and 3 tablespoons of the salad dressing; toss gently.

Place on 4 serving dishes, dividing equally.

Top with sliced steak and Avocado; drizzle with remaining salad dressing.

Coffee Roasted Beef Chuck

Ingredients

2 tablespoons butter
1 tablespoon vegetable oil
4 pounds beef chuck roast
2 large yellow onions, chopped
2 cloves garlic, minced
freshly ground pepper, to taste
6 cups brewed coffee
2 cups sliced fresh mushrooms
3 tablespoons cornstarch
salt to taste
1/2 cup sour cream

Directions

In a large pot, heat the butter and oil over medium/high heat. Place the roast in the pot and sear it on all sides until well browned. Remove the roast and set aside.

In the same pot, saute the onions for 5 minutes, scraping loose the brown roast bits on the bottom of the pot. Add the garlic and pepper and saute for 1 minute. Return the meat to the pot and pour in the coffee and add the mushrooms.

Over high heat, bring to a boil. Reduce heat to low and simmer for 5 hours, turning the meat over halfway through the cooking time. A slow cooker may be used for cooking the roast, if desired.

To make the gravy: When the roast is done, remove it from the pot. Take 1/2 cup of the coffee sauce mixture from the pot and stir in the cornstarch to make a slurry. Mix well. Return the slurry to the pot, stirring until the sauce thickens slightly. Stir in the sour cream then salt to taste.

The Ultimate Beef Jerky

Ingredients

1/4 cup soy sauce
1/4 cup balsamic vinegar
1/4 cup Worcestershire sauce
2 teaspoons liquid smoke
flavoring
1 1/2 tablespoons steak
seasoning rub
1 (1 1/2-pound) London broil
roast, thinly sliced along the grain

Directions

Combine the soy sauce, balsamic vinegar, Worcestershire sauce, liquid smoke and steak seasoning in a saucepan and bring to a boil. Reduce heat to low and simmer for about 10 minutes. Remove from the heat and set aside to cool.

Pour the marinade into a glass or plastic bowl and add the meat slices. Stir to coat and then cover and refrigerate for up to 2 days. Turn or stir occasionally to marinate the meat evenly.

Preheat the oven to 175 degrees F (80 degrees C). Arrange the beef strips on a wire rack set over a baking sheet. If you like, you can sprinkle a little more steak seasoning on it at this point.

Bake for 60 to 90 minutes in the preheated oven, until dry but still pliable. Store in an airtight container in the refrigerator.

Baked Beef Stew

Ingredients

1 (14.5 ounce) can diced tomatoes, undrained
1 cup water
3 tablespoons quick-cooking tapioca
2 teaspoons sugar
1 1/2 teaspoons salt
1/2 teaspoon pepper
2 pounds lean beef stew meat, cut into 1-inch cubes
4 medium carrots, cut into 1-inch chunks
3 medium potatoes, peeled and quartered
2 celery ribs, cut into 3/4-inch chunks
1 medium onion, cut into chunks
1 slice bread, cubed

Directions

In a large bowl, combine the tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients; mix well. Pour into a greased 13-in. x 9-in. x 2-in. or 3-qt. baking dish. Cover and bake at 375 degrees F for 1-3/4 to 2 hours or until meat and vegetables are tender. Serve in bowls.

Slow Cooker Beef Stroganoff I

Ingredients

1 pound cubed beef stew meat
1 (10.75 ounce) can condensed
golden mushroom soup
1/2 cup chopped onion
1 tablespoon Worcestershire
sauce
1/4 cup water
4 ounces cream cheese

Directions

In a slow cooker, combine the meat, soup, onion, Worcestershire sauce and water.

Cook on Low setting for 8 hours, or on High setting for about 5 hours. Stir in cream cheese just before serving.

Marinated Beef Kabobs

Ingredients

1 small orange
3/4 cup orange juice
2 tablespoons teriyaki sauce
1 tablespoon Dijon mustard
2 teaspoons honey
2 garlic cloves, minced
1/8 teaspoon pepper
1/2 pound boneless beef sirloin
steak (1-inch thick)
8 large fresh mushrooms
8 medium green onions, cut into 2
inch pieces
1 teaspoon cornstarch
2 teaspoons cold water
2 cups hot cooked rice

Directions

Grate orange peel; remove remaining peel and pith. Separate orange into eight segments. In a bowl, combine grated peel, orange juice, teriyaki sauce, mustard, honey, garlic and pepper. Cut beef into 1-in. cubes; place in a resealable plastic bag. Add oranges, mushrooms, onions and half of marinade. Seal bag; refrigerate overnight. Refrigerate remaining marinade for sauce.

Drain and discard marinade. On four metal or soaked wooden skewers, alternately thread beef, oranges and vegetables. Broil 3 in. from the heat for 15-20 minutes or until meat reaches desired doneness and vegetables are tender, turning often.

In a saucepan, combine cornstarch and water until smooth. Stir in reserved marinade. Bring to a boil; cook and stir for 2 minutes. Serve over kabobs and rice.

Cajun Roast Beef

Ingredients

2 teaspoons garlic, minced
1/2 teaspoon prepared horseradish
1 teaspoon hot pepper sauce
1 teaspoon dried thyme
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 teaspoons Cajun seasoning
2 tablespoons olive oil
2 tablespoons malt vinegar
2 pounds beef eye of round roast

Directions

Stir the garlic, horseradish, hot pepper sauce, thyme, salt, pepper, Cajun seasoning, olive oil, and malt vinegar together in a bowl until thoroughly blended.

Pierce the beef roast all over with a meat fork. Place the roast in a large, resealable plastic bag. Spoon in the marinade and turn the roast so it's well coated. Refrigerate overnight, turning occasionally if desired.

When ready to cook, place the roast in a slow cooker along with any remaining marinade. Do not add water. Roast on Low for 8 to 10 hours, or until desired doneness. For medium-rare, a meat thermometer should read 135 degrees F (57 degrees C). Remove from the slow cooker to a serving plate, and allow to rest 15 minutes before slicing across the grain.

Slow Cooker Ground Beef

Ingredients

2 pounds ground beef
1/2 cup chopped onion
1 1/2 cups ketchup
1/4 cup SPLENDA® No Calorie Sweetener, Granulated
1/4 cup white vinegar
1/4 cup prepared yellow mustard
1/2 teaspoon celery seed
3/4 teaspoon Worcestershire sauce
1/2 teaspoon ground black pepper
3/4 teaspoon salt

Directions

Place the ground beef and onion in a large skillet over medium-high heat. Cook, stirring to crumble, until beef is browned. Drain.

Transfer the beef and onion to a slow cooker and stir in the ketchup, SPLENDA® Granulated Sweetener, vinegar and mustard. Season with celery seed, Worcestershire sauce, pepper and salt.

Cover and simmer on Low setting for a few hours before serving.

Pressure-Cooked Beef Stew

Ingredients

1 (2 pound) boneless beef chuck roast
1 tablespoon vegetable oil
5 cups water, divided
8 medium potatoes, peeled and quartered
4 medium carrots, halved
1 medium onion, quartered
1 teaspoon minced garlic
3/4 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried thyme
2 bay leaves
2 tablespoons cornstarch
1/4 cup cold water

Directions

In a pressure cooker, brown roast in oil on all sides. Remove roast. Add cooking rack; place roast on rack. Add 4 cups of water. Close cover securely; place pressure regulator on vent pipe. Bring cooker to full pressure over high heat. Reduce heat to medium-high; cook for 40 minutes. (Pressure regulator should maintain a slow steady rocking motion; adjust heat if needed.)

Remove from the heat; allow pressure to drop on its own. Remove meat and keep warm. Pour pan juices into a bowl; skim fat. Remove rack from cooker. Add potatoes, carrots, onion, garlic, salt, pepper, thyme, bay leaves, pan juices and remaining water to cooker. Cover securely; return cooker to full pressure. Reduce heat; cook for 8 minutes.

Immediately cool according to manufacturer's directions until pressure is completely reduced. With a slotted spoon, remove vegetables and keep warm. Discard bay leaves. Combine cornstarch and cold water until smooth; stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve with beef and vegetables.

Beef Rouladen

Ingredients

2 tablespoons Dijon mustard,
divided
2 (4 ounce) beef cube steaks
1 dill pickle, cut lengthwise into 8
pieces
1 small onion, thinly sliced,
divided
1 bacon strip, halved
2 tablespoons butter or margarine
1 bay leaf
2 teaspoons beef bouillon
granules
1/2 teaspoon dried rosemary,
crushed
1/8 teaspoon salt
1 1/2 cups water, divided
1 tablespoon all-purpose flour
1 teaspoon browning sauce

Directions

Spread 1 tablespoon mustard over one side of each piece of meat. Top each piece with four pickle pieces, a fourth on onion and a piece of bacon. Roll up jelly-roll style and secure with toothpicks. In a skillet, cook meat in butter on all sides until browned. Add the bay leaf, bouillon, rosemary, salt and remaining onion. Stir in 1-1/4 cups water; bring to a boil. Reduce heat; cover and simmer for 1-1/2 to 1-3/4 hours or until meat is tender.

Remove meat and keep warm. Combine flour and remaining water until smooth. Gradually stir into juices in skillet. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Discard bay leaf. Stir in browning sauce if desired. Remove toothpicks before serving.

Corned Beef Hash

Ingredients

6 large potatoes, peeled and diced
1 (12 ounce) can corned beef, cut into chunks
1 medium onion, chopped
1 cup beef broth

Directions

In a large deep skillet, over medium heat, combine the potatoes, corned beef, onion, and beef broth. Cover and simmer until potatoes are of mashing consistency, and the liquid is almost gone. Mix well, and serve.

Beef-Spinach Lattice Pie

Ingredients

1 Pastry for double-crust pie (9 inches)
1 (10 ounce) package frozen chopped spinach, thawed and squeezed dry
2 cups cooked long-grain rice
1/2 pound ground beef, cooked and drained
1 cup grated Parmesan cheese
3 eggs, beaten
1/2 cup dry bread crumbs
1/3 cup olive or vegetable oil
1/4 teaspoon ground nutmeg
salt and pepper to taste

Directions

On a floured surface, roll out half of pastry to fit the bottom and two-thirds up the sides of a 13-in. x 9-in. x 2-in. baking dish. Line ungreased dish with pastry. In a bowl, combine remaining ingredients. Spoon over crust. Roll out remaining pastry into a 15-in. x 10-in. rectangle; cut lengthwise into 3/4-in. strips. Place strips over the filling, forming a lattice crust. Press edges with a fork to seal. Bake at 350 degrees F for 50-60 minutes or until golden brown.

Cheese and Beef Enchiladas

Ingredients

3/4 pound lean ground sirloin or turkey
1 1/2 cups diced red or green bell pepper
1 (1.25 ounce) package taco seasoning
8 (7 inch) flour or corn tortillas
2 cups Sargento® Shredded Reduced Fat 4 Cheese Mexican Cheese, divided
1 1/2 cups salsa or picante sauce
1 cup shredded lettuce
1 cup chopped tomato
1/2 cup light sour cream (optional)

Directions

Heat large skillet over medium-high heat; add meat and bell pepper. Cook 5 minutes, stirring until meat crumbles and is no longer pink; drain. Add taco seasoning mix and 1/2 cup water. Simmer, uncovered, 5 minutes or until sauce thickens, stirring occasionally.

Spoon 1/3 cup meat mixture down center of each tortilla; sprinkle with 2 tablespoons cheese. Roll up; place seam-side down in greased 13x9-inch baking pan. Spoon salsa over enchiladas.

Cover with foil; bake in preheated 375 degrees F oven 18 minutes or until heated through. Uncover; sprinkle with remaining cheese. Bake 2 minutes more or until cheese is melted. Serve with lettuce, tomato, if desired, sour cream.

Sri Lanka Beef Curry

Ingredients

3 pounds beef stew meat, cut into 1 inch cubes
6 cloves garlic
1 (1 inch) piece fresh ginger root - peeled, sliced and crushed
3 1/2 tablespoons white vinegar
2 teaspoons salt
1 tablespoon ground black pepper
1 tablespoon curry powder, toasted
1 1/2 tablespoons cayenne pepper
3 tablespoons vegetable oil
8 fresh curry leaves
4 strips pandan leaf
1 onion, sliced
1 (1 inch) piece cinnamon stick
4 green cardamom pods
2 whole cloves
2 tablespoons tomato paste
1 cup water
1 cup thick coconut milk

Directions

Rinse the beef and pat dry. Crush the garlic cloves into a paste and combine it with the crushed ginger. Add the vinegar, salt, pepper, roasted curry powder, and cayenne. Mix in the beef cubes and toss to coat. Set aside for 30 minutes.

Heat the oil in a Dutch oven over medium heat. Add the curry leaves and pandan strips. Stir in the onions. Cook, stirring frequently, until the onion has softened and turned translucent, about 5 minutes.

Mix in the beef cubes and cook until browned on all sides, about 10 minutes. Stir in the cinnamon stick, cardamom pods, and cloves. Add the tomato paste and water and mix well.

Simmer, covered, on low heat for 1 1/2 hours or until the meat is tender. Check the curry every half hour; you may need to add more water (up to 1 cup) if the curry is too dry and is sticking to the pan.

Add the coconut milk and heat through. Taste and adjust the seasonings before serving.

Beef and Garden Vegetable Soup

Ingredients

2 tablespoons olive oil
2 pounds beef stew meat, cut into bite-size pieces
1 large onion, chopped
2 bay leaves
3 carrots, diced
4 small red potatoes, diced
2 quarts beef stock
1/2 pound fresh green beans, cut into 1-inch pieces
3 ears fresh corn, kernels cut from cob
1/2 cup frozen petite peas
1 zucchini, diced
1/2 head cabbage, chopped
2 (14.5 ounce) cans diced tomatoes
1 teaspoon Italian seasoning blend
1/4 teaspoon garlic powder
salt and ground black pepper to taste
1/3 cup uncooked orzo pasta

Directions

Heat the olive oil in a stock pot over medium-high heat; cook the beef in the hot oil until completely browned, 7 to 10 minutes. Add the onion and bay leaves, reduce heat to medium, cook until the onion is softened, 5 to 7 minutes. Use a wooden spoon to scrape any bits stuck to the bottom of the pot. Stir the carrots, potatoes, and beef stock into the mixture; bring to a simmer and cook until the vegetables are just barely tender, about 5 minutes.

Stir the green beans, corn, peas, zucchini, cabbage, tomatoes, Italian seasoning blend, garlic powder, salt, and pepper into the beef mixture. Cover the stock pot, reduce heat to medium-low, and simmer the soup until the beef is cooked through and the vegetables are tender, 45 to 50 minutes.

Stir the orzo pasta into the soup; replace the cover to the stock pot and continue cooking until the pasta is tender, about 5 minutes more.

Beef or Chicken Marinade

Ingredients

1/4 cup soy sauce
3 tablespoons honey
2 tablespoons distilled white vinegar
1 1/2 teaspoons garlic powder
1 1/2 teaspoons ground ginger
3/4 cup vegetable oil
2 green onions, chopped
1 teaspoon coarsely ground black pepper

Directions

In a large bowl, mix soy sauce, honey, distilled white vinegar, garlic powder, ground ginger, vegetable oil, green onions and black pepper. Place desired meat in marinade. Marinate in the refrigerator at least 4 hours before grilling.

Beef Burgundy Over Noodles

Ingredients

1/2 pound sirloin steak, cut into
1/4-inch strips
2 tablespoons diced onion
2 teaspoons butter
1 1/2 cups quartered fresh
mushrooms
3/4 cup dry red wine or beef broth
6 tablespoons water, divided
3 tablespoons minced fresh
parsley, divided
1 bay leaf
1 whole clove
1/4 teaspoon salt
1/8 teaspoon pepper
1 tablespoon all-purpose flour
1/2 teaspoon browning sauce
1 1/2 cups Hot cooked egg
noodles

Directions

In a Dutch oven or nonstick skillet, brown beef and onion in butter over medium heat. Add the mushrooms, wine or broth, 1/4 cup water, 2 tablespoons parsley, bay leaf, clove, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1 hour or until beef is tender.

Combine flour and remaining water until smooth; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf and clove. Stir in browning sauce if desired. Serve over noodles. Sprinkle with remaining parsley.

Beef Fajitas

Ingredients

1/4 cup vegetable oil
1/4 cup lemon juice
3 garlic cloves, minced
1 1/2 teaspoons grated lemon peel
1/4 teaspoon chili powder
1/4 teaspoon pepper
3/4 pound beef flank steak, cut into thin strips
3 green onions, thinly sliced
4 (8 inch) flour tortillas
Salsa

Directions

In a bowl, combine the oil, lemon juice, garlic, lemon peel, chili powder and pepper. Place half in a resealable plastic bag; cover and refrigerate remaining marinade. Add meat to bag. Seal and turn to coat; refrigerate for 4-8 hours.

Drain and discard marinade. In a skillet, heat reserved marinade. Add meat and green onions. Cook and stir until meat reaches desired doneness. Using a slotted spoon, place about 1/2 cup meat mixture down the center of each tortilla. Top with salsa if desired. Fold sides over meat mixture.

Yummy Beef

Ingredients

1/2 cup butter
2 tablespoons garlic, minced
2 bay leaves
2 onions, sliced
1 green bell pepper, chopped
4 pounds lean steak, cut into one inch cubes
1 (14.5 ounce) can crushed tomatoes

Directions

Preheat oven to 325 degrees F (165 degrees C).

Melt the butter or margarine in a large skillet over medium heat. Add the garlic, bay leaves, onion and green bell pepper and saute for about 5 minutes. Add the meat and saute until slightly browned on all sides.

Transfer mixture to a 2 quart casserole dish and pour the tomatoes over the mixture.

Cover and bake at 325 degrees F (165 degrees C) for about 2 hours. (Note: Also can be done in a slow cooker on low setting for 6 to 8 hours.)

Beef Spinach Hot Dish

Ingredients

- 1 pound ground beef
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 (4 ounce) can mushroom stems and pieces, drained
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/4 teaspoon pepper
- 2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry
- 1 (10.75 ounce) can condensed cream of celery soup, undiluted
- 1 cup sour cream
- 2 cups shredded mozzarella cheese, divided

Directions

In a large skillet, cook beef, onion and garlic over medium heat until the meat is no longer pink; drain. Stir in the mushrooms, salt, oregano and pepper. Add the spinach, soup and sour cream. Stir in half of the mozzarella cheese.

Transfer to a greased 2-qt. baking dish. Bake, uncovered, at 350 degrees F for 15 minutes. Sprinkle with the remaining cheese; bake 5 minutes longer or until cheese is melted.

Beef and Roasted Red Pepper Sandwiches

Ingredients

1 (1 ounce) packet dry au jus mix
1 pound thinly sliced roast beef
garlic powder to taste
salt and pepper to taste
1 (12 ounce) jar roasted red bell peppers, drained and sliced
8 ounces sliced extra sharp provolone cheese
4 torpedo rolls, split

Directions

Preheat your oven's broiler. Prepare the au jus mix according to package directions. Add the sliced roast beef, and simmer until heated through.

Slice the rolls open, and place sliced side up on a baking sheet. Divide the beef between the rolls evenly, placing a portion on each slice of roll. Season with salt, pepper, and garlic powder. Top with a single layer of roasted red peppers, then cover with slices of provolone cheese.

Place under the broiler, about 6 inches from the heat source. Broil until the cheese melts, and the edges of the rolls are lightly toasted. Place roll halves together to make sandwiches.

Pour leftover au jus into small cups for each person - I like to use custard cups. Serve with sandwiches for dipping.

Big-Batch Beef Sauce

Ingredients

4 pounds ground beef
4 medium onions, chopped
5 celery ribs, sliced
4 garlic cloves, minced
3 (28 ounce) cans diced tomatoes, undrained
2 (6 ounce) cans tomato paste
2 (4.5 ounce) jars sliced mushrooms, drained (optional)
1/4 cup minced fresh parsley
1 tablespoon salt
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon pepper
1/2 teaspoon crushed red pepper flakes

Directions

In a Dutch oven over medium heat, cook beef, onions, celery and garlic until meat is no longer pink and vegetables are tender; drain. Stir in the remaining ingredients. Bring to a boil; reduce heat. Simmer, uncovered, for 1 to 1-1/2 hours, stirring occasionally. Cool. Transfer to freezer bags or containers, about 2 cups in each. May be frozen for up to 3 months.

Easy Beef Goulash

Ingredients

1 1/2 cups uncooked spiral pasta
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips
1 tablespoon canola oil
1 medium onion, chopped
1 medium green pepper, chopped
1 (14.5 ounce) can diced tomatoes, undrained
1 1/2 cups water
1 cup reduced-sodium beef broth
1 1/2 teaspoons red wine vinegar or cider vinegar
1 teaspoon paprika
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon caraway seeds
1/4 teaspoon pepper
2 tablespoons all-purpose flour
1/4 cup cold water

Directions

Cook pasta according to package directions. Meanwhile, in a large nonstick skillet, stir-fry beef in oil for 4-5 minutes or until browned. Add onion and green pepper; cook and stir for 2 minutes. Stir in tomatoes, water, broth, vinegar and seasonings. Bring to boil. Reduce heat; cover and simmer for 15 minutes. In a small bowl, combine flour and cold water until smooth. Add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Drain pasta; stir into beef mixture.

Herb-Simmered Beef Stew

Ingredients

2 pounds beef for stew, cut into 1-inch cubes
Ground black pepper
2 tablespoons all-purpose flour
2 tablespoons olive oil
3 cups thickly sliced fresh mushrooms
3 cloves garlic, minced
1/2 teaspoon dried marjoram leaves, crushed
1/2 teaspoon dried thyme leaves, crushed
1/2 teaspoon dried rosemary leaves, crushed
1 bay leaf
1 3/4 cups Swanson® Beef Broth (Regular, Lower Sodium or Certified Organic)
3 cups fresh OR frozen whole baby carrots
12 whole red potatoes, with a strip of peel removed in center

Directions

Season beef with black pepper and coat with flour. Heat oil in saucepot. Add beef and cook until browned, stirring often. Add mushrooms, garlic, herbs and bay leaf and cook until mushrooms are tender and liquid evaporates. Add broth.

Heat to a boil. Cover and cook over low heat 45 minutes.

Add carrots and potatoes. Heat to a boil. Cover and cook over low heat 30 minutes or until done. Remove bay leaf.

Simple Beef Short Ribs

Ingredients

- 1 pound beef short ribs
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 onion, sliced
- 1 clove garlic
- 1 (12 fluid ounce) can or bottle stout beer
- 1 cup beef stock

Directions

Season the short ribs with salt and pepper, then dredge in flour until coated. Shake off the excess flour.

Heat the olive oil and butter in a large skillet or Dutch oven over medium-high heat. Cook the ribs until browned on each side, about 5 minutes per side. Remove from the skillet and set aside. Add the onion and garlic to the skillet; cook and stir until onion is tender, about 5 minutes. Return the ribs to the skillet and pour in the beer. Stir, scraping the bottom of the pan, until all of the browned bits have mixed in with the liquid. Pour in the beef stock, cover and simmer over low heat until very tender, about 2 hours.

Curried Beef with Winter Vegetables

Ingredients

1/2 pound beef for stew, such as beef chuck roast, cut into 1-inch chunks
3 tablespoons olive oil
2 (3 inch) pieces fresh ginger root, peeled and diced
3 cloves garlic, minced
2 onions, peeled and diced
2 celery ribs, chopped
2 tablespoons curry powder, or to taste
2 teaspoons coriander powder
1 teaspoon Asian five-spice powder
1 teaspoon ground turmeric
2 carrots, peeled and sliced
parsnips, peeled and sliced
2 potatoes, peeled and cubed
1 zucchini, sliced
2 apples - peeled, cored and chopped
1 cup raisins
1 cup cashews
1/2 cup water

Directions

Preheat oven to 350 degrees F (175 degrees C). Line a roasting pan with aluminum foil.

Place the beef into a pan with enough water to cover. Bring to a boil, reduce heat and simmer for 30 minutes.

Meanwhile, heat the olive oil in a deep pot over medium-high heat. Stir in the ginger, garlic, onions, and celery, and cook until vegetables soften, about 5 minutes. Mix in the curry powder, coriander powder, five-spice powder, and turmeric, and toss to evenly coat the onion mixture. Cook about 5 minutes more, and stir in the carrots, parsnips, potatoes, zucchini, and apples. Stir in the beef with its cooking liquid, raisins, and cashews, and toss to evenly blend the spices.

Pour the beef and vegetable mixture into the prepared roasting pan. Drizzle 1/2 cup water over the mixture. Cover the pan with aluminum foil.

Bake in preheated oven until heated through, about 1 hour.

Martha's Vegetable Beef Soup

Ingredients

1/2 pound ground beef
1 (14.5 ounce) can stewed tomatoes
1 (8 ounce) can tomato sauce
2 cups water
1 (10 ounce) package frozen mixed vegetables
1/4 cup dry onion soup mix
1 teaspoon white sugar

Directions

In a large pot over medium high heat, saute the ground beef for about 5 minutes, or until browned. Drain off excess fat.

Add the tomatoes, sauce, water, vegetables, soup mix and sugar. Bring to a boil and reduce heat to low. Cover and simmer for 20 minutes.

Beef Pinwheels

Ingredients

3/4 cup vegetable oil
2/3 cup water
1/4 cup soy sauce
1 tablespoon lemon pepper
2 teaspoons Worcestershire sauce
4 drops hot pepper sauce
1 (2 pound) flank steak, trimmed

Directions

In a bowl, combine oil, water, soy sauce, lemon pepper, Worcestershire sauce and hot pepper sauce; set aside. Pound flank steak on each side. Cut into 1/2-in strips on the diagonally; add to marinade. Cover and refrigerate for 4 hours or overnight. Divide meat strips into eight portions. Roll and shape strips, using larger strips around edges, into pinwheels. Secure each with a skewer. Grill over hot coals for 5-6 minutes per side or until done.

Spiced Beef on Pita Triangles With Fresh Mango

Ingredients

4 (7-inch) pita breads, split into 2 thin rounds and quartered
1 1/2 teaspoons ground cumin
1 1/2 teaspoons ground ginger
1/2 teaspoon ground cinnamon
1/4 teaspoon ground cloves
1 1/2 pounds lean ground beef (or ground lamb or turkey)
1 large red onion, cut into small dice
1 pinch Salt and freshly ground pepper
1 (9 ounce) jar Major Grey Chutney
1 medium mango, cut into small dice
2 tablespoons chopped fresh cilantro

Directions

Heat oven to 325 degrees. Place pita triangles on oven rack set in the middle position. Bake until golden brown, 10 minutes. (Store in an airtight tin for up to a week.)

Mix cumin, ginger, cinnamon and cloves in a small bowl. Leave 1/4 teaspoon of the spice mix in the bowl and sprinkle the remaining spices over beef; mix to combine.

Heat a large (12-inch) skillet over medium-high heat. Add meat and all but 1/3 cup of the onion; saute seasoning with salt and pepper and stirring frequently to break meat into a finely ground texture. Stir until meat is fully cooked and all liquid has evaporated from the pan, about 9 minutes. Stir in 1/2 cup of chutney; cook to blend flavors, about 1 minute longer. (Can be refrigerated in a covered container up to 5 days.)

When ready to serve, rewarm beef and make the salsa: Stir together the mango, cilantro, and remaining chutney, onion and spice mix. Spoon a portion of meat on each pita triangle, top with salsa and serve. Or set out meat, pita chips and salsa and let guests make their own.

Beef Loaf Deluxe

Ingredients

2 tablespoons vegetable oil
4 baking potatoes, peeled, sliced
1/4 inch thick
1 green bell pepper, thinly sliced
1 red bell pepper, thinly sliced
1 onion, thinly sliced
1 egg
1 pound lean ground beef
1/4 cup minced fresh parsley
1 tablespoon Worcestershire
sauce
2 cloves garlic, finely chopped
1/2 cup fine dry bread crumbs
2 zucchini, thinly sliced
1 (8 ounce) can tomato sauce
salt and pepper to taste

Directions

Preheat oven to 400 degrees F (200 degrees C). Grease a 15x10 inch roasting pan. Place the potatoes, green and red peppers, and onions in the pan and toss with the 2 tablespoons of vegetable oil. Bake in a preheated oven, uncovered, for 20 minutes.

Meanwhile, in a mixing bowl, combine egg, ground beef, parsley, Worcestershire sauce, garlic and bread crumbs. Mix thoroughly. Shape into a loaf about 8x4x4 inches.

When vegetables have cooked for 20 minutes, reduce heat to 350 degrees F (175 degrees C). Take roasting pan out of oven and stir in zucchini. Push the vegetables to the sides of the pan. Place the meat loaf in the center of the pan and pour the tomato sauce over the loaf and vegetables. Season with salt and pepper to taste.

Bake in a preheated oven, uncovered, for 30 minutes or until done.

Beef Brisket on Buns

Ingredients

1/2 teaspoon ground ginger
1/2 teaspoon ground mustard
1 (5 pound) fresh beef brisket
2 cups water
1 cup ketchup
1/2 cup Worcestershire sauce
2 tablespoons brown sugar
2 teaspoons liquid smoke
(optional)
1 teaspoon chili powder
18 sandwich buns, split (optional)

Directions

Combine the ginger and mustard; rub over brisket. Place on a rack in a shallow roasting pan. Bake, uncovered, at 325 degrees F for 2 hours.

Let stand for 20 minutes. Thinly slice meat across the grain. Place in a foil-lined 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the water, ketchup, Worcestershire sauce, brown sugar, Liquid Smoke if desired and chili powder; pour over meat. Cover tightly with foil; bake 3 hours longer or until tender. Serve on buns if desired.

Beer Beef Stew

Ingredients

- 1/4 cup all-purpose flour
- 1 1/2 teaspoons salt
- 2 1/2 teaspoons pepper
- 1 pound cubed beef stew meat
- 3 tablespoons vegetable oil
- 1 quart beef broth
- 1 pint beer
- 1 (15 ounce) can tomato sauce
- 1 (6 ounce) can tomato paste
- 1 cup peeled and cubed potatoes
- 1 (10 ounce) package frozen mixed vegetables
- 1 cup chopped cabbage

Directions

In a bowl, mix the flour, salt, and pepper. Toss the beef in the mixture to coat.

Heat the oil in a large pot over medium heat, and brown the beef on all sides. Pour in the broth, beer, tomato sauce, and tomato paste. Stir in the potatoes, mixed vegetables, and cabbage. Bring to a boil, reduce heat to low, and simmer 1 hour, stirring occasionally.

Beef-Topped Potatoes

Ingredients

1 (19 ounce) can Campbell's®
Chunky Beef with Country
Vegetables Soup
1/8 teaspoon ground black
pepper
1 cup cooked broccoli flowerets
3 hot baked potatoes, split
Shredded Cheddar cheese

Directions

Mix soup, pepper and broccoli in saucepan. Heat through, stirring occasionally.

Serve over potatoes. Top with cheese.

Use 1 1/2 cups fresh broccoli flowerets for cooked broccoli.

Pressure Cooker Beef Stew

Ingredients

- 1 tablespoon vegetable oil
- 1 small onion, diced
- 2 pounds cubed beef stew meat
- 5 carrots, peeled and diced
- 8 medium baking potatoes, peeled and cubed
- 2 cubes beef bouillon
- 2 cups water
- 2 teaspoons cornstarch
- 2 teaspoons salt, or to taste

Directions

Heat the oil in the bottom of the pressure cooker over medium-high heat. If your cooker has an insert, remove it and cook directly in the bottom of the pot. Add the onion and beef, and cook until browned on the outside.

Stir in the water, bouillon cubes and carrots, close the lid, and secure the pressure regulator. Heat until you start to hear sizzling, then reduce the heat to medium, and set your timer for 20 minutes. If you have an adjustable pressure regulator, set it for 10 pounds of pressure.

Meanwhile, place the potatoes in a saucepan with enough water to cover. Bring to a boil, and cook until tender, about 10 minutes. Drain. This whole process should take about the same amount of time as the rest of the stew.

When the 20 minutes are up, release the pressure from the pot according to the manufacturer's instructions - mine needs to sit under cold running water for 5 minutes until the lid can be released.

Remove the lid, and place the pot over medium heat. Bring to a boil. Stir the cornstarch into a small amount of cold water to make a slurry. Stir this into the stew, and cook for a few minutes. Add the potatoes to the stew, or place them in serving dishes, and ladle the stew over them.

Shredded Beef Sandwiches

Ingredients

3 pounds beef stew meat, cut into
1 inch cubes
3 medium green peppers, diced
2 large onions, diced
1 (6 ounce) can tomato paste
1/2 cup packed brown sugar
1/4 cup cider vinegar
3 tablespoons chili powder
2 teaspoons salt
2 teaspoons Worcestershire sauce
1 teaspoon ground mustard
14 sandwich buns, split

Directions

In a 6-qt. slow cooker, combine the beef, green peppers and onions. In a small bowl, combine tomato paste, brown sugar, vinegar, chili powder, salt, Worcestershire sauce and mustard. Stir into meat mixture. Cover and cook on high for 7-8 hours or until meat is tender.

Skim fat from cooking juices. Shred beef, using two forks. With a slotted spoon, place about 1/2 cup beef mixture on each bun.

Beef Wellington

Ingredients

2 1/2 pounds beef tenderloin
2 tablespoons butter, softened
2 tablespoons butter
1 onion, chopped
1/2 cup sliced fresh mushrooms
2 ounces liver pate
2 tablespoons butter, softened
salt and pepper to taste
1 (17.5 ounce) package frozen puff pastry, thawed
1 egg yolk, beaten
1 (10.5 ounce) can beef broth
2 tablespoons red wine

Directions

Preheat oven to 425 degrees F (220 degrees C). Place beef in a small baking dish, and spread with 2 tablespoons softened butter. Bake for 10 to 15 minutes, or until browned. Remove from pan, and allow to cool completely. Reserve pan juices.

Melt 2 tablespoons butter in a skillet over medium heat. Saute onion and mushrooms in butter for 5 minutes. Remove from heat, and let cool.

Mix together pate and 2 tablespoons softened butter, and season with salt and pepper. Spread pate over beef. Top with onion and mushroom mixture.

Roll out the puff pastry dough, and place beef in the center. Fold up, and seal all the edges, making sure the seams are not too thick. Place beef in a 9x13 inch baking dish, cut a few slits in the top of the dough, and brush with egg yolk.

Bake at 450 degrees F (230 degrees C) for 10 minutes, then reduce heat to 425 degrees F (220 degrees C) for 10 to 15 more minutes, or until pastry is a rich, golden brown. Set aside, and keep warm.

Place all reserved juices in a small saucepan over high heat. Stir in beef stock and red wine; boil for 10 to 15 minutes, or until slightly reduced. Strain, and serve with beef.

Bulgogi (Korean Barbecued Beef)

Ingredients

- 3 tablespoons soy sauce
- 1 tablespoon sesame oil
- 1 tablespoon sesame seeds
- 1 clove garlic, minced
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon monosodium glutamate (MSG) (optional)
- 1 pound beef top sirloin, thinly sliced
- 1 carrot, julienned
- 1 green onion, chopped
- 1/2 yellow onion, chopped

Directions

In a large resealable plastic bag, combine soy sauce, sesame oil, sesame seeds, garlic, sugar, salt, black pepper, and MSG. Place beef, carrots, and onions in the bag; seal, and shake to coat the vegetables and beef with the sauce. Refrigerate for at least 2 1/2 hours. I prefer to marinate mine overnight.

Preheat an outdoor grill for high heat. Remove meat and vegetables from marinade, and place on a large sheet of aluminum foil; seal. Discard marinade.

Place on grill, and cook for 15 to 20 minutes, or to desired doneness.

Vietnamese Beef And Lettuce Curry

Ingredients

1 cup uncooked long grain white rice
2 cups water
5 teaspoons white sugar
1 clove garlic, minced
1/4 cup fish sauce
5 tablespoons water
1 1/2 tablespoons chile sauce
1 lemon, juiced
2 tablespoons vegetable oil
3 cloves garlic, minced
1 pound ground beef
1 tablespoon ground cumin
1 (28 ounce) can canned diced tomatoes
2 cups lettuce leaves, torn into 1/2 inch wide strips

Directions

In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 25 minutes.

In a bowl, mash together the sugar and 1 clove garlic with a pestle. Mix in the fish sauce, water, chile sauce, and lemon juice.

Heat the oil in a wok over high heat, and quickly saute the 3 cloves garlic. Mix the beef into the wok, season with cumin, and cook until evenly brown. Pour in the tomatoes and about 1/2 the fish sauce mixture. Reduce heat to low, and simmer 20 minutes, until thickened.

Toss the lettuce into the beef mixture. Serve at once over the cooked rice with the remaining fish sauce mixture on the side.

Beef and Rice Dish

Ingredients

- 1 pound lean ground beef
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 green bell pepper, seeded and chopped
- 1 cup uncooked long grain white rice
- 1 (14 ounce) can beef broth
- 2/3 cup water
- 1 cube beef bouillon
- 1 (12 ounce) can diced tomatoes
- 1 (11 ounce) can sweet corn, drained
- 1/2 teaspoon ground black pepper
- 1 (6 ounce) package (1 ounce each) mozzarella cheese
- 1 (16 ounce) package shredded Monterey Jack cheese

Directions

Place the ground beef, onion, garlic, and green bell pepper in a saucepan over medium heat, and cook until beef is evenly brown. Drain grease.

Mix rice, broth, water, bouillon, tomatoes, and corn into the saucepan. Season with pepper. Bring to a boil. Reduce heat to low, cover, and simmer 25 minutes. Top with mozzarella and Monterey Jack cheeses to serve.

Stuffed Beef and Black Bean Tamale Pie

Ingredients

1 pound lean ground beef
1 (1.25 ounce) package taco seasoning mix
1 (15 ounce) can black beans, rinsed, drained
1/2 cup water
1 (8.75 ounce) can whole kernel corn, very well drained
3/4 cup light dairy sour cream
3/4 cup shredded Co-Jack or Cheddar cheese
1/3 cup thinly sliced green onions

Crust:

1 (8.5 ounce) package corn muffin mix
3/4 cup shredded Co-Jack or Cheddar cheese
3/4 cup light dairy sour cream
1/2 cup thinly sliced green onions

Directions

Heat oven to 400 degrees F. Heat large nonstick skillet over medium heat until hot. Add ground beef; brown 5 to 7 minutes, stirring occasionally. Pour off drippings. Stir in seasoning mix, beans and water. Bring to a boil; reduce heat. Simmer 5 minutes, stirring occasionally; set aside.

Meanwhile in medium bowl, combine crust ingredients, mixing just until dry ingredients are moistened. (Batter will be stiff.) Using spoon dipped in water, spread slightly more than 1/2 the batter onto bottom and up side of 9-inch pie pan.

Arrange corn over batter; top with beef mixture. Spoon remaining batter over beef, along outer edge of pie. Carefully spread batter toward center, leaving a 3-inch circle uncovered. Bake in 400 degrees F oven 23 to 25 minutes or until top is golden brown.

To serve, dollop 3/4 cup sour cream over top; sprinkle with 3/4 cup cheese and 1/3 cup green onions. Cut into wedges.

Corned Beef Potato Dinner

Ingredients

1 pound red potatoes, cut into small wedges
1 1/2 cups water
1 large onion, thinly sliced, separated into rings
4 cups coleslaw mix
8 ounces thinly sliced deli corned beef, cut into 1/4-inch strips
1 tablespoon vegetable oil
1/3 cup red wine vinegar or cider vinegar
4 teaspoons spicy brown or horseradish mustard
1 teaspoon sugar
1 teaspoon caraway seeds
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon pepper

Directions

Place potatoes and water in a 3-qt. microwave-safe bowl. Cover; microwave on high for 6-8 minutes. Add the onion; cover and cook for 4 minutes. Stir in the coleslaw mix. Cover and cook for 3-4 minutes or until potatoes are tender; drain.

In a large skillet, saute the corned beef in oil for 3-4 minutes; stir in the remaining ingredients. Cook and stir for 1 minute or until heated through. Add to the potato mixture; toss to combine. Cover and microwave for 2-3 minutes or until heated through. Serve immediately.

Teriyaki Beef Kabobs

Ingredients

1/4 cup vegetable oil
1/4 cup orange juice
1/4 cup soy sauce
1 teaspoon garlic powder
1 teaspoon ground ginger
1 3/4 pounds beef tenderloin, cut into 1-inch cubes
3/4 pound cherry tomatoes
1/2 pound fresh whole mushrooms
2 large green peppers, cubed
1 large red onion, cut into wedges
Hot cooked rice (optional)

Directions

In a resealable plastic bag or shallow glass container, combine the first five ingredients and mix well. Reserve 1/2 cup for basting and refrigerate. Add beef to remaining marinade; turn to coat. Seal bag or cover container; refrigerate for 1 hour, turning occasionally. Drain and discard the marinade.

On metal or soaked wooden skewers, alternate beef, tomatoes, mushrooms, green peppers and onions.

Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8-10 minutes or until meat reaches desired doneness. Serve meat and vegetables over rice if desired.

Ground Beef Yorkshire

Ingredients

1 cup all-purpose flour
1 teaspoon baking powder
1 teaspoon salt
3 eggs, beaten
1 1/2 cups milk
1/4 cup melted butter
1 tablespoon dried parsley
1 pound extra lean ground beef
1/4 cup finely chopped onion
1/4 cup diced celery
1/4 cup chopped carrot
1/2 teaspoon salt
1/4 teaspoon pepper
1 tablespoon Worcestershire sauce
1 tablespoon steak sauce (such as A.1.B.,^ŷ)

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 inch baking dish.

Whisk together the flour, baking powder, and the 1 teaspoon salt. In a separate bowl, whisk together the eggs, milk, and butter. Pour the egg mixture over the flour mixture; beat until well blended. Stir in parsley; set aside.

Heat a large skillet over medium-high heat and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, about 10 minutes. Drain and discard any excess grease.

Combine the drained meat mixture with the celery, carrot, the 1/2 teaspoon salt, pepper, Worcestershire sauce, and steak sauce. Spread meat mixture evenly into the prepared baking dish. Pour the batter over the meat.

Bake in the preheated oven until the pudding has risen tall and is golden, about 45 minutes. Serve immediately.

Beef Tip Salad Topping

Ingredients

1/2 cup olive oil
1 tablespoon soy sauce
1 onion, sliced
1 green bell pepper, seeded and
thinly sliced
1 pound beef stew meat, cut into
1/2 inch pieces

Directions

Heat olive oil in a large skillet over medium heat. Stir in soy sauce, onion and green bell pepper. Cook 3 to 5 minutes, until tender. Mix in beef stew meat. Cook 15 minutes, stirring occasionally, until evenly browned.

Corned Beef Hash British Style

Ingredients

4 large baking potatoes, peeled and cubed
1 (16 ounce) can baked beans
1 (12 ounce) can corned beef, broken into pieces
1 dash Worcestershire sauce
1/2 cup shredded sharp Cheddar cheese

Directions

Preheat the oven to 400 degrees F (200 degrees C).

Place the potatoes in a large pot with just enough water to cover. Bring to a boil and simmer until tender, about 10 minutes. Drain and mash, flavoring with milk, butter, salt or however you like to make them.

Pour the baked beans into the bottom of a 1 1/2 quart casserole dish. Slice the corned beef and arrange on top of the beans in an even layer. Season with a few dashes of Worcestershire sauce. Top with mashed potatoes.

Bake uncovered for 25 minutes in the preheated oven. The mashed potatoes should start to crisp up but not yet brown. Top with the cheese and return to the oven. Bake for another 20 minutes, or until cheese is browned.

Ruthann's Beefy Bean Dip

Ingredients

2 (19 ounce) cans canned kidney beans, drained
1 (16 ounce) can refried beans
1 small onion
1 pound lean ground beef
1 (4 ounce) can canned jalapeno pepper
1/2 cup hot sauce
1 (1 ounce) package taco seasoning mix
3 bunches green onion, diced
16 ounces Cheddar cheese, shredded

Directions

In a large saucepan over medium heat, combine the kidney beans, refried beans, onion, ground beef, jalapenos, hot sauce and taco seasoning. Cook for 10 minutes or until beef is brown.

Add the green onions and grated cheese just before serving. Serve hot with tortilla chips and sliced jalapenos if desired.

Erica's Delicious Slow Cooker Beef Roast

Ingredients

2 pounds boneless beef roast
1 teaspoon vegetable oil
salt and pepper to taste
1 onion, quartered
16 baby carrots
1 (10.75 ounce) can condensed
cream of mushroom soup
4 cloves garlic, minced
2 tablespoons chopped fresh
parsley

Directions

In a large skillet over medium high heat, saute the roast in the oil for 15 minutes, or until all sides are well browned. Season with salt and pepper to taste and set aside.

Place the onion, carrots, garlic and parsley in the bottom of a slow cooker. Place the roast on top of the vegetables and pour the soup over the roast and the vegetables.

Cover the slow cooker and cook on low setting for 8 to 10 hours, stirring once.

Transfer roast to a serving platter and place the vegetables around it. Pour the roast gravy from the slow cooker into a gravy boat.

Beef Fried Rice

Ingredients

3 eggs
Dash pepper
3 tablespoons vegetable oil
1 pound ground beef, cooked and drained
2 cups cooked long-grain rice
2 small onions, chopped
3 tablespoons soy sauce
1 teaspoon sugar

Directions

In a bowl, beat eggs and pepper. In a skillet, heat oil. Add eggs. Cook until partially set. Lift the edges, letting the uncooked egg flow underneath. When eggs are completely set but still moist, remove from skillet. Cut into strips; return to pan. Add remaining ingredients; mix well. Gently cook and stir for 5 minutes or until heated through.

Orange Beef-Style Tofu Stir-Fry

Ingredients

1/4 cup vegetable oil for frying
1/4 cup cornstarch
1 (16 ounce) package firm tofu,
drained and cut into strips
2 tablespoons soy sauce
1/2 cup orange juice
1/4 cup warm water
1 tablespoon sugar
1 teaspoon chili paste
1 teaspoon cornstarch
1 tablespoon vegetable oil
2 carrots, sliced

Directions

Heat 1/4 cup oil in a wok over medium-high heat. Place the 1/4 cup cornstarch in a dish; press tofu slices in the cornstarch to coat on all sides. Stir-fry in the wok 5 minutes, or until golden brown on all sides. Drain tofu on paper towels. Allow wok to cool, and wipe clean.

In a bowl, mix the soy sauce, orange juice, water, sugar, chili paste, and cornstarch until smooth.

Heat the remaining 1 tablespoon oil in the wok, and stir-fry the carrots until tender. Form a well in the center of the carrots, and pour in the sauce. Bring sauce to a boil. Mix tofu into the wok, and continue cooking until coated with the sauce.

Texas Chili Beef Slices

Ingredients

2 pounds round steak
1 teaspoon meat tenderizer
1 onion, chopped
2 cloves garlic, minced
2 tablespoons distilled white vinegar
2 tablespoons vegetable oil
2 tablespoons Worcestershire sauce
2 teaspoons chili powder
1 (8 ounce) can tomato sauce
1 lemon, sliced
2 tablespoons brown sugar
1/2 teaspoon mustard powder
1/4 teaspoon hot pepper sauce

Directions

Sprinkle meat with meat tenderizer. Place in a shallow glass baking dish large enough to accommodate the meat. Mix together onion, garlic, vinegar, oil, Worcestershire sauce, and chili powder, and pour over steak. Marinate for 2 or more hours in the refrigerator.

Preheat grill for medium-low heat.

Brush grate with oil. Transfer steak to grill, reserving marinade. Cook, covered, for 30 to 40 minutes, or to your desired degree of doneness, turning once. Allow steak to rest for a few minutes off the heat.

While meat is cooking prepare sauce. Combine reserved marinade, tomato sauce, lemon slices, brown sugar, mustard powder, and hot sauce in a medium saucepan. Simmer for 10 minutes over medium low heat.

Slice meat across the grain. Spoon sauce over steak, and serve.

Beef Bourguignon II

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
2 pounds cubed stew meat
4 tablespoons butter
1 onion, chopped
2 carrots, chopped
1 clove garlic, minced
2 cups red wine
1 bay leaf
3 tablespoons chopped fresh parsley
1/2 teaspoon dried thyme
1 (6 ounce) can sliced mushrooms
1 (16 ounce) can canned onions

Directions

In a small bowl, combine the flour, salt and ground black pepper. Coat the beef cubes with this mixture.

Melt the butter or margarine in a large skillet over medium high heat. Add the meat and brown well on all sides. Pour this into a 2 quart casserole dish.

Return the skillet to the heat and add the onion, carrots and garlic to it. Saute for 5 to 10 minutes, or until onion is tender. add the wine, bay leaf, parsley, thyme, and liquid from the mushrooms. Pour over meat.

Bake, covered, at 350 degrees F (175 degrees C) for 2 1/2 hours. Remove cover, add canned onions and mushroom crowns, and bake for 30 more minutes.

Champion Roast Beef Sandwiches

Ingredients

1/2 cup sour cream
1 tablespoon dry onion soup mix
1 tablespoon prepared horseradish, drained
1/8 teaspoon pepper
8 slices rye or pumpernickel bread
1/2 pound sliced roast beef
Lettuce leaves

Directions

In a small bowl, combine the first four ingredients. Spread 1 tablespoon on each slice of bread. Top four slices of bread with roast beef and lettuce; cover with remaining bread.

Beef and Sausage Soup

Ingredients

1 tablespoon cooking oil
1 pound beef stew meat, cut into 1/2-inch cubes
1 pound bulk Italian sausage, shaped into balls
1 (28 ounce) can tomatoes with juice, chopped
3 1/2 cups water
1 cup chopped onion
1 teaspoon salt
1/2 teaspoon Italian seasoning
1 tablespoon Worcestershire sauce
2 cups peeled, cubed potatoes
1 cup sliced celery

Directions

In a Dutch oven, heat oil over medium-high. Brown beef on all sides. Remove with a slotted spoon and set aside. Brown sausage on all sides. Drain fat. Return beef to Dutch oven and add remaining ingredients except potatoes and celery. Bring to a boil; reduce heat and simmer, covered, until beef is tender, about 1-1/2 hours. Add the potatoes and celery. Simmer, covered, until vegetables are tender, about 30 minutes.

Beef Bourguignon I

Ingredients

3 cups Burgundy wine
2 tablespoons brandy
2 onions, thinly sliced
2 carrots, chopped
1 sprig fresh parsley
1 bay leaf
1 clove garlic, crushed
10 whole black peppercorns
1 teaspoon salt
2 pounds cubed beef chuck roast

4 tablespoons olive oil, divided
1/4 pound bacon, cubed
2 onions, chopped
3 tablespoons all-purpose flour
1 tablespoon tomato paste
2 cloves garlic, crushed
1 (10.5 ounce) can beef broth
salt and pepper to taste
4 tablespoons butter
1 pound fresh mushrooms, sliced

Directions

For marinade: In a large bowl, combine the wine, cognac, onions, carrots, parsley, bay leaf, garlic, peppercorns and salt. Mix well and add the cubed beef. Cover and marinate in the refrigerator for 2 days.

Preheat oven to 300 degrees F (150 degrees C).

For Bourguignon: Strain the meat from the vegetables and marinade; reserve marinade. Dry meat with paper towels. Heat 2 tablespoons of the oil in a large skillet over medium high heat. Add the meat and saute for 10 minutes, or until browned on all sides. Transfer meat to a separate medium bowl with a slotted spoon and set aside.

In the same skillet, add the bacon and saute until lightly browned. Transfer the bacon to the bowl with the meat. Drain the skillet and return it to the heat. Pour a cup of marinade into the skillet to deglaze the skillet, scraping the bottom to loosen up all the little bits. Return this liquid to the reserved marinade.

Heat the remaining oil in the skillet. Add the onion and carrot from the marinade, along with the additional onion that you've chopped, and saute for 5 minutes, or until tender. Transfer this mixture to the bowl with the meat and bacon, again using a slotted spoon, and return skillet to the heat. Add the flour to the skillet, combining with the oil and stir until well mixed and brown, about 2 minutes.

Now add the tomato paste, garlic, beef broth, reserved marinade and salt and pepper to taste. Bring to a boil and whisk to remove any flour lumps. Add this to the meat and vegetable mixture. Place entire mixture into a 9x13 baking dish.

Bake at 300 degrees F (150 degrees C) for 3 hours, stirring occasionally and adding water as needed. Season with salt and pepper to taste.

About 15 minutes before meat is done baking, melt butter in the skillet over medium high heat. Add the mushrooms and saute for 5 to 10 minutes, or until lightly browned. When meat is done, add the mushrooms to the meat mixture, stir well and let sit for about 15 minutes.

Kalbi (Marinated Beef Short Ribs)

Ingredients

3/4 cup white sugar
3/4 cup soy sauce
1/4 cup sesame oil
4 cloves garlic, minced
3 green onions, chopped
2 tablespoons sesame seeds
5 pounds beef short ribs

Directions

Stir the sugar into the soy sauce in a bowl until the sugar dissolves completely. Whisk the sesame oil, garlic, green onions, and sesame seeds into the soy sauce. Place the short ribs in a large, sealable bag and pour the marinade over the meat. Marinate in refrigerator for 8 hours or overnight.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove the ribs from the bag; discard the marinade.

Cook the short ribs on the preheated grill until they are very firm, hot, and grey in the center, about 15 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Kosher-Style Corned Beef

Ingredients

5 quarts ice water
6 ounces salt
3 ounces Prague powder number 1
3 ounces white sugar
2 tablespoons pickling spice
25 pounds beef brisket

Directions

In a large plastic bucket or tub, mix together the ice water, salt, Prague powder, sugar and pickling spice. Submerge meat in the mixture, and refrigerate for 3 to 4 days. A weight may be placed on top of the meat to keep it submerged.

Cook corned beef as you normally would. Simmer or roast for about 50 minutes per pound, or until tender.

Bean and Beef Shaloupias

Ingredients

1 pound pinto beans, boiled
according to package directions
2 cubes beef bouillon
water to cover
1 1/2 pounds ground beef
1/4 teaspoon salt
1/4 teaspoon ground black
pepper
1/2 onion, diced
10 (6 inch) corn tortillas
3 cups shredded Mexican-style
cheese

Directions

In slow cooker, combine boiled pinto beans with bouillon cubes and enough water to almost fill cooker. Let simmer on Low setting for 8 hours.

In a large skillet, brown beef with salt, pepper and onion. Drain well and set aside.

Assemble as follows: Top each tortilla with beef mixture, cheese and a ladle of beans with juice from slow cooker. Top with preferred garnishes as desired and serve.

Roast Beef Stew

Ingredients

2 cups cubed cooked roast beef
4 cups tomato juice
2 (14.5 ounce) cans diced tomatoes, undrained
2 cups water
3 large red potatoes, diced
2 cups frozen lima beans
1 large onion, diced
1 cup diced celery
1 tablespoon beef bouillon granules
1 teaspoon sugar (optional)
salt and pepper to taste
1 bay leaf

Directions

In a Dutch oven or soup kettle, combine all of the ingredients. Bring to a boil. Reduce heat; cover and cook until vegetables are tender, about 30 minutes. Discard bay leaf before serving.

Barbecued Beef Liver

Ingredients

3 tablespoons all-purpose flour
1/2 teaspoon salt
1/2 teaspoon pepper
1 pound beef liver, thinly sliced
1/3 cup water
1/4 cup ketchup
2 tablespoons brown sugar
1 tablespoon vinegar
1 tablespoon Worcestershire sauce
1 dash garlic powder
1 tablespoon vegetable oil

Directions

In a resealable plastic bag, mix the flour, salt, and pepper. Place the liver slices into the bag one at a time, seal, and toss to coat.

In a bowl, mix the water, ketchup, brown sugar, vinegar, Worcestershire sauce, and garlic powder.

Heat the oil in a skillet over medium heat. Brown the liver slices on both sides. Pour the sauce mixture over the liver. Bring to a boil, reduce heat, and simmer 20 minutes, until liver is tender.

Beef Onion Soup

Ingredients

1 (10.5 ounce) can condensed French onion soup
1 cup cubed cooked beef
2 (3/4 inch thick) slices French bread, toasted
1/3 cup shredded Monterey Jack cheese
2 teaspoons shredded Parmesan cheese (optional)

Directions

Prepare soup according to package directions; add beef. Ladle into two 2-cup ovenproof bowls. Top each with a French bread slice. Sprinkle with Monterey Jack cheese and Parmesan cheese if desired. Broil until cheese is melted. Serve immediately.

Barbecue Beef for Sandwiches

Ingredients

4 pounds boneless chuck roast
1 onion, chopped
2 tablespoons butter
3 tablespoons distilled white vinegar
12 ounces chile sauce
2 tablespoons brown sugar
1 teaspoon mustard powder
2 tablespoons Worcestershire sauce
1/2 teaspoon freshly ground black pepper
1 teaspoon salt
1/8 teaspoon ground cayenne pepper
3 cloves garlic, minced

Directions

Place roast in a large covered pan. Roast at 325 degrees F (165 degrees C) for 2 hours, or until the meat falls apart and shreds easily.

In a large skillet, melt butter over medium heat. Add onions, and saute until onions become translucent.

Stir in vinegar and chili sauce. Fill empty chili sauce bottle with water, shake, and pour liquid into skillet. Mix in brown sugar, mustard, Worcestershire sauce, black pepper, salt, cayenne pepper, and garlic. Cook sauce over low heat, stirring often, until thickened.

With two forks, shred roasted beef. Stir meat into the sauce in the skillet, and simmer for 30 minutes.

Ten Minute Chipotle Spiced Beef and Bean Chili

Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 2 chipotle peppers in adobo sauce
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 2 (15 ounce) cans kidney beans, drained and rinsed
- 2 teaspoons kosher salt
- 2 teaspoons ground cumin
- 3/4 teaspoon garlic powder
- 1 teaspoon chili powder
- 3 teaspoons hot pepper sauce
- 1/4 cup shredded Cheddar cheese

Directions

In a large saute pan, brown ground beef with onion, chipotle peppers and 3 tablespoons of the adobo sauce; drain well.

In a large stock pot, combine beef mixture, stewed tomatoes, kidney beans, Kosher salt, ground cumin, garlic powder and chili powder. At this point, adjust to taste with hot pepper sauce. Heat through and serve garnished with Cheddar cheese.

Skillet Beef and Celery

Ingredients

4 tablespoons vegetable oil
2 onions, peeled and chopped
2 cups thinly sliced celery
1 1/2 pounds beef chuck, trimmed
and cut into thin 1 inch slices
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
2 tablespoons soy sauce
1 cup water
2 teaspoons cornstarch

Directions

In a large skillet, heat 2 tablespoons of oil over medium heat. Slowly cook and stir onions and celery until golden brown; remove from heat and set aside.

In the same skillet, heat the remaining 2 tablespoons of oil. Place beef slices in the skillet and heat until well browned. Stir in salt, pepper, soy sauce and water.

Cover and simmer for 30 to 40 minutes. Return the onion and celery mixture to the skillet and simmer for another 10 minutes.

In a small bowl, combine the water and cornstarch. Pour the mixture into skillet. Stirring constantly, heat until thickened.

Beef Shish Kabobs

Ingredients

- 1 cup soy sauce
- 1/2 cup red wine vinegar or cider vinegar
- 1/2 cup water
- 1/2 cup vegetable oil
- 1 teaspoon dried oregano
- 1/2 teaspoon onion powder
- 1 clove garlic, minced
- 1 pound beef stew meat, cut into 1 1/2 inch pieces
- 1 pound sliced bacon, cut in half
- 1 (8 ounce) can sliced water chestnuts, drained
- 1 (8 ounce) can pineapple chunks, drained

Directions

In a large resealable plastic bag, combine the first seven ingredients; mix well. Remove 1/3 cup for basting; cover and refrigerate. Add beef to bag; seal and turn to coat. Refrigerate overnight.

In a skillet over medium heat, partially cook the bacon. Wrap each piece around a water chestnut slice. Drain and discard marinade from beef. On metal or soaked wooden skewers, alternately thread bacon-wrapped water chestnuts, pineapple and beef. Grill, covered, over medium heat for 10-15 minutes or until meat reaches desired doneness, basting frequently with reserved marinade.

Easy Thai Beef or Chicken Salad

Ingredients

1 cup white rice
2 1/2 cups water
2 tablespoons vegetable oil
1 pound skinless, boneless chicken breasts
salt to taste
garlic powder to taste
1 head lettuce - rinsed, dried and torn
3 large cucumbers, seeded and chopped
1 large onion, finely diced
2 tomatoes, diced
1 bell pepper, diced
1 cup chopped fresh cilantro
1 cup freshly squeezed lime juice
1/2 cup fish sauce
1 tablespoon sugar
1 tablespoon crushed red pepper flakes

Directions

Rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated.

Preheat oven to 250 degrees F (120 degrees C).

Season chicken with salt and garlic powder. Heat 2 tablespoons vegetable oil in a skillet over medium-high heat. Cook chicken, reducing heat when necessary, until no longer pink in center and juices run clear. Transfer to preheated oven to keep warm.

Place lettuce, cucumbers, onions, tomatoes, bell peppers, and cilantro together in a large mixing or serving bowl. Toss to combine. In another bowl, stir together the lime juice, fish sauce, sugar, and crushed red pepper until well blended and sugar is dissolved.

Remove chicken from oven, slice into thin strips, and drizzle with dressing. Divide salad and rice among serving plates, and top each with chicken slices. Dressing may also be served at the table and each salad dressed individually.

Tropical Beef and Noodles

Ingredients

4 cups uncooked egg noodles
1 pound ground beef
1 (15 ounce) can mandarin oranges
1 (8 ounce) can unsweetened pineapple chunks
2 tablespoons cornstarch
1 tablespoon lemon juice
1 tablespoon soy sauce
1/4 teaspoon garlic powder
1/4 teaspoon salt
1/8 teaspoon ground nutmeg
1/3 cup salted whole cashews
1/3 cup flaked coconut, toasted

Directions

Cook noodles according to package directions. Meanwhile, in a large skillet, cook beef over medium heat until no longer pink; drain.

Drain the mandarin oranges and pineapple, reserving juices. Set fruit aside. In a bowl, whisk the cornstarch and reserved juices until smooth; stir in the lemon juice, soy sauce, garlic powder, salt and nutmeg. Pour over beef.

Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in the cashews, oranges and pineapple. Cook for 2 minutes or until heated through. Drain noodles; top with beef mixture. Sprinkle with coconut.

Slow Cooker Beef Stew IV

Ingredients

3 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/2 teaspoon salt, or to taste
3 tablespoons olive oil
1 cup baby carrots
4 large potatoes, cubed
1 tablespoon dried parsley
1 teaspoon ground black pepper
2 cups boiling water
1 (1 ounce) package dry onion soup mix
3 tablespoons butter
3 onions, sliced
1/4 cup red wine
1/4 cup warm water
2 tablespoons all-purpose flour

Directions

Place meat in a large plastic bag. Combine 1/4 cup flour with 1/2 teaspoon salt; pour into the bag with the meat, and shake to coat.

Heat olive oil in a large skillet over medium-high heat. Add stew meat, and cook until evenly browned on the outside. Transfer to a slow cooker along with the carrots, potatoes, parsley, and pepper. In a small bowl, stir together 2 cups of boiling water and dry soup mix; pour into the slow cooker.

In the same skillet, melt butter and saute onions until softened; remove to the slow cooker. Pour red wine into the skillet, and stir to loosen browned bits of food on the bottom. Remove from heat, and pour into the slow cooker.

Cover, and cook on High for 30 minutes. Reduce heat to Low, and cook for 6 hours, or until meat is fork tender. In a small bowl or cup, mix together 2 tablespoons flour with 1/4 cup warm water. Stir into stew, and cook uncovered for 15 minutes, or until thickened.

Pepper-Topped Beef Sandwiches

Ingredients

- 1 medium onion, chopped
- 2 garlic cloves, minced
- 1 tablespoon olive or canola oil
- 1 medium sweet red pepper, julienned
- 1 medium green pepper, julienned
- 1 bay leaf
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 tablespoon sugar
- 12 ounces thinly sliced deli roast beef
- 6 sandwich rolls, split

Directions

In a nonstick skillet, saute onion and garlic in oil until tender. Add the red and green peppers, bay leaf, salt and pepper. Cook and stir until peppers are tender, about 10 minutes. Add sugar; cover and simmer for 10-15 minutes or until flavors are blended. Discard bay leaf. Place beef on rolls; top with pepper mixture.

Sun Dried Tomato and Pine Nut Stuffed Beef

Ingredients

6 tablespoons olive oil, divided
1/2 cup pine nuts
1/2 cup chopped shallots
2 cloves garlic, minced
2/3 cup chopped oil-packed sun-dried tomatoes
1 cup bread crumbs
1/4 cup chopped fresh parsley
salt and pepper to taste
1 (3 pound) beef tenderloin

Directions

Preheat oven to 425 degrees F (220 degrees C).

Heat 3 tablespoons olive oil in a skillet over a medium heat. Stir in pine nuts, and cook until golden brown. Remove with a slotted spoon, and drain on paper towels. Place shallots in the skillet. Cook and stir until tender, about 5 minutes. Mix in garlic and sun-dried tomatoes, and cook 2 minutes. Remove skillet from heat, mix in pine nuts, bread crumbs, and parsley. Season with salt and pepper, and set aside to cool.

Slice the tenderloin lengthwise across the top about 2/3 of the way through the meat to create a pocket. Spread stuffing into the pocket. Wrap the tenderloin with kitchen twine to secure the stuffing, and transfer to a roasting pan. Rub the remaining olive oil over the surface of the meat. Season with salt and pepper.

Roast in the preheated oven for 15 minutes. Lower oven temperature to 350 degrees F (175 degrees C) and continue cooking tenderloin 20 minutes, or to a minimum internal temperature of 145 degrees F (63 degrees C). Remove from oven and let the meat rest for 15 minutes before serving.

Roast Beef Burritos

Ingredients

1 tablespoon vegetable oil
1 onion, chopped
1 clove garlic, minced
4 tomatoes, chopped
2 cups chopped cooked roast beef
1 (8 ounce) jar prepared taco sauce
1 (4 ounce) can diced green chile peppers
1/2 teaspoon cumin
1/8 teaspoon red pepper flakes, or to taste (optional)
6 (7 inch) flour tortillas, warmed
1 1/2 cups shredded Cheddar cheese
2 cups shredded lettuce

Directions

Heat the oil in a skillet over medium-high heat. Stir in the onion and garlic, and cook until tender and transparent, about 5 minutes. Mix in the tomatoes, roast beef, taco sauce, chile peppers, cumin, and red pepper flakes, if desired. Bring the mixture to a boil. Reduce heat to medium, and simmer, uncovered, for 25 minutes, or until thickened.

Arrange tortillas on a clean, flat work surface. Spread about 2/3 cup of beef mixture in the center of each warm tortilla. Sprinkle evenly with cheese and lettuce. Fold over ends and sides to make a package.

Old Fashioned Beef Stew

Ingredients

2 pounds cubed beef stew meat
4 cups boiling water
1 tablespoon lemon juice
1 teaspoon Worcestershire sauce
1 clove garlic, crushed
1 onion, diced
1 bay leaf
1 tablespoon salt
1 teaspoon sugar
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
1/8 teaspoon ground allspice
6 potatoes, cubed
2 carrots, sliced
1/2 cup whole kernel corn

Directions

In a slow cooker, combine the stew meat, boiling water, lemon juice, Worcestershire sauce and garlic. Stir in the onion, bay leaf, salt, sugar, ground pepper, paprika and allspice. Add the potatoes, carrots and corn.

Cook on HIGH for 2 hours.

Switch the slow cooker to LOW and cook for another 3 1/2 hours. Remove bay leaves before serving.

Beef and Beans

Ingredients

1 1/2 pounds boneless round steak
1 tablespoon prepared mustard
1 tablespoon chili powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 garlic clove, minced
2 (14.5 ounce) cans diced tomatoes, undrained
1 medium onion, chopped
1 beef bouillon cube, crushed
1 (16 ounce) can kidney beans, rinsed and drained
Hot cooked rice

Directions

Cut steak into thin strips. Combine mustard, chili powder, salt if desired, pepper and garlic in a bowl; add steak and toss to coat. Transfer to a slow cooker; add tomatoes, onion and bouillon. Cover and cook on low for 6-8 hours. Stir in beans; cook 30 minutes longer. Serve over rice.

Blue Cheese Beef Tenderloin

Ingredients

1 (3 pound) whole beef tenderloin
1/2 cup teriyaki sauce
1/2 cup red wine
2 cloves garlic, chopped
4 ounces blue cheese, crumbled
1/3 cup mayonnaise
2/3 cup sour cream
1 1/2 teaspoons Worcestershire sauce

Directions

Place beef in a shallow dish. Combine teriyaki sauce, red wine and garlic; pour over beef. Allow beef to marinate in refrigerator for 30 minutes.

Preheat oven to 450 degrees F (230 degrees C).

Place tenderloin on broiler pan, and cook in preheated oven for 15 minutes. Reduce heat to 375 degrees F (190 degrees C), and cook for 30 to 40 more minutes, or to desired doneness. Allow to set for 10 minutes before slicing.

In a saucepan over low heat, combine blue cheese, mayonnaise, sour cream and Worcestershire sauce. Stir until smooth; serve over sliced tenderloin.

Korean Beef Short Rib Stew (Galbi Jjim)

Ingredients

2 pounds Korean-style short ribs
(beef chuck flanken), cut into 3-
inch segments
4 cups water
6 tablespoons soy sauce
8 cloves garlic, minced
1 small onion, sliced
1 tablespoon rice wine
1 tablespoon brown sugar
2 carrots, cut into chunks
2 small potatoes, cut into chunks
1/2 cup fresh shiitake mushrooms,
sliced
2 tablespoons light corn syrup
1 tablespoon Asian (toasted)
sesame oil
6 chestnuts, peeled (optional)
6 dates, pitted (optional)
sliced green onion

Directions

Cover the ribs with cold water, refrigerate, and soak for 1 hour. Drain the ribs, place in a saucepan with 4 cups of water, and bring to a boil. Cook the ribs for 10 minutes, drain, and reserve 2 cups of liquid. Place the ribs and the reserved liquid in a large pot.

Mix together the soy sauce, garlic, onion, rice wine, and brown sugar in a bowl until the sugar has dissolved. Pour the mixture over the ribs and broth. Stir to combine, bring to a boil, reduce the heat, and simmer for 1 1/2 hours.

Mix in the carrots, potatoes, shiitake mushrooms, corn syrup, sesame oil, chestnuts, and dates, and simmer until the meat and vegetables are very tender, about 1 more hour.

Remove the beef and vegetables to a serving dish, and reduce the liquid in the pot to make a thickened gravy. Pour the sauce over the ribs and vegetables, sprinkle with sliced green onion, and serve.

Beef Pot Pie I

Ingredients

1 (17.5 ounce) package frozen puff pastry, thawed
4 tablespoons olive oil
1 cup chopped onion
1 teaspoon minced garlic
1 cup raw porcini mushrooms
1 cup chopped carrots
1/2 cup chopped celery
1 potato, diced
1 pound beef tenderloin, cubed
1 bay leaf
1 teaspoon dried oregano
1 cup dry Marsala wine
2 tablespoons chopped fresh parsley
1 egg white

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, cook bay leaf, oregano, onions and mushrooms in olive oil until soft. Stir in garlic, carrots, celery, potatoes, and meat.

Cook and stir for 10 minutes, or until meat starts to brown. Pour in wine. Bring to a boil, and reduce heat to simmer. Simmer for 35 to 45 minutes.

Place in pie dish, sprinkle with parsley, and cover with pastry. Brush with egg whites.

Bake at 350 degrees F (175 degrees C) for 45 minutes to 1 hour.

Ground Beef Lo Mein

Ingredients

8 ounces uncooked spaghetti
1/2 pound cooked ground beef
1 (16 ounce) package frozen stir-fry vegetable blend, thawed
1 (12 ounce) jar homestyle beef gravy
1/4 teaspoon reduced-sodium soy sauce
1/4 teaspoon garlic powder
1/8 teaspoon pepper

Directions

Cook spaghetti according to package directions. Meanwhile, in a large skillet, cook beef over medium heat for 2-3 minutes or until heated through. Add the vegetables, gravy, soy sauce, garlic powder and pepper. Bring to a boil. Reduce heat; cover and simmer for 8-10 minutes or until vegetables are crisp-tender. Drain spaghetti; stir into beef mixture.

Beef Cabbage Hash

Ingredients

1 pound ground beef
4 medium baking potatoes,
peeled and julienned
4 cups shredded cabbage
1 large onion, sliced and
quartered
3/4 cup water
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain.

Add remaining ingredients. Cover and cook over medium-high heat for 10 minutes or until potatoes are tender.

Beefy Barbecue Macaroni

Ingredients

3/4 pound ground beef
1/2 cup chopped onion
3 garlic cloves, minced
3 1/2 cups cooked elbow macaroni
3/4 cup barbeque sauce
1/4 teaspoon pepper
1 dash cayenne pepper
1/4 cup milk
1 tablespoon butter or margarine
1 cup shredded sharp Cheddar cheese
Additional Cheddar cheese (optional)

Directions

In a skillet, cook beef, onion and garlic until meat is no longer pink; drain. Add macaroni, barbecue sauce, pepper and cayenne; mix well. In a saucepan, heat milk and butter over medium heat until butter is melted. Stir in cheese until melted. Pour over the macaroni mixture and mix gently. Sprinkle with cheese if desired.

Baked Barbecued Beef

Ingredients

2 1/2 pounds ground beef
2 small onions, chopped
1 large green pepper, chopped
1 (10.75 ounce) can condensed tomato soup, undiluted
1 cup chili sauce
1 tablespoon vinegar
1 teaspoon prepared mustard
1 teaspoon sugar
1/4 teaspoon salt
1/4 teaspoon pepper
10 hamburger buns, split

Directions

In a Dutch oven, brown beef and onions; drain. Stir in the next eight ingredients. Bake, uncovered, at 325 degrees F for 2 hours, stirring occasionally. Serve on buns.

Slow Cooker Beef Roast

Ingredients

1 (2 pound) beef round roast
2 large carrots, chopped
1 large onion, thinly sliced
2 stalks celery, chopped
1 teaspoon garlic powder
ground black pepper to taste
1/2 cup Worcestershire sauce
1/2 cup barbeque sauce

Directions

Place beef round roast in slow cooker, then add carrots, onion, and celery. Season with garlic powder and black pepper. Pour Worcestershire and barbeque sauce over meat and vegetables. Cook on Low until the meat is tender, 6 to 8 hours.

Cajun-Style Beef and Beans

Ingredients

1 cup uncooked white rice
2 cups water

1 pound ground beef
1 onion, chopped
1 (15 ounce) can red beans,
drained and rinsed
1 (14.5 ounce) can diced tomatoes
2 tablespoons Cajun seasoning

Directions

Bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 350 degrees F (175 degrees C).

Heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Add chopped onion to beef and cook and stir for 3 to 5 minutes. Stir in the cooked rice, beans, tomatoes, and Cajun seasoning. Pour into a casserole dish.

Cover and bake in the preheated oven for 25 minutes until hot, stirring once.

Herbed Beef in Salt Crust

Ingredients

1/3 cup olive oil
1/4 cup minced onion
1 teaspoon garlic salt
1 teaspoon dried basil
1/2 teaspoon dried marjoram
1/2 teaspoon dried thyme
1/4 teaspoon ground black pepper
3 pounds beef roast
3 pounds kosher salt
1 1/4 cups water

Directions

Combine oil, onion, garlic salt, basil, marjoram, thyme, and pepper in a heavy plastic bag; mix well. Add roast; coat well with marinade. Marinate in refrigerator 2 hours or overnight.

Preheat oven to 350 degrees F (175 degrees C). Line roasting pan with aluminum foil.

Combine kosher salt and water to form a thick paste. Pat 1 cup paste to a 1/2-inch thick rectangle in pan. Pat roast dry with paper towels; insert meat thermometer. Place roast on salt layer; pack remaining salt paste around meat to seal well. Bake for 60 to 70 minutes, or until thermometer registers 140 degrees. (Steam may cause crust to crack slightly.) Remove from oven; let stand 10 minutes. Remove and discard salt crust.

Grandma Coffee's Beef Barley Vegetable Soup

Ingredients

1 pound beef stew meat, cut into bite-size pieces
6 cups water, plus more if desired
1 bay leaf
2 (14.5 ounce) cans canned diced tomatoes with their juice
4 carrots, cut into 1/4 inch rounds
4 stalks celery, cut into bite-size pieces
1 rutabaga, peeled and cut into bite-size pieces
1 large sweet onion, chopped
1/2 cup uncooked pearl barley
1 (10 ounce) package frozen white corn
1 (10 ounce) package frozen cut green beans
1 (10 ounce) package frozen baby lima beans (optional)
seasoned salt (such as Morton® Nature's Seasons® Seasoning Blend) to taste

Directions

Place the beef, water, and bay leaf in a large soup pot over medium heat, and cook until the beef is very tender, about 1 hour. Stir in the tomatoes, carrots, celery, rutabaga, onion, and pearl barley, and simmer until the vegetables are tender, about 30 minutes. Add the frozen white corn, green beans, and lima beans, season to taste, and simmer an additional 15 to 20 minutes, until the frozen vegetables are tender. Add more water if the soup is too thick.

Salsa Mac and Beef

Ingredients

1 pound ground beef
3 1/2 cups Swanson® Beef Broth
3 cups uncooked shell-shaped pasta
1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
1/2 cup Pace® Chunky Salsa

Directions

Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring to separate meat. Pour off any fat.

Stir the stock in the skillet and heat to a boil. Stir in the pasta. Reduce the heat to medium. Cook for 10 minutes or until the pasta is tender, stirring often.

Stir in the soup and salsa and cook until the mixture is hot and bubbling, stirring often.

Beef Enchiladas II

Ingredients

1 pound lean ground beef
1 small onion, chopped
1 (1.5 ounce) package dry
enchilada sauce mix
10 (10 inch) flour tortillas
2 cups shredded Cheddar cheese
1 (2.25 ounce) can sliced black
olives, drained

Directions

Preheat oven to 350 degrees F (175 degrees C). In a medium skillet over medium high heat, cook the ground beef and onion until beef is evenly browned and onion is tender.

Prepare the enchilada sauce according to package directions. Pour 1/4 cup of the sauce into the bottom of a 9x13 inch baking dish.

On each flour tortilla, place an equal portion of the ground beef mixture and about 1 ounce of Cheddar cheese, reserving at least 1/2 cup of cheese. Then tightly roll the tortillas and place seam side down in the baking dish.

Pour the remaining sauce over the top of the enchiladas and sprinkle with the remaining cheese and olives.

Bake in a preheated oven for 20 minutes, or until the sauce is bubbly and cheese is thoroughly melted.

Cream Cheese and Chopped Dried Beef Ball

Ingredients

8 ounces shredded Cheddar cheese
3 ounces cream cheese
1/4 cup black olives
1/2 teaspoon Worcestershire sauce
onion salt
1 pinch garlic salt
1 pinch celery salt
1 (4 ounce) jar dried beef, chopped

Directions

In a large bowl, combine the Cheddar cheese, cream cheese, olives, Worcestershire sauce, onion salt, garlic salt and celery salt. Mix until smooth. Shape into ball, wrap in foil, and refrigerate until needed.

About 30 minutes before serving, remove foil from cheese ball and reshape if necessary. Roll chopped beef to completely coat. Chill several hours or overnight.

Beef Stifado

Ingredients

2 tablespoons butter
1 tablespoon olive oil, divided
2 pounds beef stew meat, cubed
1 medium onion, chopped
2 cloves garlic, minced
1/2 cup red wine
1/4 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1 teaspoon white sugar
1 strip (4- by 1-inch) fresh orange
zest
1 (14.5 ounce) can diced tomatoes
1/2 cup water
1 tablespoon olive oil
1 pound pearl onions, peeled

Directions

Heat half of the butter and half of the first tablespoon of olive oil in a large skillet over medium-high heat. Brown half of the beef cubes on all sides, and place into a large saucepan. Repeat with the remaining butter, olive oil, and beef. Stir the onions and garlic into the oil remaining in the skillet, and reduce heat to medium; cook and stir until the onion has softened and turned translucent, about 5 minutes. Pour in the red wine, and bring to a simmer, then scrape the onions into the saucepan with the beef.

Season the beef with cinnamon, nutmeg, sugar, and orange zest. Pour in the diced tomatoes and water. Cover, and bring to a simmer over medium-high heat; then reduce heat to medium-low, and continue simmering 1 hour.

Meanwhile, heat the remaining tablespoon of olive oil in the skillet over medium heat. Stir in the pearl onions, and cook until they are well browned, stirring frequently, about 20 minutes. After the beef has simmered for an hour, add the pearl onions, recover, and continue simmering 20 minutes.

Remove the lid, and simmer, uncovered until the stew has reduced and slightly thickened, about 10 minutes. Remove the orange zest before serving.

Baked Beef Stew

Ingredients

2 pounds beef stew meat, cut into 1 inch cubes
1 (14.5 ounce) can diced tomatoes with juice
1 cup water
3 tablespoons instant tapioca
1 tablespoon beef bouillon granules
2 teaspoons white sugar
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
4 carrots, cut into 1 inch pieces
2 strips celery, cut into 3/4 inch pieces
3 potato, peeled and cubed
1 onion, roughly chopped
1 slice bread, cubed

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large skillet over medium heat, brown the stew meat; drain and set aside.

In a mixing bowl, combine the tomatoes, water, tapioca, beef bouillon granules, sugar, salt and pepper. Stir in the beef, carrots, celery, potatoes, onion, and bread cubes. Pour into the prepared baking dish.

Cover and bake for 2 hours, or until meat and vegetables are tender.

Fiesta Beef Soup

Ingredients

1/2 pound lean ground beef or turkey
1/2 onion, finely chopped
1 clove garlic, minced
1 teaspoon ground cumin
1 (15 ounce) can black or pinto beans, undrained
1 (14.5 ounce) can DEL MONTE® Petite Cut Diced Tomatoes with Jalapenos, undrained
3 cups COLLEGE INN® Beef Broth
1 (8 3/4 ounce) can DEL MONTE® Whole Kernel Golden Sweet Corn, undrained
1/4 cup chopped cilantro (optional)

Directions

Brown meat with onion, garlic and cumin in 4-quart saucepan; drain. Season to taste with salt and pepper.

Stir in remaining ingredients. Cook over medium heat, 10 minutes. Serve with hot sauce and garnish with broken tortilla chips and shredded Cheddar cheese, if desired.

Ground Beef N Rice Pie

Ingredients

1 pound lean ground beef
1 (15 ounce) can tomato sauce,
divided
1/2 cup dry bread crumbs
1/4 cup chopped onion
1/4 cup chopped green pepper
1/2 teaspoon salt
1/2 teaspoon Italian seasoning
1/8 teaspoon dried oregano
1/8 teaspoon pepper
1 (6 ounce) can tomato paste
2 1/2 cups cooked rice
1 cup shredded Cheddar cheese,
divided

Directions

In a bowl, combine beef, 3/4 cup tomato sauce, bread crumbs, onion, green pepper if desired and seasonings. Press evenly onto the bottom and up the sides of an ungreased 9-in. pie plate, forming a crust.

In a bowl, combine the tomato paste and remaining tomato sauce. Stir in the rice and 3/4 cup cheese; pour into crust. Place pie plate on a baking sheet. Cover and bake at 350 degrees F for 25 minutes or until the meat is no longer pink. Uncover; drain. Sprinkle with remaining cheese. bake 10-15 minutes longer or until the cheese is melted. Let stand for 5 minutes before cutting.

Sukiyaki Beef

Ingredients

1 tablespoon peanut oil
1 pound beef round steak, sliced diagonally into 3 inch pieces
1/2 cup beef stock
2 teaspoons soy sauce
1 tablespoon butter
3/4 cup onion, diced
3/4 cup celery, diced
1/4 pound mushrooms, chopped
1/4 pound fresh spinach, rinsed

Directions

Heat oil in a wok or large heavy skillet over medium-high heat. Add beef, and cook until evenly brown. Stir in beef stock, soy sauce and butter. Push meat to the side, and toss in onion, celery and mushrooms. Cook, stirring, for about 4 minutes. Add spinach, and cook for 2 more minutes.

Beef/Mushroom Pockets

Ingredients

1 (16 ounce) package hot roll mix
1 pound ground beef
1 (10.75 ounce) can cream of mushroom soup
1 (4 ounce) can mushroom pieces, drained
1 small onion, chopped
1 tablespoon Worcestershire sauce
1 cup shredded Cheddar cheese
1 egg
2 tablespoons water

Directions

Prepare roll mix according to package directions for pizza crust. While dough rises, brown meat in a skillet. Drain excess fat. Stir in the soup, mushrooms, onion and Worcestershire sauce. Remove from heat.

Divide the dough into eight pieces. Form each piece into a ball. On a lightly floured surface, roll each ball into an 8-in. circle. Place circles on 2 lightly greased baking sheets. Divide meat mixture over eight circles. Top with cheese. Moisten edges of dough and fold in half. Press edges firmly together with a fork. Prick top of dough. Beat egg and water; brush over each pocket. Bake at 400 degrees F for about 20 minutes.

Dijon and Avocado Rubbed Beef Tenderloin Roast

Ingredients

1 tablespoon olive oil
1 (4 pound) trimmed beef tenderloin
4 cloves garlic
3/4 (8 ounce) jar Dijon mustard
1 ripe avocado, peeled and cubed
1/4 cup steak seasoning

Directions

Preheat oven to 400 degrees F (200 degrees C). Line a roasting pan with a sheet of aluminum foil.

Preheat a large skillet over high heat. Pour in the oil, and heat until smoking. Sear the tenderloin roast in the hot oil until browned on all sides, about 5 minutes. Remove to the roasting pan when done. While the roast is searing, place the garlic, mustard, avocado, and steak seasoning into a blender or food processor. Blend until smooth. Coat the seared roast all over with the avocado mixture.

Roast in preheated oven until the tenderloin has reached your desired degree of doneness, about 40 minutes for medium.

No Sour Cream Beef Stroganoff

Ingredients

1 1/2 pounds ground beef
salt to taste
1 tablespoon butter
1 (8 ounce) can mushrooms,
drained
1 onion, chopped
1 clove garlic, minced
4 tablespoons flour
1/2 cup white wine
1 (10.5 ounce) can cream of
mushroom soup
1/2 (10.5 ounce) can beef broth
Worcestershire sauce to taste

Directions

Brown ground beef in a large skillet over medium heat. Season with salt. Stir in butter, mushrooms, onion, and garlic; cook until the onions are soft.

In a small bowl, stir together white wine and flour. Stir into meat, along with mushroom soup and beef broth. Simmer for 10 to 15 minutes, allowing to thicken. (If you need more liquid, stir in additional broth.) Serve seasoned with a dash of Worcestershire sauce.

Beef Heart en Mole

Ingredients

- 2 tablespoons olive oil
- 1 onion, chopped
- 1 clove garlic, minced
- 1 stalk celery, sliced
- 1 carrot, cubed
- 1 slice bacon, sliced into small strips
- 2 pounds beef heart, rinsed and cubed
- 2 teaspoons beef bouillon granules
- 1 teaspoon ground cumin
- 1/2 cup red wine
- 3 cups water, or as needed
- 1/4 cup prepared mole sauce
- 1 parsnip, cubed (optional)
- 2 large potatoes, peeled and cut into large chunks
- 1 cup canned lima beans

Directions

Heat the oil in a Dutch oven over low heat. Add onion, garlic, celery, carrots and bacon. Cover, and let the vegetables sweat for about 10 minutes.

Remove vegetables to a plate to make room, and place the beef heart in the pan, adding a bit more oil if necessary. Saute over medium heat until browned. Return the onion mixture to the pan, sprinkle in the cumin and beef bouillon. Pour in the red wine, mole sauce, and enough water to cover. Put the lid on the pan, and simmer over low heat for 2 hours.

Add the parsnip and potato to the stew, and stir in the beans. Continue to simmer for another 30 minutes, until vegetables are tender. I hope you enjoy making and eating my creation.

Roast Beef Tenderloin with Cranberry-Red Wine

Ingredients

1 tablespoon olive oil
1 (2 pound) center-cut beef tenderloin
salt and pepper
3 tablespoons butter
1/3 cup minced shallots
2 cloves garlic, minced
1 cup red wine
1 cup Ocean Spray® 100% Juice Cranberry Juice Blend
3/4 cup beef broth
1 teaspoon chopped fresh thyme

Directions

Heat oven to 425 degrees F. Spray small rimmed baking sheet with cooking spray. Heat oil in large wide skillet over medium-high heat until hot. Add beef and cook 4 to 6 minutes or until browned on all sides, reducing heat to medium if necessary. Place beef on baking sheet; season beef with salt and pepper. Reserve skillet.

Bake 20 to 25 minutes or until internal thermometer reaches 132 to 135 degrees F. for medium-rare. Let stand loosely covered 10 minutes before slicing. Slice and place on a platter.

Meanwhile, add 1 tablespoon of the butter to reserved skillet and melt over medium heat. Add shallots and cook 1 minute. Add garlic and cook 20 seconds. Add wine and increase heat to high. Add cranberry juice blend, beef broth and thyme and boil 10 to 15 minutes or until slightly thickened. Reduce heat to medium and whisk in remaining 2 tablespoons butter; strain. Spoon over beef before serving.

Creamed Beef

Ingredients

1 pound ground beef
1 onion, chopped
1/4 cup butter
1/2 cup all-purpose flour
4 cups milk
1 (15 ounce) can peas, drained
salt and pepper to taste

Directions

Place the ground beef and onion in a large skillet over medium high heat. Saute for 5 to 10 minutes, or until beef is browned and onion is translucent; set aside.

Melt the butter or margarine in a medium saucepan over medium heat. Remove from heat and add the flour, mixing thoroughly.

Add the milk slowly, stirring constantly, and return to the heat. Keep stirring until thickened to desired consistency.

Add the reserved beef mixture, the peas, and season with salt and pepper to taste.

Beef Potato House Pie Casserole

Ingredients

6 large potatoes, peeled and chopped
1/2 cup milk
2 tablespoons butter
2 pounds ground beef
1 onion, chopped
1 green bell pepper, chopped
salt and pepper to taste
1 (8 ounce) package processed American cheese, sliced

Directions

Preheat oven to 375 degrees F (190 degrees C). Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, then mash with milk and butter until smooth.

In a large, deep skillet over medium high heat, combine ground beef, onion and green pepper. Cook until beef is evenly brown. Drain excess fat. Season with salt and pepper.

In a deep casserole dish, spoon a layer of beef mixture. Spread a layer of mashed potato over the beef. Continue alternating layers until the dish is full. Top with cheese.

Bake in preheated oven for 20 minutes.

Orange Beef Kabobs with Grilled Fruit

Ingredients

3/4 cup plain yogurt
1/4 teaspoon cayenne pepper
1 teaspoon minced fresh ginger root
2 teaspoons grated orange zest
1 pound top sirloin, cut into 1-inch cubes
1 large red onion, cut into wedges
2 large red bell peppers, cut into 2 inch pieces
2 tablespoons olive oil
1 1/2 cups 1-inch fresh pineapple cubes
1 large navel orange, peeled, sectioned
1 tablespoon butter
2 tablespoons brown sugar
1 tablespoon rum

Directions

Combine yogurt, cayenne pepper, ginger, orange zest, and sirloin cubes in a large freezer bag. Massage bag to mix and coat beef well. Refrigerate for at least 2 hours.

Preheat an outdoor grill for medium heat, and lightly oil the grate. Remove beef from freezer bag; shake off as much marinade as possible. Thread onion, red pepper, and marinated beef cubes onto skewers; brush with olive oil.

Place the pineapple and oranges in the center of a large piece of heavy duty aluminum foil. Dot with the butter, sprinkle with brown sugar, and drizzle with the rum. Bring together the long sides of the foil and seal well; fold up and seal each end. Place fruit packets on grill and cook, covered, for 10 minutes.

Place kabobs on the grill with the fruit. Cook, turning occasionally, until meat is done to your liking and fruit is soft and glazed, about 10 minutes.

Zucchini Beef Casserole

Ingredients

3/4 pound lean ground beef
1 teaspoon garlic powder
1 1/2 cups diced zucchini
1 (14.5 ounce) can diced tomatoes, drained
1/2 cup instant rice
1/2 cup water
1/4 cup chopped onion
1/4 cup reduced-sodium soy sauce
3/4 teaspoon dried basil

Directions

Crumble beef into a 1-1/2-qt. microwave-safe dish; sprinkle with garlic powder. Cover and microwave on high for 2 minutes; stir. Heat 1-2 minutes longer or until no longer pink; drain. Stir in the remaining ingredients. Cover and microwave on high for 20-25 minutes or until vegetables and rice are tender, stirring twice.

Beef and Bow Ties Pasta

Ingredients

1 1/2 cups bow-tie pasta (farfalle)
1 pound ground beef
3 cloves garlic, minced
2 cups chopped fresh tomatoes
3/4 teaspoon salt
1/4 teaspoon black pepper
2 tablespoons chopped fresh basil
3 tablespoons grated Parmesan cheese

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the bow-tie pasta and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

In a large skillet over medium heat, cook the ground beef until browned and crumbly, about 10 minutes; drain off excess fat. Stir in garlic and cook for 5 minutes, stirring frequently. Stir in tomatoes, salt, and pepper. Cook, stirring occasionally, until tomatoes are soft, about 5 minutes.

Place the bow-tie pasta into a large serving dish, and pour the ground beef mixture over the pasta. Sprinkle on the chopped basil. Toss lightly to combine, and sprinkle with Parmesan cheese before serving.

Savory Vegetable Beef Soup

Ingredients

1 3/4 cups Swanson® Beef Broth
(Regular, Lower Sodium or
Certified Organic)
2 medium potatoes, cut into
cubes
1 cup cubed cooked beef
3 cups V8® 100% Vegetable
Juice
1 (8 ounce) can whole peeled
tomatoes, cut up
1 (16 ounce) bag frozen mixed
vegetables
1/4 teaspoon dried thyme leaves,
crushed
1/8 teaspoon ground black
pepper

Directions

Place broth and potatoes in saucepan. Heat to a boil. Cover and cook over low heat 5 minutes or until potatoes are tender.

Add beef, vegetable juice, tomatoes, vegetables, thyme and black pepper. Cover and cook 15 minutes or until vegetables are tender.

Beef and Tomato Pie

Ingredients

1 pound ground beef
1 large onion, chopped
2 tablespoons ketchup
1/2 teaspoon salt
2 cups biscuit/baking mix
2/3 cup milk
1 cup diced fresh tomato
1/2 cup shredded Cheddar
cheese

Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Remove from the heat. Stir in ketchup and salt; set aside. Combine biscuit mix and milk just until moistened. Turn onto a lightly floured surface and knead 6-8 times. Roll into a 10-in. circle; transfer to a greased 9-in. pie plate. Flute edges. Spoon meat mixture into crust. Sprinkle with tomatoes. Bake at 425 degrees F for 20-25 minutes. Sprinkle with cheese; bake 2 minutes longer or until cheese is melted.

Beef Marinade I

Ingredients

1 1/2 cups vegetable oil
3/4 cup soy sauce
1/2 cup white wine vinegar
1/3 cup lemon juice
1/4 cup Worcestershire sauce
2 tablespoons ground dry mustard
2 1/4 teaspoons salt
1 tablespoon ground black pepper
1 1/2 tablespoons chopped fresh
parsley
2 tablespoons ground cloves

Directions

In a quart jar, combine oil, soy sauce, vinegar, lemon juice and Worcestershire sauce. Season with mustard, salt, pepper, parsley and ground cloves. Shake well until it is mixed.

Put meat in a large bowl. Pour marinade over meat and let stand covered 3 days in refrigerator, basting every day.

Campbell's Kitchen Easy Beef Enchiladas

Ingredients

1 pound ground beef
1 (1 ounce) package taco seasoning mix or burrito seasoning mix
1 (16 ounce) can refried beans
1 (10.75 ounce) can Campbell's® Condensed Cheddar Cheese Soup
1 medium onion, chopped
1 cup cooked regular long-grain white rice (optional)
12 flour tortillas (10-inch), warmed
1 1/2 cups prepared enchilada sauce
shredded Cheddar cheese

Directions

Heat the oven to 350 degrees F. Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat. Stir the seasoning mix, beans, soup, onion and rice, if desired, in the skillet.

Divide the beef mixture among the tortillas. Roll up the tortillas and place seam-side down into a 3-quart shallow baking dish. Pour the enchilada sauce over the filled tortillas and sprinkle with the cheese.

Bake for 20 minutes or until the enchiladas are hot and bubbling.

Beef Stew IV

Ingredients

1 pound cubed beef stew meat
3 tablespoons all-purpose flour
3 tablespoons shortening
1 teaspoon salt
1/8 teaspoon ground black pepper
4 cups water
1 onion, finely diced
1/4 teaspoon paprika
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 bay leaf
3 carrots, quartered
3 potatoes, peeled and quartered
1/4 cup all-purpose flour
1/2 cup frozen corn kernels

Directions

Dredge beef in flour and then, in a medium stock pot, brown beef on all sides in shortening. Add salt, pepper, water, onion, paprika, garlic, Worcestershire sauce and bay leave. Bring to a boil, cover and simmer for 2 hours or until meat is tender.

Add carrots and potatoes and simmer for 45 minutes or until tender.

Remove bay leave and meat from stew, add 1 tablespoon flour or cornstarch and mix, in order to thicken stew. After mixing let sit for a few minutes to thicken, if not to desired thickness add more flour or cornstarch and repeat.

Once thickened return meat and add corn to stew, heat through and serve.

Vegetable Beef Soup I

Ingredients

2 quarts tomato juice
1 (16 ounce) package frozen mixed vegetables
3 potatoes, cubed
2 pounds cubed beef stew meat
1 teaspoon dried parsley
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
salt to taste
ground black pepper to taste

Directions

Pour tomato juice into stock pot. Add vegetables and potatoes. Simmer.

Meanwhile, brown beef in skillet; then, add to simmering juice and vegetables. Add parsley, oregano, basil, and salt and pepper to taste; stir. Cover and simmer for 2-3 hours. Stir occasionally.

Corned Beef and Cabbage I

Ingredients

3 pounds corned beef brisket with
spice packet
10 small red potatoes
5 carrots, peeled and cut into 3-
inch pieces
1 large head cabbage, cut into
small wedges

Directions

Place corned beef in large pot or Dutch oven and cover with water. Add the spice packet that came with the corned beef. Cover pot and bring to a boil, then reduce to a simmer. Simmer approximately 50 minutes per pound or until tender.

Add whole potatoes and carrots, and cook until the vegetables are almost tender. Add cabbage and cook for 15 more minutes. Remove meat and let rest 15 minutes.

Place vegetables in a bowl and cover. Add as much broth (cooking liquid reserved in the Dutch oven or large pot) as you want. Slice meat across the grain.

Painted Chef's Classic Beef Carpaccio

Ingredients

2 eggs
1 tablespoon Dijon mustard
3 tablespoons fresh lemon juice
1/4 cup extra-virgin olive oil
1 cup vegetable oil
2 dashes hot pepper sauce (e.g. Tabasco[®]), or to taste
3 tablespoons Worcestershire sauce
salt and pepper to taste
8 ounces frozen thinly sliced beef tenderloin carpaccio.
1 tablespoon capers, for garnish
1 lemon, cut into wedges

Directions

In the container of a blender, combine the eggs, Dijon mustard, lemon juice, a pinch of salt and a dash of hot sauce. Cover and pulse to mix. Start the blender on medium speed and let run while pouring in the olive oil, and then the vegetable oil, in a thin continuous stream until the mixture is thick enough to coat the back of a metal spoon. Pour in the Worcestershire sauce and blend for about 10 seconds more. Taste and adjust salt if needed.

Arrange the frozen beef on a serving plate in a semi-circle. Drizzle the sauce over the meat. Garnish with capers and freshly ground black pepper and squeeze a little lemon juice over the top. Let stand for 5 minutes before serving.

Beef and Mushroom Lasagna

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
1/4 cup milk
1 pound ground beef
2 cups Prego® Fresh Mushroom Italian Sauce
9 cooked lasagna noodles
1 cup shredded Italian-blend or mozzarella cheese

Directions

Heat the oven to 400 degrees F. Stir the soup and milk in a small bowl until the mixture is smooth.

Cook the beef in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate meat. Pour off any fat. Stir in the Italian sauce.

Layer half the beef mixture, 3 lasagna noodles and 1 cup soup mixture in a 2-quart shallow baking dish. Top with 3 lasagna noodles, remaining beef mixture, remaining noodles and remaining soup mixture. Sprinkle with the cheese. Cover the baking dish.

Bake for 30 minutes or until the lasagna is hot. Uncover the baking dish.

Heat the broiler. Broil 4 inches from the heat for 2 minutes or until the cheese is golden brown. Let stand for 10 minutes.

Beef Burgundy Casserole

Ingredients

2 pounds beef roast, cut into cubes
1/2 (1 ounce) package herb and lemon soup mix
1 cube beef bouillon
1/2 cup chopped onion
1 (10.75 ounce) can condensed cream of mushroom soup
1 (4.5 ounce) can mushrooms, drained
1/2 cup Burgundy wine
4 cups cooked egg noodles

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a large bowl combine the beef, dry soup mix, bouillon, onion and soup. Mix all together and pour mixture into a lightly greased 9x13 inch baking dish. Cover and bake in the preheated oven for 4 hours.

Add mushrooms and wine and bake for another 10 minutes. Add cooked egg noodles and mix all together. Serve with fresh bread and a green salad, if desired.

Homestyle Beef Stew

Ingredients

2 tablespoons all-purpose flour
1/8 teaspoon ground black pepper
1 pound beef for stew, cut into 1-inch cubes
1 tablespoon vegetable oil
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup water
1/2 teaspoon dried thyme leaves, crushed
1 bay leaf
3 medium carrots, cut into 1-inch pieces
2 medium potatoes, cut into quarters

Directions

Stir the flour and black pepper on a plate. Coat the beef with the flour mixture.

Heat the oil in a 6-quart saucepot over medium-high heat. Add the beef and cook until well browned, stirring often. Remove the beef from the saucepot. Pour off any fat.

Stir the broth, water, thyme, and bay leaf in the saucepot and heat to a boil. Return the beef to the saucepot. Reduce the heat to low. Cover and cook for 1 1/2 hours.

Add the carrots and potatoes to the saucepot. Cover and cook for 30 minutes or until the beef is fork-tender and the vegetables are tender, stirring occasionally. Remove and discard the bay leaf.

Texas BBQ Beef Brisket

Ingredients

1 (3 pound) boneless beef brisket,
flat cut

3/4 cup barbeque sauce

1/2 cup dry red wine

Rub:

2 tablespoons chili powder

1 tablespoon packed brown sugar

1 1/2 teaspoons garlic powder

Directions

Combine rub ingredients in small bowl; press evenly onto beef brisket. Place brisket, fat side up, in stockpot.

Combine barbecue sauce and wine in small bowl. Pour around brisket; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork-tender. Remove brisket; keep warm.

Skim fat from cooking liquid. Bring cooking liquid to a boil. Reduce heat to medium and cook, uncovered, 8 to 10 minutes or until reduced to 1 cup sauce, stirring occasionally.

Trim fat from brisket. Carve diagonally across the grain into thin slices. Serve with sauce.

Beef-Stuffed Potatoes

Ingredients

6 medium baking potatoes
1 pound ground beef
2 tablespoons chopped onion
1/3 cup sour cream
1 (4 ounce) can chopped green chilies
3 tablespoons butter or margarine
1 tablespoon Worcestershire sauce
1 teaspoon salt
1/2 teaspoon garlic powder
1/2 teaspoon chili powder
3/4 cup shredded Cheddar cheese

Directions

Bake potatoes at 375 degrees F for 1 hour or until tender. Cool. Meanwhile, in a large skillet, cook the beef and onion over medium heat until the meat is no longer pink; drain. Cut a thin slice off the top of each potato. Carefully scoop out pulp, leaving a thin shell; place pulp in a bowl. Add sour cream, chilies, butter, Worcestershire sauce, salt, garlic powder and chili powder; mash or beat. Stir in meat mixture until combined. Stuff into potato shells.

Place on an ungreased baking sheet. Sprinkle with cheese. Bake at 350 degrees F for 10-15 minutes or until heated through.

Jamaican Beef Patties

Ingredients

2 cups all-purpose flour
1 1/2 teaspoons curry powder
1 dash salt
1/4 cup margarine
1/4 cup shortening
1/3 cup water

2 tablespoons margarine
1 pound ground beef
1 small onion, finely diced
1 teaspoon curry powder
1 teaspoon dried thyme
1 teaspoon salt
1 teaspoon pepper
1/2 cup beef broth
1/2 cup dry bread crumbs
1 egg, beaten

Directions

Preheat oven to 400 degrees F (200 degrees C). In a large bowl, combine flour, 1 1/2 teaspoons curry powder, and pinch of salt. Cut in 1/4 cup margarine and shortening until mixture resembles coarse crumbs. Stir in water until mixture forms a ball. Shape dough into a log, and cut into 10 equal sections. Roll each section into a six inch circle (approximately 1/8 inch thick). Set aside.

Melt margarine in a skillet over medium heat. Saute onion until soft and translucent. Stir in ground beef. Season with 1 teaspoon curry powder, thyme, 1 teaspoon salt, and pepper. Cook until beef is evenly brown, stirring constantly. Stir in beef broth and bread crumbs. Simmer until liquid is absorbed. Remove from heat.

Spoon equal amounts of filling into each pastry circle. Fold over and press edges together, making a half circle. Use a fork to press edges, and brush the top of each patty with beaten egg.

Bake in preheated oven for 30 minutes, or until golden brown.

Bean 'N' Beef Quesadillas

Ingredients

- 1 1/2 cups chunky salsa
- 1/4 cup minced fresh cilantro
- 3 tablespoons lime juice
- 1 cup canned black beans, rinsed and drained
- 1/2 cup frozen corn, thawed
- 2 cups chopped cooked roast beef
- 2 cups shredded Monterey Jack cheese
- 8 (10 inch) flour tortillas
- 1 tablespoon vegetable oil

Directions

In a small bowl, combine the salsa, cilantro and lime juice. In another bowl, combine the beans, corn and 1/2 cup salsa mixture. Set remaining salsa mixture aside.

Place beef, cheese and bean mixture on half of each tortilla; fold over. In a large skillet over medium heat, cook quesadillas in 1 tablespoon oil for 1-2 minutes on each side or until cheese is melted, using additional oil as needed. Cut into wedges. Serve with reserved salsa mixture.

Gel's Green Beans and Beef

Ingredients

1/2 pound extra-lean ground beef
1 1/2 tablespoons ground ginger
2 tablespoons minced garlic
2 teaspoons onion powder
1 teaspoon ground black pepper
3 tablespoons soy sauce
2 tablespoons honey
1 pound fresh green beans,
trimmed and snapped
2 tablespoons all-purpose flour
3 tablespoons water

Directions

In a large skillet over medium heat, mix the ground beef, ginger, garlic, onion powder, and pepper. Cook and stir until the beef is evenly browned.

Mix soy sauce and honey into the beef mixture. Stir in the green beans. Cover, reduce heat, and simmer 7 to 10 minutes, until beans are tender.

In a small bowl, mix the flour and water. Stir into the beef and bean mixture, and continue cooking about 5 minutes, until thickened.

Asian Tomato Beef

Ingredients

2 (10.75 ounce) cans
Campbell's® Condensed
Tomato Soup
1/3 cup soy sauce
1/3 cup vinegar
1 1/2 teaspoons garlic powder
1/4 teaspoon ground black
pepper
1 (3 pound) boneless beef round
steak, cut into strips
6 cups broccoli flowerets
Hot cooked rice

Directions

Stir the soup, soy sauce, vinegar, garlic powder, black pepper and beef in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 7 to 8 hours* or until the beef is fork-tender.

Stir in the broccoli. Increase the heat to HIGH. Cover and cook for 15 minutes or until the broccoli is tender-crisp. Serve the beef mixture with the rice.

Spicy Asian Beef and Snow Pea Soup

Ingredients

Vegetable cooking spray
1 pound boneless beef sirloin
steak, 3/4-inch thick, cut into thin
strips
1 cup whole baby carrots, cut into
thin strips
4 ounces fresh snow peas, cut
into thin strips
1 medium onion, cut in half and
sliced
3 cloves garlic, minced
1 tablespoon minced fresh ginger
root
4 cups SwansonB® Beef Broth
OR SwansonB® 50% Less
Sodium Beef Broth
1 tablespoon soy sauce
1/4 teaspoon crushed red pepper
2 cups hot cooked jasmine rice
OR Chinese-style noodles

Directions

Spray a 12-inch skillet with cooking spray. Heat over medium-high heat for 1 minute. Add the beef and stir-fry until it's well browned, stirring often. Remove the beef from the skillet with a slotted spoon.

Add the carrots, peas, onion, garlic and ginger to the skillet. Stir-fry until the vegetables are tender-crisp.

Stir the broth, soy sauce, red pepper into the skillet. Heat to a boil. Return the beef to the skillet and reduce the heat to low. Cook for 5 minutes.

Spoon 1/3 cup of the rice in each of 6 serving bowls. Divide the soup mixture among the bowls.

Dried Beef Casserole

Ingredients

3 cups elbow macaroni
2 (10.75 ounce) cans condensed cream of mushroom soup
2 (10.75 ounce) cans milk
1 cup sour cream
1 (8 ounce) jar dried beef
1 (2 ounce) can sliced black olives
1 large onion, diced
2 cups shredded Cheddar cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Preheat oven to 350 degrees F (175 degrees C).

Combine soup, milk and sour cream in a large bowl. Cut beef into fourths. Combine beef, olives and onion with soup mixture. Stir in pasta. Pour into 9x13 inch glass baking dish. Top with shredded cheese.

Bake in preheated oven for one hour, until cheese is golden brown.

Japanese Green Beans with Beef

Ingredients

1 pound ground beef
1 pound green beans, trimmed
and cut into 1 inch pieces
1 cup water
1/4 cup SLENDA® No Calorie
Sweetener, Granulated
1/4 cup soy sauce

Directions

In a large skillet over medium heat, cook the ground beef until evenly brown; drain excess fat.

Stir in green beans and about 1 cup water. Cover, and cook until beans are tender, 15 to 20 minutes.

Season with SLENDA® Granulated Sweetener and soy sauce, and cook uncovered for 5 minutes.

After-Work Beef Pot Roast Dinner

Ingredients

1 (3 pound) boneless beef chuck shoulder pot roast or bottom round rump roast
1 (.7 ounce) package Italian dressing mix
2 large onions, each cut into 8 wedges
2 cloves garlic, peeled
2 red bell peppers, cut into 1-1/2 inch pieces
1/2 cup ready-to-serve beef broth
2 zucchini, cut into 1/4-inch thick slices
2 1/2 tablespoons cornstarch dissolved in 2 tablespoons water
Salt and pepper

Directions

Press dressing mix evenly onto all surfaces of beef pot roast. Place onions and garlic in 4-1/2 to 5-1/2-quart slow cooker; top with pot roast. Add bell peppers and broth. Cover and cook on HIGH 5 hours, or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.

Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Chipped Beef on Toast

Ingredients

1/4 cup butter or margarine
1/4 cup all-purpose flour
2 cups milk
2 (2 ounce) packages thinly sliced
dried beef
4 slices bread, toasted and halved

Directions

In a microwave-safe bowl, heat butter on high for 45 seconds or until melted. Stir in flour until smooth. Gradually stir in milk. Microwave, uncovered, on high for 3-4 minutes or until thickened, stirring every minute. Stir in beef; cook on high for 1 minute or until heated through. Serve on toast.

Spicy Beef Vegetable Stew

Ingredients

1 pound ground beef
1 cup chopped onion
1 (30 ounce) jar meatless spaghetti sauce
3 1/2 cups water
1 (16 ounce) package frozen mixed vegetables
1 (10 ounce) can diced tomatoes and green chilies
1 cup sliced celery
1 teaspoon beef bouillon granules
1 teaspoon pepper

Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Transfer to a slow cooker. Stir in the remaining ingredients. Cover and cook on low for 8 hours or until the vegetables are tender.

Asian Beef Skewers

Ingredients

3 tablespoons hoisin sauce
3 tablespoons sherry
1/4 cup soy sauce
1 teaspoon barbeque sauce
2 green onions, chopped
2 cloves garlic, minced
1 tablespoon minced fresh ginger root
1 1/2 pounds flank steak skewers

Directions

In a small bowl, mix together hoisin sauce, sherry, soy sauce, barbeque sauce, green onions, garlic, and ginger.

Cut flank steak across grain on a diagonal into 1/4 inch slices. Place slices in a 1 gallon resealable plastic bag. Pour hoisin sauce mixture over slices, and mix well. Refrigerate 2 hours, or overnight.

Preheat an outdoor grill for high heat. Discard marinade, and thread steak on skewers.

Oil the grill grate. Grill skewers 3 minutes per side, or to desired doneness.

Southwestern Beef Stew

Ingredients

1 1/2 pounds boneless beef round steak, cut into 1/2-inch cubes
1 (14.5 ounce) can beef broth
1 cup potatoes, peeled and cubed
1 cup sliced carrots
1 cup chopped onion
1/4 cup chopped red bell pepper
1 jalapeno pepper, seeded and chopped*
1 garlic clove, minced
1 1/2 teaspoons chili powder
1/2 teaspoon salt
1 (14.5 ounce) can diced tomatoes, undrained
2 tablespoons all-purpose flour
2 tablespoons water
2 tablespoons minced fresh cilantro or parsley

Directions

In a Dutch oven coated with nonstick cooking spray, brown meat on all sides over medium-high heat. Add the broth, potatoes, carrots, onion, red pepper, jalapeno, garlic, chili powder and salt. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until potatoes and carrots are tender. Add tomatoes; cover and cook 1 hour longer or until meat is tender.

Combine flour and water until smooth; stir into pot. Stir in cilantro. Bring to a boil; cook and stir for 2 minutes or until thickened.

Spinach Beef Macaroni Bake

Ingredients

5 1/4 cups uncooked elbow macaroni
2 1/2 pounds ground beef
2 large onions, chopped
3 large carrots, shredded
3 celery ribs, chopped
2 (28 ounce) cans Italian-style diced tomatoes, undrained
4 teaspoons salt
1 teaspoon garlic powder
1 teaspoon pepper
1/2 teaspoon dried oregano
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry
1 cup grated Parmesan cheese

Directions

Cook macaroni according to package directions. Meanwhile, in a Dutch oven or large kettle, cook the beef, onions, carrots and celery over medium heat until meat is no longer pink; drain. Add the tomatoes, salt, garlic powder, pepper and oregano. Bring to a boil. Reduce heat; cover and simmer for 30 minutes or until vegetables are tender. Drain macaroni; add macaroni and spinach to beef mixture. pour into two greased 3-qt. baking dishes. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 25-30 minutes or until heated through.

Lemongrass Ground Beef Skewers

Ingredients

1/2 cup coarsely chopped lemongrass
1 onion, coarsely chopped
2 cloves garlic
1 1/2 pounds lean ground beef
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon white sugar
1 tablespoon cornstarch
1 tablespoon oyster sauce
1 teaspoon sesame oil

Directions

Preheat an outdoor grill for medium-high heat, and lightly oil the grate.

Place lemongrass, onion, and garlic in the container of an electric blender or food processor. Cover and blend or process until finely chopped, about 10 seconds. Scrape lemongrass mixture into a bowl, and stir in beef, salt, pepper, sugar, cornstarch, oyster sauce, and sesame oil.

Form meat mixture into 12 meatballs. Thread onto skewers.

Cook on the preheated grill until the meatballs are well done, about 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Beefy Cabbage Stew

Ingredients

1 pound extra-lean ground beef
1 (15 ounce) can pinto beans
1 (15 ounce) can kidney beans
1 (10 ounce) can diced tomatoes
with green chile peppers
1 (14.5 ounce) can Italian-style
diced tomatoes
1 (15 ounce) can whole kernel
corn, drained
1 (11.5 ounce) can tomato juice
1 1/2 cups water
1 (16 ounce) package coleslaw
mix
1 teaspoon Greek-style seasoning

Directions

In a large pot over medium heat, cook beef until brown; drain.

Return meat to pot with pinto beans, kidney beans, diced tomatoes with green chiles, Italian-style diced tomatoes, tomato juice, water, coleslaw mix and Greek seasoning. Simmer over low heat 1 hour.

Beef and Pasta

Ingredients

3/4 pound ground beef (85% lean)
1 (14 ounce) can Swanson®
Vegetable Broth
1 tablespoon Worcestershire
sauce
1/2 teaspoon dried oregano
leaves, crushed
1/2 teaspoon garlic powder
1 (8 ounce) can stewed tomatoes
1 1/2 cups uncooked medium
tube-shaped or corkscrew-
shaped pasta

Directions

Cook beef in skillet until browned. Pour off fat.

Add broth, Worcestershire, oregano, garlic and tomatoes. Heat to a boil. Stir in pasta. Cover and cook over low heat 10 minutes, stirring often. Uncover.

Cook 5 minutes or until done.

Slow Cooker Italian Beef for Sandwiches

Ingredients

- 3 cups water
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon onion salt
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 bay leaf
- 1 (.7 ounce) package dry Italian-style salad dressing mix
- 1 (5 pound) rump roast

Directions

Combine water with salt, ground black pepper, oregano, basil, onion salt, parsley, garlic powder, bay leaf, and salad dressing mix in a saucepan. Stir well, and bring to a boil.

Place roast in slow cooker, and pour salad dressing mixture over the meat.

Cover, and cook on Low for 10 to 12 hours, or on High for 4 to 5 hours. When done, remove bay leaf, and shred meat with a fork.

Salsa Beef Skillet

Ingredients

2 pounds chuck roast, cut into 3/4 inch cubes
2 tablespoons vegetable oil
1 (16 ounce) jar chunky salsa
1 (8 ounce) can tomato sauce
2 garlic cloves, minced
2 tablespoons brown sugar
1 tablespoon soy sauce
2 tablespoons minced fresh cilantro
2 tablespoons lime juice
Hot cooked rice

Directions

In a large skillet, brown beef in oil; drain. Add salsa, tomato sauce, garlic, brown sugar and soy sauce; bring to a boil.

Reduce heat; cover and simmer for 2 hours or until meat is tender. Stir in cilantro and lime juice; heat through. Serve over rice.

Uptown Beef Pie

Ingredients

1 sheet Pepperidge FarmB® Puff Pastry
1 tablespoon olive oil
1 pound lean ground beef
2 large onions, coarsely chopped
1/8 teaspoon garlic powder
1 (12 ounce) jar Campbell'sB® Slow Roast Beef Gravy
1 (9 ounce) package frozen mixed vegetables

Directions

Thaw pastry sheet at room temperature 30 min. Preheat oven to 400 degrees F.

Heat oil in skillet. Add beef, onions and garlic and cook until beef is browned. Pour off fat.

Add gravy and vegetables. Heat through. Pour into 9" deep-dish pie plate.

Unfold pastry sheet and place over meat mixture. Trim to fit pie plate. Using fork, press edge of pastry to edge of pie plate.

Bake 25 min. or until golden.

Italian Beef in a Bucket

Ingredients

3 1/2 pounds rump roast
1 (12 ounce) jar pickled mixed vegetables
1 (16 ounce) jar pepperoncini
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (10.5 ounce) can beef broth

Directions

Place the roast in a 3 1/2 quart slow-cooker, and add the pickled mixed vegetables, pepperoncini, Italian dressing mix, and beef broth. Stir to blend, cover, and cook on low for 18 hours (yes, 18 hours - a light timer works well if you don't want to stay up until midnight to turn it on).

To serve, remove roast from the slow cooker. If necessary, slice it for sandwiches, but it usually just falls apart. Place the pickled vegetables and pepperoncini in a bowl to serve along with the meat.

Minced Beef with Black-Eyed Beans

Ingredients

5 tablespoons vegetable oil
1 small onion, finely chopped
1/4 teaspoon finely chopped garlic
3/4 cup water, divided
1 small tomato, chopped
1 teaspoon salt, or to taste
1/2 teaspoon chili powder
1/2 teaspoon ground cumin
1/8 teaspoon ground turmeric
1/2 pound minced beef
1 (15 ounce) can black-eyed peas, drained
1/8 teaspoon garam masala
2 teaspoons lemon juice
1 tablespoon chopped fresh cilantro
1/2 teaspoon finely chopped green chile peppers

Directions

Heat oil in a large deep skillet over medium-high heat. Add onion, and saute until light golden, then throw in the garlic, and cook for 1 minute. Put in 1/4 cup of the water and tomato, then season with salt, red chili powder, cumin, and turmeric. Simmer for 1 minute.

Add beef and cook for at least 10 minutes, adding another 1/4 cup of the water when it gets dry. When the beef mixture is dry, pour in the black-eyed peas. Cook for 3 minutes. Stir in the remaining 1/4 cup of water, and reduce the heat to low. Cover and simmer until all of the water has cooked down, and you can see the oil.

Remove from the heat and mix in the garam masala. Transfer to a serving dish and sprinkle the lemon juice, cilantro, and green chilies over the top.

Shells with Bacon and Beef Sauce

Ingredients

1 tablespoon olive oil
1/2 pound bacon, chopped
1 small onion, chopped
3 cloves garlic, minced
1 pound ground beef
1 (28 ounce) can crushed tomatoes
1 (15 ounce) can tomato sauce
1 1/2 pounds seashell pasta
salt to taste

Directions

Heat the olive oil in a large saucepan over low heat. Cook the bacon in the oil until it just begins to crisp. Stir in the onion. Cook and stir until bacon is crisp and onion is soft. Stir in the garlic and cook for 30 seconds. Remove the bacon mixture from the pan and reserve.

Brown the ground beef in the saucepan; drain. Stir the bacon mixture, crushed tomatoes, and tomato sauce into the beef. Season with salt to taste. Simmer over low heat while pasta is cooking.

Bring a pot of salted water to a boil over high heat. Stir in the shell pasta, and return to a boil. Cook the pasta until cooked through but still firm to the bite, 8 to 10 minutes. Drain.

Toss hot pasta with bacon and beef sauce to serve.

Beef and Pepper Pie

Ingredients

1 pound lean ground beef
2 cups sweet red peppers, with sauce
1 onion, chopped
1 (4.5 ounce) can sliced mushrooms, drained
1 cup shredded sharp Cheddar cheese
1 recipe pastry for a 9 inch double crust pie

Directions

Place peppers, including liquid, into food processor; pulse until peppers are cut into small pieces.

Brown meat and onions. Add peppers, mushrooms, and cheese to meat mixture. Spoon into bottom crust. Cover with top crust, and seal the edges.

Bake at 350 degrees F (175 degrees C) until crust is brown, and pie is heated through.

Ground Beef Shepherd's Pie

Ingredients

- 1 tablespoon vegetable oil
- 1 onion, chopped
- 1 pound lean ground beef
- 1 teaspoon dried basil
- 1 clove garlic, minced
- 1 cup green beans
- 1 cup tomatoes, diced
- 2 potatoes, cooked and mashed
- 1 egg, beaten
- 1/2 cup water
- 1/4 cup shredded Cheddar cheese (optional)

Directions

Preheat oven to 350 degree F (175 degree C). Coat a 2 quart casserole dish with cooking spray.

Heat oil in a large skillet over medium heat. Cook onion in oil for 5 minutes, stirring frequently. Stir in the ground beef and basil, and cook and stir for 5 more minutes. Mix in the garlic, green beans, and tomatoes, and simmer for 5 minutes. Transfer beef mixture to prepared dish.

In a mixing bowl, mix together the mashed potatoes, egg, and water. Spread evenly over meat mixture.

Bake in a preheated oven for 15 to 20 minutes, or until potatoes start to brown on top. Sprinkle with cheese, and continue cooking for 5 minutes.

Ground Beef Mexican Style

Ingredients

1 pound ground beef
1 cup salsa
1/2 cup water
1 green bell pepper, chopped
1 bunch green onions, chopped
1 (8 ounce) package wide egg noodles
1/2 cup sour cream
1/2 cup shredded Cheddar cheese
1 tomato, chopped

Directions

In a large nonstick skillet, cook and stir ground beef until browned. Drain off excess fat.

Stir in salsa and water. Simmer for 10 minutes.

Meanwhile, cook pasta in boiling water until al dente. Drain.

Stir in green pepper and onions, and continue simmering until veggies are crisp/tender. Stir in noodles and sour cream. Sprinkle grated cheese on top, and cover pan until the cheese melts. Sprinkle chopped tomatoes on the top, and serve.

Creamy Beef Casserole

Ingredients

2 pounds ground beef
1 large onion, chopped
6 ounces egg noodles, cooked and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup sour cream
1 (2 ounce) jar diced pimientos, drained
3/4 teaspoon salt
1/4 teaspoon pepper
1 cup soft bread crumbs
1/4 cup butter or margarine, melted

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Add noodles, corn, soups, sour cream, pimientos, salt and pepper; mix well. Transfer to a greased 3-qt. baking dish. Toss bread crumbs and butter; sprinkle over casserole. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.

Beef and Barley Soup I

Ingredients

2 beef soup bones
2 tablespoons kosher salt
5 stalks celery
1 onion, quartered
1/2 teaspoon ground black pepper
2 'bouquet garni' spice balls
1/2 pound baby carrots
1/4 cup fresh parsley
11 cloves garlic, peeled
1 cup barley

Directions

Place beef bones in a large size slow cooker. Add salt, celery stalks, onion, bouquets garnis, pepper, carrots, parsley and garlic. Fill slow cooker within 2 inches of the top with hot water and cook for 6 hours, covered on high heat, stirring occasionally.

Add barley and cook for 2 more hours stirring occasionally or until meat can easily be removed from bones.

Remove and discard onion, bouquets garnis, celery, and parsley.

Transfer bones to a dish and remove meat from bones, being careful not to take off cartilage or gristle. Place meat back into soup, stir, and serve.

Sara's Beef Jerky

Ingredients

1 teaspoon salt
1 teaspoon liquid smoke flavoring
1/3 teaspoon garlic powder
1/3 teaspoon monosodium glutamate (MSG)
1 teaspoon onion powder
1/4 cup soy sauce
1/4 cup Worcestershire sauce
ground black pepper to taste
1 1/2 pounds sirloin OR London broil, cut to 1/8 inch thick slices

Directions

Preheat oven to 200 degrees F (95 degrees C).

In a medium, nonporous bowl, combine the salt, liquid smoke, garlic powder, monosodium glutamate, onion powder, soy sauce, Worcestershire sauce and ground black pepper to taste.

Place meat slices in this mixture and coat well. Then place the meat slices onto two 10x15 inch baking dishes in a single layer.

Bake at 200 degrees F (95 degrees C) for 8 hours.

Beef Noodle Shepherd's Pie

Ingredients

1 pound ground beef
1 1/2 cups hot water
1 (1.25 ounce) package beef with
onion soup mix
1/2 cup uncooked elbow
macaroni
2 cups prepared mashed potatoes
1/2 teaspoon paprika

Directions

Preheat oven to 425 degrees F (220 degrees C).

In a medium skillet, brown beef over medium high heat and drain. Stir in water, soup mix and elbow macaroni; let simmer all together for 5 minutes.

Pour mixture into a 9x13 inch baking dish. Top with potatoes and sprinkle with paprika. Bake in the preheated oven for 15 to 20 minutes and serve hot.

SMUCKER'S® Savory Beef Stew

Ingredients

1/2 cup JIF® Creamy Peanut Butter
2 cups beef broth
2 pounds beef stew meat, cut into 1 1/2-inch cubes
Salt and pepper
2 tablespoons CRISCO® Canola Oil
1 cup chopped onion
3 cloves garlic, minced
1 cup chopped green bell pepper
1 cup chopped carrots
1 (14.5 ounce) can diced tomatoes
1/2 teaspoon dried thyme
1 bay leaf

Directions

Whisk together the peanut butter and beef broth in a medium bowl until well blended.

Season the meat with salt and pepper. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Saute until the onions are translucent. Add the meat and continue to cook, stirring often, until browned on all sides. Add the peanut butter mixture, tomatoes with liquid, thyme and bay leaf. Stir well. Bring to a boil. Reduce heat to low and simmer, stirring occasionally for about 1 1/2 hours or until the meat is tender.

Remove the bay leaf and discard. Season to taste with salt and pepper. Serve hot over cooked rice.

Homemade Beef Breakfast Sausage Patties

Ingredients

- 1 tablespoon brown sugar
- 2 teaspoons dried sage
- 2 teaspoons salt
- 2 teaspoons dried basil
- 1 teaspoon ground black pepper
- 1 teaspoon onion powder
- 1/4 teaspoon dried marjoram
- 1/8 teaspoon crushed red pepper flakes
- 2 pounds ground beef

Directions

Stir the brown sugar, sage, salt, basil, black pepper, onion powder, marjoram, and red pepper flakes together in a small bowl. Place the ground beef in a large bowl; mix the spice blend into the ground beef with your hands until evenly integrated. Refrigerate for 24 hours to let the flavors blend.

Divide the ground beef mixture into 8 patties.

Place a large skillet over medium heat; cook the patties in the skillet until firm, hot, and cooked in the center, 5 to 7 minutes per side. An instant-read thermometer inserted into the center should read 160 degrees F (70 degrees C).

Irish Boiled Dinner (Corned Beef)

Ingredients

1 (5 1/2 pound) corned beef
brisket
2 large onions
15 small white (Irish) potatoes
10 carrots, cut into 1 inch pieces
2 heads cabbage, cored and cut
into wedges

Directions

Rinse the beef brisket under cold water, and place in a large pot. Add enough water to cover the roast by 6 inches. Peel the onions, and place them in the pot with the roast. Bring to a boil, and cook for about 30 minutes at a rolling boil. Reduce heat to medium-low so that the water is at a gentle boil, cover, and cook for 3 1/2 hours.

Remove the lid from the brisket. Remove onions, and cut into wedges. Return them to the pot. Add carrots to the pot, then place the cabbage over the roast. Place the potatoes on top of the cabbage. Place the lid back on the pot, and cook for another 30 minutes, until potatoes are tender. The potatoes should be immersed in the water by now, but if not, keep the lid on so they can steam.

Remove the vegetables from the pot, and place in a separate serving bowl. Keep the corned beef in the pot until ready to slice and serve because it dries out quickly.

Ground Beef Pie

Ingredients

1 pound ground beef
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Cheddar cheese
2 eggs, beaten
1 1/2 cups milk
3/4 cup biscuit baking mix

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Press into an ungreased 9-in. pie plate. Sprinkle with salt, pepper and cheese. In a bowl, combine the eggs, milk and biscuit mix just until combined. Pour over cheese. Bake at 400 degrees F for 35 minutes or until a toothpick inserted near the center comes out clean.

Deluxe French Beef Stew

Ingredients

3 slices bacon
2 pounds beef stew meat
1 cup dry red wine
1 cube beef bouillon
1 cup boiling water
2 cloves garlic, crushed
1 tablespoon dried minced onion
2 teaspoons salt
1/4 teaspoon dried thyme
strip of orange peel
2 tablespoons cornstarch
2 tablespoons cold water
1 1/2 cups pickled pearl onions,
drained
3/4 pound fresh button
mushrooms, halved
1/2 cup pitted black olives
1 (10 ounce) package frozen green
peas, thawed and drained

Directions

Place bacon strips in a stock pot or Dutch oven over medium heat. Cook until browned and crisp. Set bacon aside, and brown the beef cubes in bacon fat. Gradually stir in the wine, scraping up any browned bits as you stir. Dissolve the bouillon cube in boiling water, and pour into the pan. Add garlic, thyme, minced onion, salt and orange peel. Reduce heat to low, cover, and simmer for one hour, until meat is tender.

Dissolve cornstarch in cold water, and pour into the soup. When soup has thickened, add the peas, onions, olives and mushrooms. Cook until heated through, and serve.

Beef and Bean Pot

Ingredients

- 1 pound lean ground beef
- 1 onion, chopped
- 6 slices bacon, diced
- 1 tablespoon distilled white vinegar
- 1 tablespoon prepared mustard
- 1/2 cup ketchup
- 1/2 cup brown sugar
- 1 green bell pepper, chopped
- 1 (15 ounce) can kidney beans
- 1 (16 ounce) can chili beans
- 1 (15 ounce) can pork and beans
- 6 slices American cheese
- 1 cup crushed tortilla chips

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over medium high heat, saute the ground beef, onion and bacon for 5 to 10 minutes, or until the meat is browned and the onion is translucent; drain excess fat.

In a 3 quart casserole dish, combine the vinegar, mustard, ketchup, brown sugar, green bell pepper, kidney beans, chili beans, pork and beans and the meat mixture. Stir together until well blended.

Bake at 375 degrees F (190 degrees C) for 45 to 50 minutes, remove from oven and top with the cheese and crushed tortilla chips. Return to oven and bake for 5 to 6 more minutes, or until the cheese is melted and bubbly.

Corny Beef Brunch

Ingredients

3 (15 ounce) cans corned beef
hash
12 slices American cheese
12 eggs
1/2 teaspoon pepper

Directions

Spread hash in the bottom of a greased 13-in. x 9-in. x 2-in. baking dish. Layer cheese slices over hash. Beat eggs and pepper; pour over top. Bake at 350 degrees F for 35-40 minutes or until a knife inserted near the center comes out clean.

Special Irish Beef Stew

Ingredients

2 teaspoons vegetable oil
1 pound lean beef stew meat
2 tablespoons all-purpose flour
1 small onion, chopped
2 cups sliced fresh mushrooms
6 cloves garlic, minced
1 (6 ounce) can tomato paste
2 cups beef broth
1 (12 fluid ounce) can or bottle
Irish stout beer
4 cups sliced carrot
2 large potatoes, peeled and
diced
1 tablespoon cornstarch
1 tablespoon cold water
1/4 cup chopped fresh parsley

Directions

Heat oil in a Dutch oven or large pot over medium-high heat. Coat beef cubes with flour, shaking off the excess. Fry beef cubes until browned on all sides. Remove from the pot. Add the onion, mushrooms, and garlic to the pot, and cook stirring constantly until onion is tender, about 3 minutes.

Return beef to the pot, and stir in tomato paste, beef broth, and beer. Add potatoes and carrots, cover, and simmer over low heat for about 1 hour. Mix together the cornstarch and cold water. Stir into the stew, and simmer until thickened. Sprinkle with parsley and serve.

Spiced Beef Pot Roast

Ingredients

3 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon ground allspice
1/4 teaspoon ground mace
1 (4 pound) boneless beef chuck roast
2 1/4 cups tomato juice
1 large onion, chopped
8 tablespoons vegetable oil, divided
3 tablespoons lemon juice
4 1/2 teaspoons cider vinegar
2 bay leaves
3 tablespoons cornstarch
1/3 cup cold water

Directions

Combine the salt, pepper, allspice and mace; rub over the roast. In a bowl, combine the tomato juice, onion, 6 tablespoons oil, lemon juice and vinegar; mix well. Pour half of the marinade into a large resealable plastic bag; add roast. Seal bag and turn to coat; refrigerate for 8 hours or overnight. Cover and refrigerate remaining marinade.

Drain and discard marinade from meat. In a Dutch oven, brown roast on both sides in remaining oil over medium-high heat; drain. Pour reserved marinade over roast; add bay leaves. Bring to a boil. Reduce heat; cover and simmer for 2-3/4 hours or until meat is tender.

Remove roast and keep warm. Discard bay leaves. Skim fat from pan juices. In a small bowl, combine cornstarch and water until smooth; gradually stir into pan juices. Bring to a boil; cook and stir for 2 minutes or until thickened. Strain; serve with meat.

Beef Parmesan with Garlic Angel Hair Pasta

Ingredients

1 1/2 pounds beef cube steak
1 onion, sliced into thin rings
1 green bell pepper, sliced in rings
1 cup Italian seasoned bread crumbs
1/2 cup grated Parmesan cheese
2 tablespoons olive oil
1 (16 ounce) jar spaghetti sauce
1/2 cup shredded mozzarella cheese
12 ounces angel hair pasta
2 teaspoons minced garlic
1/4 cup butter

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut cube steak into serving size pieces. Coat meat with the bread crumbs and parmesan cheese. Heat olive oil in a large frying pan, and saute 1 teaspoon of the garlic for 3 minutes. Quick fry (brown quickly on both sides) meat. Place meat in a casserole baking dish, slightly overlapping edges. Place onion rings and peppers on top of meat, and pour marinara sauce over all.

Bake at 350 degrees F (175 degrees C) for 30 to 45 minutes, depending on the thickness of the meat. Sprinkle mozzarella over meat and leave in the oven till bubbly.

Boil pasta al dente. Drain, and toss in butter and 1 teaspoon garlic. For a stronger garlic taste, season with garlic powder. Top with grated parmesan and parsley for color. Serve meat and sauce atop a mound of pasta! HINT: make the meat ahead of time, and refrigerate over night, the acid in the tomato sauce will tenderize the meat even more. If you do this, save the mozzarella till the last minute.

Best Beef and Broccoli

Ingredients

1 tablespoon olive oil
1 pound round steak, thinly sliced
into 2 inch pieces
salt to taste
ground black pepper to taste
1 large onion, thinly sliced
2 cups fresh broccoli florets,
chopped
1 (10.75 ounce) can condensed
cream of broccoli soup
1/4 cup water
3 tablespoons soy sauce

Directions

In a large skillet, heat the olive oil over high heat. Stir in the steak and season with salt and pepper. Cook until beef is almost completely browned.

Stir in onions and saute until tender. Stir in broccoli, condensed cream of broccoli soup, water and soy sauce. Blend well.

Reduce heat and cover. Cook to desired doneness.

Open-Faced Broiled Roast Beef Sandwich

Ingredients

2 hoagie buns, split
2 tablespoons mayonnaise
2 teaspoons prepared coarse-ground mustard
1 pound deli sliced roast beef
2 tomatoes, thinly sliced
1/2 red onion, thinly sliced
4 slices provolone cheese
salt and pepper to taste

Directions

Preheat oven on broiler setting.

Cut rolls in half, and toast in a bread toaster. Place on a baking sheet. Spread each half with mayonnaise and mustard. Layer with roast beef, tomato, red onion, Provolone, salt and pepper.

Broil 3 to 6 inches from heat source for 2 to 4 minutes (keep a constant eye on it) until cheese is bubbly and is beginning to brown.

Butter Beef

Ingredients

3 pounds cubed beef stew meat
1/2 cup butter
1 (1 ounce) envelope dry onion
soup mix

Directions

Place the beef and butter into a slow cooker. Sprinkle the onion soup mix over. Cover, and cook on Low for 8 hours, or High for 4 to 5 hours. Stir once or twice.

Fast Beef and Rice

Ingredients

1 pound ground beef
1 (6.8 ounce) package beef
flavored rice mix
2 tablespoons butter or margarine
2 1/2 cups water

Directions

In a skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, brown the rice in butter. Add water and contents of rice seasoning packet; mix well. Stir in beef. Cover and simmer for 15 minutes or until rice is tender.

Zucchini Beef Bake

Ingredients

6 cups water
4 cups sliced zucchini
1 pound ground beef
1 large onion, chopped
1 garlic clove, minced
2 cups cooked rice
1 (8 ounce) can tomato sauce
1 cup small curd cottage cheese
1 egg, lightly beaten
1 1/2 teaspoons minced fresh oregano
1 teaspoon minced fresh basil
1/2 teaspoon salt
1 cup shredded Cheddar cheese

Directions

In a large saucepan, bring water to a boil. Add the zucchini. Return to a boil. Reduce heat; cover and simmer for 3 minutes or just until tender. Drain and immediately place zucchini in ice water. Drain and pat dry.

In a skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the rice, tomato sauce, cottage cheese, egg, oregano, basil and salt.

Arrange half of the zucchini in a greased 13-in. x 9-in. x 2-in. baking dish. Top with meat mixture. Arrange remaining zucchini over top; sprinkle with cheddar cheese. Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly and cheese is melted.

Beef Barley Stew

Ingredients

1 pound beef stew meat, cut into
1/2 inch pieces
1 tablespoon olive oil
2 cups sliced carrots
1 cup chopped onion
1 cup sliced celery
2 cloves garlic cloves, minced
2 cups sliced baby portobello
mushrooms
1 (14.5 ounce) can stewed
tomatoes
1 cup water
1 cup dry red wine
1 cup beef broth
2 bay leaves
1 teaspoon salt
3/4 teaspoon dried thyme
1/4 teaspoon pepper
1/3 cup uncooked medium pearl
barley
1/4 cup all-purpose flour
1/3 cup cold water
1 tablespoon balsamic vinegar
Minced fresh parsley

Directions

In a Dutch oven, cook beef in oil until meat is no longer pink. Add the carrots, onion, celery and garlic; cook for 5 minutes. Add the mushrooms, stewed tomatoes, water, wine, broth, bay leaves, salt, thyme and pepper.

Bring to a boil. Reduce heat; cover and simmer for 1 hour. Add barley; cover and simmer 45 minutes longer or until barley and meat are tender.

Combine flour and cold water until smooth. Gradually stir into pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat. Discard bay leaves. Stir in balsamic vinegar just before serving. Sprinkle each serving with parsley if desired.

Beef Tenderloin in a Port Shiitake Reduction

Ingredients

1 1/2 pounds beef tenderloin, cut into 1-inch cubes
salt and pepper to taste
2 tablespoons extra-virgin olive oil, divided
2 cups shiitake mushrooms, thinly sliced
2 cups port wine
1 tablespoon seedless raspberry jam
1 teaspoon Worcestershire sauce
1 cup beef broth

Directions

Season the tenderloin cubes with salt and pepper to taste and set aside at room temperature as you continue preparing the recipe.

Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Stir in the shiitake mushrooms, and cook until they have wilted and are beginning to turn golden brown, about 5 minutes. Remove the mushrooms from the skillet and set aside; heat the remaining olive oil in the skillet until it begins to smoke, then sprinkle in the cubed beef tenderloin. Cook on all sides until browned on the outside and the meat is cooked just under your desired degree of doneness, about 5 minutes for medium rare. Remove the steak from the skillet and set aside.

Pour the port wine into the skillet and bring to a boil over high heat. Boil until the port has reduced by half, then whisk in the raspberry jam, Worcestershire sauce, beef broth, and shiitake mushrooms. Continue cooking until the sauce has reduced to 1/2 cup, about 30 minutes. Once reduced, stir in the tenderloin cubes, and reheat.

South-of-the-Border Beef Stew

Ingredients

1 1/2 pounds ground beef
1 large onion, chopped
1/2 teaspoon garlic powder
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1 cup water
2 tablespoons chili powder
3 medium potatoes, cut into
cubes
1 (16 ounce) can whole kernel
corn, drained
shredded Cheddar cheese

Directions

Cook the beef, onion and garlic powder in a 12-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat. Pour off any fat.

Stir the soup, broth, water, chili powder and potatoes in the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes or until the potatoes are tender. Stir in the corn and and cook until the mixture is hot and bubbling. Sprinkle with the cheese.

Squirrel's Great Beef Steak

Ingredients

1/4 cup soy sauce
1/4 cup Italian-style salad dressing
1/4 cup barbeque sauce
4 tablespoons vegetable oil
1 clove garlic, peeled and minced
steak seasoning to taste
seasoning salt to taste
salt to taste
ground black pepper to taste
10 ounces beef sirloin steak

Directions

In a medium bowl, mix soy sauce, Italian-style salad dressing, barbeque sauce, vegetable oil, garlic, steak seasoning, seasoning salt, salt and ground black pepper. Place steak in the mixture. Cover and marinate in the refrigerator 12 hours, or overnight. Turn the steak once during marination.

Preheat an outdoor grill for medium to high heat and lightly oil grate.

Cook steak on the prepared grill 5 to 7 minutes per side, or to desired doneness.

Beefy Corn Bread Casserole

Ingredients

1 pound ground beef
1 small onion, chopped
2 jalapeno peppers, seeded and chopped*
2 (8.5 ounce) packages corn bread/muffin mix
3/4 teaspoon salt
1/2 teaspoon baking soda
1 (14.75 ounce) can cream-style corn
1 cup milk
1/2 cup vegetable oil
2 eggs, beaten
3 cups shredded Cheddar cheese, divided

Directions

In a large skillet, cook the beef, onion and peppers over medium heat until meat is no longer pink; drain and set aside. In a small bowl, combine the corn bread mix, salt, baking soda, corn, milk, oil and eggs.

Pour half in a greased 13-in. x 9-in. x 2-in. baking dish. Layer with half of the cheese and all of the beef mixture. Top with remaining cheese. Carefully spread remaining batter over top. Bake, uncovered, at 350 degrees F for 40-45 minutes or until a toothpick inserted near the center comes out clean.

Lemony Beef and Barley with Sugar Snap Peas

Ingredients

1 pound lean ground beef
1/2 pound mushrooms, sliced
1 medium onion, chopped
1 large carrot, thinly sliced
1 clove garlic, crushed
1 (14 ounce) can ready-to-serve beef broth
1/2 cup quick-cooking barley
1/2 teaspoon salt
1/4 teaspoon black pepper
1 (8 ounce) package frozen sugar snap peas, defrosted
1/4 cup chopped fresh parsley
1 teaspoon grated lemon peel

Directions

Heat large nonstick skillet over medium heat until hot. Add ground beef, mushrooms, onion, carrot and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.

Stir in broth, barley, salt and pepper. Bring to a boil; reduce heat to medium-low. Cover tightly and simmer 10 minutes.

Add peas; continue cooking 2 to 5 minutes or until barley is tender. Stir in parsley and lemon peel.

Slowly Deviled Beef

Ingredients

2 pounds chuck roast
1 onion, chopped
1 (6 ounce) can tomato paste
3/4 cup water
1 (1.3 ounce) envelope sloppy joe seasoning
2 tablespoons cider vinegar

Directions

Place the beef, onion, tomato paste, water, sloppy Joe seasoning mix and vinegar in a slow cooker.

Cook on low setting for 10 hours OR on high setting for 5 hours.

Creamy Beef Stroganoff

Ingredients

1 pound ground beef
1/3 cup all-purpose flour
1/2 teaspoon salt
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1 (10.5 ounce) can beef
consomme
1 tablespoon prepared mustard
8 ounces wide egg noodles,
cooked and drained
1 cup sour cream

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Stir in flour and salt until blended. Stir in soup, consomme and mustard. Bring to a boil, stirring constantly. Reduce heat; simmer, uncovered, for 10 minutes. Stir in the noodles and sour cream; heat through (do not boil).

Beef Stroganoff II

Ingredients

1 pound sirloin steak, cut into bite size strips
1 onion, chopped
1 1/2 tablespoons all-purpose flour
3/4 teaspoon salt
1/4 teaspoon paprika
1/8 teaspoon ground black pepper
1 (10.75 ounce) can condensed cream of mushroom soup
1 1/4 cups fat free sour cream
1 (8 ounce) package egg noodles

Directions

Brown the beef strips in a large skillet over medium high heat and drain excess fat. Add the onion and saute for 5 minutes, or until tender. Stir in the flour, salt, paprika and ground black pepper.

Add the soup, reduce heat to medium low and let simmer for 15 minutes. Then add the sour cream, stirring well.

Prepare egg noodles according to package directions. Serve beef mixture over the egg noodles.

Best Ever Beef Stew

Ingredients

1/2 pound cubed beef stew meat
1 teaspoon salt
1 teaspoon ground black pepper
2 tablespoons all-purpose flour
1 tablespoon vegetable oil
6 cups beef broth
1 (11.5 ounce) can tomato juice
1 (10 ounce) package frozen
mixed vegetables
1 cup peeled and cubed potatoes
1 cup chopped cabbage

Directions

Toss beef with salt, pepper and flour to coat. Heat oil in a large pot over medium heat. Cook coated beef in oil, stirring constantly, until well browned on all sides. Pour in broth and tomato juice, and stir in mixed vegetables, potatoes and cabbage. Bring to a boil, then reduce heat, cover and simmer 1 hour, until potatoes are soft and meat is fully cooked.

Zippy Beef Bake

Ingredients

3/4 pound ground beef
1 tablespoon butter or margarine
2 medium zucchini, thinly sliced
1/4 pound fresh mushrooms,
sliced
2 tablespoons sliced green onions
1 1/2 teaspoons chili powder
1 teaspoon salt
1/8 teaspoon garlic powder
1 1/2 cups cooked rice
1 (4 ounce) can chopped green
chilies
1/2 cup sour cream
1 cup shredded Monterey Jack
cheese, divided

Directions

In a large skillet over medium heat, cook beef until no longer pink.

Add butter, zucchini, mushrooms and onions; cook and stir until the vegetables are tender. Drain. Stir in chili powder, salt and garlic powder. Add rice, chilies, sour cream and half of the cheese. Transfer to a greased 2-qt. baking dish; top with remaining cheese.

Bake, uncovered, at 350 degrees for 20 minutes or until cheese is melted.

Beef and Biscuit

Ingredients

1 1/4 pounds lean ground beef
1/2 cup chopped onion
1/4 cup chopped green chile pepper
1 (8 ounce) can tomato sauce
2 teaspoons chili powder
1/2 teaspoon garlic salt
1 (10 ounce) can refrigerated buttermilk biscuit dough
1 1/2 cups shredded Monterey Jack cheese, divided
1/2 cup sour cream
1 egg, lightly beaten

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet, brown the ground beef, onion and green chile pepper; drain. Stir in tomato sauce, chili powder, and garlic salt. Simmer while preparing the biscuits.

Separate biscuit dough into 10 biscuits. Pull each biscuit into 2 layers. Press 10 biscuit halves on the bottom of a 9-inch pie dish to form bottom crust. Reserve the other 10 biscuit halves for the top layer.

Remove meat mixture from heat, and stir in 1/2 cup shredded cheese, sour cream, and egg; mix well. Spoon over bottom crust. Arrange remaining biscuit halves to form top crust, and spoon remaining cheese evenly over the top.

Bake in preheated oven for 25 to 30 minutes, or until biscuits are a deep golden brown color.

Sauce for Corned Beef

Ingredients

1 cup ketchup
2 tablespoons honey
2 tablespoons red wine vinegar
2 tablespoons butter
2 tablespoons mint jelly

Directions

In a small saucepan over medium heat, mix together the ketchup, mint jelly, honey, red wine vinegar, and butter. Bring to a boil, then remove from the heat.

Curried Beef and Lentils

Ingredients

2 tablespoons vegetable oil
2 pounds stewing beef
2 tablespoons tomato paste
2 cups onion, diced
1/2 cup water
1 (26 ounce) can whole tomatoes
and their juices
1 (341 ml) bottle VH® Yellow
Curry Sauce
1 (19 ounce) can brown lentils
3 cups baby spinach

Directions

In a large pot heat oil on medium and cook beef until well-browned, about 15 minutes. Remove beef from pot and set aside.

Add tomato paste and onions to pot, stir and cook for 5 minutes.

Add beef, water, tomatoes and VH® Yellow Curry sauce to the pot. Cover and simmer over low heat for 60 minutes.

Remove lid, add lentils and spinach and continue to cook uncovered for 5 more minutes. Serve with boiled potatoes or crusty bread.

Beefy Mushroom Barley Soup

Ingredients

1 pound cubed beef stew meat
1 tablespoon vegetable oil
2 cups water
2 tablespoons margarine
2 large carrots, diced
3 cloves garlic, minced
1 onion, chopped
2 stalks celery, chopped
1 pound fresh mushrooms, sliced
6 cups water
3 cubes beef bouillon cube
1/4 cup pearl barley
1/4 cup sour cream

Directions

Brown small cubes of stew meat in vegetable oil over medium heat until juices become a rich brown color. Add 2 cups water, and simmer meat while preparing the vegetables.

In a large soup pot, melt butter or margarine over medium heat. Saute carrots, onion, garlic, celery, and mushrooms.

Add meat, 6 cups water, bouillon cubes, and barley to vegetable mixture. Cook until barley is soft. Adjust liquid and seasoning as desired. Remove from heat, and stir in sour cream. Serve immediately.

Beef 'N' Bean Burritos

Ingredients

1 pound ground beef
1 small onion, chopped
1 (10.75 ounce) can Campbell's®
Condensed Fiesta Chili Beef Soup
1/4 cup water
8 (8 inch) flour tortillas
shredded Cheddar cheese
Pace® Chunky Salsa
sour cream (optional)

Directions

Cook beef and onion in skillet until browned. Pour off fat.

Add soup and water. Heat through.

Spoon meat mixture down center of each tortilla. Top with cheese, salsa and sour cream. Fold tortilla around filling. Makes 8 burritos.

Hoisin-Ginger Beef Skewers

Ingredients

2 pounds flank steak
1/2 cup hoisin sauce
2 tablespoons lime juice
1 tablespoon honey
1 clove garlic, minced
1 teaspoon kosher salt
1 teaspoon peeled and grated fresh ginger root
1 teaspoon sesame oil (optional)
1 teaspoon chile-garlic sauce (such as SrirachaB®)
1/2 teaspoon crushed red pepper flakes
1/4 teaspoon ground black pepper

20 (8 inch) bamboo skewers, soaked in water for 20 minutes
1 tablespoon toasted sesame seeds
2 chopped green onions

Directions

Thinly slice the flank steak across the grain and at an angle, creating slices 1 inch wide by 1/4 inch thick.

Whisk together the hoisin sauce, lime juice, honey, garlic, salt, ginger, sesame oil, chile-garlic sauce, red pepper flakes, and black pepper in a bowl; pour into a resealable plastic bag. Add the sliced flank steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 2 to 12 hours.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Remove the flank steak from the marinade, and discard the remaining marinade. Thread the meat onto the skewers.

Cook the skewers on the preheated grill until cooked to your desired degree of doneness, 2 to 3 minutes per side for well done. Garnish with toasted sesame seeds and chopped green onions to serve.

Bolognese Spaghetti Sauce with Sausage (Ground

Ingredients

6 ounces dried spaghetti
1 pound Italian sausage (casings removed), or ground beef
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped carrot
1 (28 ounce) can CONTADINA® Crushed Tomatoes
1 cup beef broth
2 teaspoons dried basil, crushed
1 teaspoon dried thyme, crushed
Shredded carrot and fresh basil (optional)

Directions

Cook pasta according to package directions; drain.

Cook meat, onion, celery and carrot in large saucepan about 5 minutes or until meat is no longer pink; drain.

Stir in undrained tomatoes, broth, basil, thyme and 3/4 cup water.

Bring to boil; reduce heat and simmer, uncovered, 40 minutes. Serve over spaghetti. Garnish with carrot and basil, if desired.

Creamed Chipped Beef

Ingredients

3 tablespoons butter
1 (8 ounce) jar dried chipped beef
2 teaspoons light brown sugar
1/2 cup all-purpose flour
1 cup whole milk
4 slices toasted white bread

Directions

In a skillet or saucepan, melt butter over medium heat. Drop beef into hot butter; saute for 5 minutes. Sprinkle sugar over beef, stirring constantly. Sprinkle on flour, stirring constantly. When flour is completely mixed in, gradually add the milk, stirring constantly.

Keep stirring the sauce until it thickens. Lightly butter toasted bread. Spoon beef over slices of bread and serve.

Beefy Lentil Vegetable Soup

Ingredients

1 pound lean ground beef
1 1/2 cups dry lentils, rinsed
1 cup chopped carrots
1 cup chopped onion
1 cup chopped celery
3 cups water
1 teaspoon salt
ground black pepper to taste
2 cubes beef bouillon cube
6 cups tomato-vegetable juice
cocktail
1 (4.5 ounce) can mushrooms,
drained
1 dash Worcestershire sauce

Directions

Brown beef; break meat into small pieces while cooking. Drain.

Place meat in a big pot with lid. Add lentils, vegetables, water, salt, pepper, bouillon, vegetable juice, mushrooms, and Worcestershire sauce. Cook on high until it boils. Reduce heat to low, and cover. Simmer for about 1 1/2 to 2 hours, or until lentils are tender. Stir occasionally.

Caldo de Res (Mexican Beef Soup)

Ingredients

2 pounds beef shank, with bone
1 tablespoon vegetable oil
2 teaspoons salt
2 teaspoons ground black pepper
1 onion, chopped
1 (14.5 ounce) can diced tomatoes
3 cups beef broth
4 cups water
2 medium carrot, coarsely chopped
1/4 cup chopped fresh cilantro
1 potato, quartered (optional)
2 ears corn, husked and cut into thirds
2 chayotes, quartered (optional)
1 medium head cabbage, cored and cut into wedges

1/4 cup sliced pickled jalapenos
1/4 cup finely chopped onion
1 cup chopped fresh cilantro
2 limes, cut into wedges
4 radishes, quartered

Directions

Cut the meat from the beef bones into about 1/2 inch pieces, leaving some on the bones.

Heat a heavy soup pot over medium-high heat until very hot. Add the oil, tilting the pan to coat the bottom. Add the meat and bones, and season with salt and pepper. Cook and stir until thoroughly browned.

Add 1 onion, and cook until onion is also lightly browned. Stir in the tomatoes and broth. The liquid should cover the bones by 1/2 inch. If not, add enough water to compensate. Reduce heat to low, and simmer for 1 hour with the lid on loosely. If meat is not tender, continue cooking for another 10 minutes or so.

Pour in the water, and return to a simmer. Add the carrot and 1/4 cup cilantro, and cook for 10 minutes, then stir in the potato, corn and chayote. Simmer until vegetables are tender. Push the cabbage wedges into the soup, and cook for about 10 more minutes.

Ladle soup into large bowls, including meat vegetables and bones. Garnish with jalapenos, minced onion, and additional cilantro. Squeeze lime juice over all, and serve with radishes.

Beef Tenderloin with Potatoes

Ingredients

2 1/4 cups water
1 1/2 cups ketchup
3 (.7 ounce) packages Italian salad dressing mix
1 tablespoon prepared mustard
3/4 teaspoon Worcestershire sauce
1 (3 pound) whole beef tenderloin
10 medium potatoes, peeled and quartered
1/2 cup butter or margarine, melted
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Combine the first five ingredients in a large resealable plastic bag. Pierce tenderloin in several places; place in bag and turn to coat. Seal and refrigerate for 8 hours or overnight.

Place potatoes in a large saucepan and cover with water. Bring to a boil; cook for 10-15 minutes or until crisp-tender; drain. Toss with butter, salt and pepper.

Place tenderloin on a rack in a roasting pan. Pour marinade into saucepan; bring to a rolling boil. Boil for 1 minute; pour over meat. Arrange the potatoes around meat.

Bake, uncovered, at 375 degrees F for 60-75 minutes, basting occasionally, or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Slice; serve with pan juices and potatoes.

Dried Beef Dip

Ingredients

1 cup sour cream
1 cup mayonnaise
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (8 ounce) jar dried beef, chopped

Directions

In a medium bowl, mix sour cream, mayonnaise, dry Italian-style salad dressing mix and dried beef. Cover and chill in the refrigerator 8 hours, or overnight, before serving.

Pan Roasted Beef Tenderloin with Ginger-Shiitake

Ingredients

2 tablespoons olive oil
4 (8 ounce) beef tenderloin filets
Kosher salt and freshly ground black pepper, to taste
3 tablespoons unsalted butter
2 tablespoons minced fresh ginger
1 tablespoon minced fresh garlic
1/2 cup thinly sliced fresh shiitake mushrooms
3 tablespoons sake
2 tablespoons mirin (sweetened rice wine)
1 tablespoon finely chopped garlic chives
3/4 cup unsalted butter

Directions

Preheat oven to 400 degrees F (200 degrees C).

Heat olive oil in a large ovenproof skillet over high heat until lightly smoking. Season filets to taste with salt and pepper. Sear until golden brown on both sides, about 3 minutes per side. Transfer to oven, and cook to desired doneness, about 12 minutes for medium-rare. When done, allow steaks to rest out of the pan for 5 minutes.

Meanwhile, melt 3 tablespoons butter in a saucepan over medium-high heat. Stir in ginger and garlic, and cook until translucent and aromatic, but not browned, about 1 1/2 minutes. Add shiitake mushrooms and cook 3 to 4 minutes, until softened. Pour in the sake and mirin and simmer until reduced by half. Melt the remaining 3/4 cup butter, then reduce heat to medium-low, and cook until the butter browns, 6 to 8 minutes. Once browned, season to taste with salt and pepper, and stir in the chives. Spoon sauce over steaks to serve.

Ting-Town Barbeque Beef Sandwich

Ingredients

3 stalks celery, sliced thin
1 large onion, coarsely chopped
4 cloves garlic, minced
1 cup ketchup
1 cup barbeque sauce
1 tablespoon prepared yellow mustard
1 cup beer
2 tablespoons cider vinegar
2 tablespoons Worcestershire sauce
2 tablespoons brown sugar, packed
1 teaspoon chili powder
1 teaspoon salt
1 teaspoon ground black pepper
4 pounds boneless beef chuck roast, trimmed of fat
16 hamburger buns, split

Directions

To make the sauce, combine the celery, onion, garlic, ketchup, barbeque sauce, mustard, beer, cider vinegar, Worcestershire sauce, brown sugar, chili powder, salt, and pepper in a bowl; stir until well blended.

Place the chuck roast in a slow cooker. Pour the sauce evenly over the meat. Cover and cook the roast on HIGH for 3 hours. Reduce heat to LOW, and continue cooking until very tender, about 4 hours more.

About 1/2 hour before serving, remove the chuck roast from the slow cooker and shred the meat with a large fork. Return the meat to the slow cooker, and cook uncovered so the sauce thickens, on LOW for 20 minutes.

To serve, dip the flat sides of hamburger buns into the sauce and top with meat.

Slow Cooker Corned Beef-Style Brisket

Ingredients

- 1 small onion, minced
- 3 cloves garlic, minced
- 1/2 cup Dijon mustard
- 2 tablespoons apple cider vinegar
- 3 bay leaves, crumbled
- 8 whole black peppercorns, crushed
- 1 tablespoon pickling salt
- 1 teaspoon chopped fresh parsley
- 1 teaspoon celery seed
- 1 (4 pound) beef brisket
- 1 cup water
- 4 carrots, peeled and cut into 1-inch chunks
- 1/2 small head cabbage, sliced into strips

Directions

Stir together the onion, garlic, mustard, vinegar, bay leaves, peppercorns, salt, parsley, and celery seed in a bowl. Cover, and refrigerate for 24 hours.

Rub the brisket with the mixture, wrap tightly, and refrigerate overnight.

To cook the brisket, place it into a slow cooker along with the water. Cover, and cook on low for 5 hours. Add the carrots, and cabbage, and continue cooking until the brisket is tender, about 3 hours more.

Beefy Cheesy Pasta

Ingredients

1/2 pound lean ground beef
1 onion, diced
1/4 cup soy sauce
1 clove garlic, minced
5 cups rotelle pasta
1/4 cup milk
1 tablespoon butter
5 slices processed American cheese

Directions

In a large skillet over medium heat, cook beef, onion, soy sauce and garlic until beef is brown and juices run clear.

While beef is cooking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Return cooked pasta to its pot over low heat; stir in milk and butter. Stir in beef mixture until well combined. Stir in cheese slices, one at a time, until melted. Serve at once.

Restaurant Style Beef and Broccoli

Ingredients

1/3 cup oyster sauce
2 teaspoons Asian (toasted)
sesame oil
1/3 cup sherry
1 teaspoon soy sauce
1 teaspoon white sugar
1 teaspoon cornstarch
3/4 pound beef round steak, cut
into 1/8-inch thick strips
3 tablespoons vegetable oil, plus
more if needed
1 thin slice of fresh ginger root
1 clove garlic, peeled and
smashed
1 pound broccoli, cut into florets

Directions

Whisk together the oyster sauce, sesame oil, sherry, soy sauce, sugar, and cornstarch in a bowl, and stir until the sugar has dissolved. Place the steak pieces into a shallow bowl, pour the oyster sauce mixture over the meat, stir to coat well, and marinate for at least 30 minutes in refrigerator.

Heat vegetable oil in a wok or large skillet over medium-high heat, and stir in the ginger and garlic. Let them sizzle in the hot oil for about 1 minute to flavor the oil, then remove and discard. Stir in the broccoli, and toss and stir in the hot oil until bright green and almost tender, 5 to 7 minutes. Remove the broccoli from the wok, and set aside.

Pour a little more oil into the wok, if needed, and stir and toss the beef with the marinade until the sauce forms a glaze on the beef, and the meat is no longer pink, about 5 minutes. Return the cooked broccoli to the wok, and stir until the meat and broccoli are heated through, about 3 minutes.

Tomato and Beef Soup

Ingredients

2 (14.5 ounce) cans beef broth
2 celery ribs, chopped
2 large carrots, sliced
1 medium onion, chopped
2 garlic cloves, minced
1 (46 fluid ounce) bottle V-8 juice
1 (14.5 ounce) can Italian diced tomatoes, undrained
1 (6 ounce) can Italian tomato paste
2 tablespoons sugar
1 tablespoon dried oregano
1 1/2 teaspoons beef bouillon granules
1 teaspoon pepper
1/2 teaspoon dried basil
1/4 teaspoon garlic powder
2 cups cubed cooked beef
2 cups small pasta shells, cooked and drained

Directions

In a Dutch oven, combine the broth, celery, carrots, onion and garlic; bring to a boil. Reduce heat; cover and simmer for 5-7 minutes or until the vegetables are crisp-tender. Stir in the next nine ingredients. Cover and simmer for 10 minutes. Add beef and pasta; heat through.

Beef Tips and Noodles

Ingredients

1 pound sirloin tips, cubed
1 (10.75 ounce) can condensed cream of mushroom soup
1 (1.25 ounce) package beef with onion soup mix
1 (4.5 ounce) can mushrooms, drained
1 cup water
1 (16 ounce) package wide egg noodles

Directions

Preheat oven to 400 degrees F (200 degrees C).

In a 13x9 inch casserole dish, combine the mushroom and beef onion soups, canned mushrooms and water. Mix thoroughly and add beef tips. Turn to coat well.

Bake in a preheated oven for 1 hour.

While beef tips are baking, bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Serve beef tips and sauce over noodles.

Ronaldo's Beef Carnitas

Ingredients

4 pounds chuck roast
1 (4 ounce) can green chile peppers, chopped
2 tablespoons chili powder
1/2 teaspoon dried oregano
1/2 teaspoon ground cumin
2 cloves garlic, minced
salt to taste

Directions

Preheat oven to 300 degrees F (150 degrees C).

Place roast on heavy foil large enough to enclose the meat. In a small bowl, combine the green chile peppers, chili powder, oregano, cumin, garlic and salt to taste. Mix well and rub over the meat.

Totally wrap the meat in the foil and place in a roasting pan.

Bake at 300 degrees F (150 degrees C) for 3 1/2 to 4 hours, or until the roast just falls apart with a fork. Remove from oven and shred using two forks.

Ground Beef 'Wellington' with Fennel

Ingredients

- 1 tablespoon vegetable oil
- 1/2 cup diced onion
- 1/4 cup fennel, chopped
- 1 tablespoon garlic, minced
- 1/2 teaspoon fennel seed
- 1/4 teaspoon crushed red pepper flakes
- 1 eggs
- 1 pound ground beef
- 2 tablespoons dry bread crumbs
- 1 tablespoon dried parsley
- 1 teaspoon salt
- 1 (8 ounce) package refrigerated crescent rolls

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a baking sheet.

Heat the vegetable oil in a skillet over medium heat. Stir in the onion, fennel, and garlic. Cook and stir until the fennel is tender, and the onion has softened and turned translucent, about 5 minutes. Stir in the fennel seed and red pepper flakes, and cook for 1 minute more. Meanwhile, beat the egg in a bowl, then mix in the ground beef, bread crumbs, parsley, and salt. Add the cooked vegetable mixture, and stir until combined.

Separate the crescent roll dough into two squares. Divide the meat mixture among the crescent roll squares, then seal the dough around the meat. Place seam-side-down onto the prepared baking sheet.

Bake in the preheated oven until the pastry has turned golden-brown, and the center of the pastries registers 160 degrees F (71 degrees C) on a kitchen thermometer, about 30 minutes. Slice and serve.

Provincial Beef Stew

Ingredients

2 pounds blade roast, trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 tablespoons olive oil
4 cloves garlic, minced
1 teaspoon dried thyme
2 (14.5 ounce) cans stewed tomatoes
1 1/2 cups beef broth
3 tablespoons red wine vinegar
1/2 cup orange juice
2 bay leaves
1 orange peel, cut into strips
1/4 teaspoon ground black pepper
4 large carrots, sliced diagonally
2 cups fresh mushrooms
2 cups pickled pearl onions, drained
1 1/2 cups rotini pasta

Directions

Dredge meat lightly with flour. In a large skillet, heat half the oil over medium-high heat. Cook meat in batches, adding more oil as needed, for 6 to 8 minutes or until browned all over. Transfer to a large ovenproof casserole.

Drain most of the oil from skillet. Saute garlic and thyme for 1 to 2 minutes, or until garlic is softened. Pour in tomatoes, stock, and vinegar, stirring to scrape up brown bits and mashing tomatoes with fork. Bring to boil, then pour over meat. Add orange juice, bay leaves, orange rind, and pepper. Cover casserole dish.

Bake at 350 degrees F (175 degrees C) for 1 hour.

Stir in carrots, mushrooms, and onions. Bake for 40 minutes.

Stir in pasta, and bake for an additional 20 minutes. Remove casserole from the oven, and let stand for 5 minutes. Remove bay leaves and orange rinds. Serve.

Orange Beef and Beans

Ingredients

2 tablespoons sugar
1 tablespoon grated orange peel
3/4 pound boneless beef sirloin
steak, cut into thin strips
1 tablespoon canola oil
3 cups fresh green beans, cut into
2 inch pieces
2 tablespoons water
1 teaspoon cornstarch
1 teaspoon ground ginger
1/8 teaspoon pepper
1/4 cup reduced-sodium soy
sauce
3 tablespoons orange juice

Directions

In a large bowl, combine sugar and orange peel; mix well. Add beef; toss to coat. In a large nonstick skillet, stir-fry beef in oil for 5 minutes or until browned. In a microwave-safe dish, cover and cook beans in water for 3-5 minutes on high; drain. Add beans to skillet; cook, stirring constantly, until tender.

In a bowl, combine the cornstarch, ginger and pepper. stir in the soy sauce and orange juice until smooth. Pour the sauce over beef and beans; toss to coat. Bring to a boil; cook and stir for 2 minute or until thickened. Serve immediately.

Shortcut Beef Stew

Ingredients

1 tablespoon vegetable oil
1 pound boneless beef sirloin
steak, cut into 1-inch cubes
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1 (10.5 ounce) can Campbell's®
Condensed French Onion Soup
1 tablespoon Worcestershire
sauce
1 (24 ounce) bag frozen
vegetables for stew (potatoes,
carrots, celery)

Directions

Heat oil in skillet. Add beef and cook until browned and juices evaporate, stirring often.

Add soups, Worcestershire and vegetables. Heat to a boil. Cover and cook over low heat 10 minutes or until vegetables are tender.

Beef and Parmesan Pasta

Ingredients

1 1/2 pounds lean ground beef
1 (14 ounce) can beef broth
1 (14.5 ounce) can Italian-style
diced tomatoes
2 cups uncooked farfalle (bow tie)
pasta
2 cups sliced zucchini, (1/4 inch
thick)
3/4 cup grated Parmesan cheese,
divided

Directions

In a large skillet over medium/high heat, brown the ground beef until no longer pink, breaking up into 3/4 inch pieces. Remove beef with a slotted spoon to a bowl. Pour off the drippings.

Return the skillet to the heat and add the beef broth, tomatoes, and pasta. Stir to coat all of the pasta. Bring to a boil and reduce heat to medium.

Cook, uncovered, for 15 minutes stirring frequently. Add zucchini and continue cooking for an additional 5 minutes or until pasta is tender.

Return beef to the skillet and stir in 1/2 cup of the cheese; heat through. Sprinkle the remaining cheese over each serving.

Stir Fry Beef and Broccoli

Ingredients

1 tablespoon vegetable oil
1 pound beef strips (cut from top sirloin or inside round)
1 1/2 cups onions, thinly sliced
3 cups broccoli florets, fresh or frozen
3/4 cup frozen soya beans or green peas, thawed
1 1/2 teaspoons sesame seeds (optional)
1 1/2 cups VH® Pad Thai Sauce

Directions

Heat oil in a large saute pan over medium-high heat. Brown beef until just cooked through, about 10 minutes. Remove from pan. Set aside.

In the same pan saute onions until translucent, add broccoli and soya beans, saute for 5 minutes longer.

Add beef back to pan with sesame seeds and VH® Pad Thai sauce, heat through and serve.

Spicy Vegetable Beef Soup

Ingredients

1 pound rump roast
2 tablespoons vegetable oil
1 onion, chopped
2 cloves garlic, minced
1 (14 ounce) can beef broth
1 (14 ounce) can stewed tomatoes
1 quart water
1 (16 ounce) package frozen mixed vegetables, thawed
4 mushrooms, sliced
2 stalks celery, chopped
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon dried basil
1/2 teaspoon dried parsley
1/4 teaspoon ground cayenne pepper
6 ounces rotelle pasta

Directions

Trim fat from roast and cut into 1 inch cubes. Place meat in a large pot over medium heat with oil, onion and garlic and cook, stirring, until meat is browned and onion is tender. Pour in broth, tomatoes and water. Stir in mixed vegetables, mushrooms and celery. Season with oregano, thyme, basil, parsley and cayenne. Bring to a boil, then reduce heat, cover and simmer 75 minutes.

Stir in pasta and cook 10 minutes more, until pasta is tender.

Italian Roast Beef I

Ingredients

1 1/2 cups water
3 cubes beef bouillon
1 teaspoon salt
1 teaspoon crushed garlic
2 tablespoons Italian seasoning
1 teaspoon freshly ground black pepper
2 tablespoons dried oregano
2 tablespoons dried basil
1/2 teaspoon dried red pepper flakes (optional)
4 pounds rump roast
1/2 cup vegetable oil

Directions

Pour water into a large kettle, and add bouillon cubes.

Mix together the salt, garlic, Italian seasoning, black pepper, oregano, basil, and red pepper flakes on a large plate. Rub roast with 1/2 cup vegetable oil. Roll roast in seasoning mixture until well coated. Place the roast in the kettle along with any left over seasoning mixture and oil.

Bring water to a boil, reduce heat, and simmer approximately 3 1/2 hours. Meat should be tender and well done.

Individual Beef Wellingtons

Ingredients

1 pound fresh mushrooms, sliced
1/2 cup chopped onion
1/2 cup dry sherry
1/4 cup butter
1/4 cup chopped parsley
6 (8 ounce) fillets beef tenderloin
1 (17.5 ounce) package frozen
puff pastry, thawed

Directions

In a large skillet over medium heat, combine the mushrooms, onion, sherry, butter or margarine and parsley and saute until all the liquid is absorbed and the mixture resembles a paste. Cover the top of each steak with the mixture.

Partially thaw the puff pastry sheets and roll out pieces thin enough to cover the top, sides and bottom of each steak. Place the steaks on a baking sheet, cover with plastic wrap and store in the refrigerator until serving time.

Preheat oven to 425 degrees F (220 degrees C).

Bake steaks uncovered in the preheated oven for 25 minutes. (Note: They will be rare but will continue cooking while dish is sitting.)

Fabulous Beef Tenderloin

Ingredients

1 (3 pound) beef tenderloin roast
3/4 cup soy sauce
1/2 cup melted butter

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place roast into a shallow, glass baking dish. Pour soy sauce and melted butter over the tenderloin.

Bake in preheated oven for 10 minutes, then turn the roast over, and continue cooking 35 to 40 minutes, basting occasionally until the internal temperature of the roast is at 140 degrees F (60 degrees C) for medium. Or, cook to your desired degree of doneness. Let meat rest for 10 to 15 minutes before slicing.

Lucky's Lucky Corned Beef and Cabbage

Ingredients

1 (3 pound) corned beef brisket
with spice packet
1 head cabbage, cored and
coarsely chopped
6 medium potatoes, peeled and
cubed
1 (1.5 fluid ounce) jigger Irish
whiskey

Directions

Place the beef brisket and contents of the spice packet into a pot and fill with enough water to cover. Bring to a boil, cover, and cook over low heat for about 2 hours. Add the cabbage and potatoes, and simmer over low heat for 2 more hours. Stir in the whiskey when it is almost done. Check the water level occasionally and replace as needed.

Ted's Beef Stew

Ingredients

- 1 cup flour
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 3 pounds cubed beef stew meat
- 1/4 cup vegetable oil
- 1 onion, minced
- 4 cups beef broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried thyme
- 2 bay leaves
- salt and ground black pepper to taste
- 3 large potatoes, peeled and cubed
- 4 carrots, peeled and chopped
- 4 stalks celery, chopped
- 2 teaspoons cornstarch
- 2 teaspoons cold water
- 1 cup frozen peas

Directions

Combine the flour, garlic powder, 1 teaspoon salt, and 1 teaspoon pepper in a resealable plastic bag. Place the beef in the bag and shake to coat.

Heat the oil in a large stockpot over medium heat; brown the beef in the hot oil and remove to a plate lined with paper towels. Add the onion to the remaining oil and cook until browned. Pour the beef broth into the stockpot. Stir in the rosemary, thyme, and bay leaves. Season with salt and pepper. Return the beef to the pot. Bring the mixture to a boil; reduce heat to low, cover, and simmer 1 hour.

Add the potatoes, carrots, and celery to the pot. Whisk together the cornstarch and cold water in a small bowl and mix into the stew. Cover and simmer 45 minutes more. Stir in the frozen peas and cook another 15 minutes.

Special Beef Rendang Curry

Ingredients

- 1 pound beef round, diced
- 2 tablespoons cooking oil
- 3/4 cup dried shrimp, minced
- 1 clove garlic, minced
- 1 tablespoon chopped lemon grass
- 2 onions, chopped
- 1 3/4 cups coconut milk
- 1/2 cup red curry paste, or to taste
- 3 tablespoons turmeric powder
- 1 fresh red chile pepper, finely chopped (optional)
- 1 bunch fresh cilantro, chopped

Directions

This first step is to soften the beef. Place the beef in a medium saucepan, and add enough water to cover the meat. Cover, and simmer over low heat for at least an hour. Remove the beef from water, and set aside.

Heat the oil in a wok over medium-high heat. Add in the garlic and dried shrimp, and stir fry for a few seconds before stirring in the lemon grass and onions. Reduce heat to medium, and stir in coconut milk, red curry paste, turmeric, and chile pepper. Mix in the beef, and cover the wok. Simmer for 10 minutes over medium heat.

Stir in the cilantro just before serving. Save some cilantro for garnishing on top if you like.

Beefy Tomato Soup

Ingredients

1 pound ground beef
1 quart tomato juice
3 cups water
3/4 cup uncooked elbow
macaroni
1 envelope onion soup mix
1/4 teaspoon chili powder

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until macaroni is tender.

Home-Style Vegetable Beef Soup

Ingredients

- 1 pound ground beef
- 1 onion, diced
- 6 red potatoes, finely diced
- 5 carrots, thinly sliced
- 1/2 cup water
- 1 (15 ounce) can whole kernel corn, drained
- 2 cups frozen green beans
- 1 (46 fluid ounce) bottle tomato-vegetable juice cocktail
- 1 cup water
- 1 teaspoon salt
- 1 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook beef, onion and potatoes, covered, until beef is no longer pink and potatoes are tender, 10 to 15 minutes.

Meanwhile, place carrots and 1/2 cup water in a microwave safe bowl and microwave on high 5 minutes, until tender.

Drain beef mixture and return to pot with carrots, corn, green beans, juice cocktail, water, salt and pepper. Simmer over low heat 30 minutes, until flavors are well blended and soup is hot.

Beef Florentine

Ingredients

2 cups medium egg noodles
1 1/2 pounds ground beef
2 cloves garlic, chopped
1 teaspoon dried oregano
1/2 teaspoon salt
1/4 teaspoon pepper
2 (8 ounce) cans tomato sauce
1/2 cup water
1 (10 ounce) package frozen
chopped spinach, thawed and
drained
1 (8 ounce) container cottage
cheese
1/4 cup chopped onion
2 tablespoons grated Parmesan
cheese
8 ounces shredded mozzarella
cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta, and cook for 8 to 10 minutes or until al dente; drain.

Preheat oven to 350 degrees F (175 degrees C).

In a skillet over medium heat, brown the ground beef until evenly brown; drain excess fat. Season with oregano, salt and pepper. Stir in tomato sauce and water. Remove from heat, and stir in cooked noodles.

In a medium bowl, combine spinach, cottage cheese, onion, and Parmesan cheese. Spread half of noodle mixture in a large casserole dish. Layer with all of spinach mixture, then cover with remaining noodle mixture.

Bake in preheated oven for 15 minutes. Cover with mozzarella, and continue cooking 10 minutes, or until cheese is melted.

Korean Barbequed Beef

Ingredients

1 1/2 pounds beef sirloin
1/2 cup soy sauce
1/2 cup rice wine
2 tablespoons white sugar
2 tablespoons minced garlic
1 1/2 teaspoons toasted sesame oil
1/4 teaspoon freshly ground black pepper
1 teaspoon hot chile paste
8 green onions, chopped into 1 inch pieces
1 cup Bibb lettuce

Directions

Slice beef with the grain into long strips, about 1 1/2 inches wide, and place into a bowl. Stir together the soy sauce, rice wine, sugar, garlic, sesame oil, pepper, and chile paste in a small bowl. Pour one third of this mixture over the beef, and toss to coat. Marinate at least one hour at room temperature, or longer in the refrigerator. Simmer the remaining sauce, and the green onions in a small saucepan for one minute before pouring into a serving dish to cool.

Wash and dry the lettuce, and trim off any large stems. Gently flatten the leaves with the side of a cleaver or large knife. Arrange on a serving dish.

Preheat a grill for medium-high heat and lightly oil grate.

Place grate three inches over the coals. Cook the meat to desired doneness, about three minutes per side for medium rare. Slice against the grain into thin strips.

To serve, each diner places some beef and sauce into a lettuce leaf, folds it into a bundle, and eats it with their fingers.

Basic Beef Starter

Ingredients

5 pounds ground beef
4 medium onions, chopped
3 garlic cloves, minced
1 (12 ounce) bottle chili sauce
1 (.75 ounce) packet dry brown
gravy mix
1 envelope onion soup mix
1 teaspoon salt

Directions

In a Dutch oven cook the beef, onions and garlic over medium heat until meat is no longer pink; drain. Stir in the remaining ingredients. Cook for 10 minutes or until heated through. Cool. Place about 2 -3/4 cups each in four freezer containers. May be frozen for up to 3 months.

Yummy Pineapple Beef Steak Marinade

Ingredients

3/4 cup Worcestershire sauce
2/3 cup pineapple juice
2 tablespoons packed brown sugar
1/3 cup olive oil

Directions

Mix together the Worcestershire sauce, pineapple juice, brown sugar, and olive oil in a bowl.

Marinate the meat of your choice for 1 to 2 hours, and cook as desired.

Bob's Thai Beef Salad

Ingredients

1 pound beef rib eye steak
2 large cucumbers - peeled,
halved lengthwise and sliced
2 red onions, halved and thinly
sliced
15 Thai chiles, sliced into thin
rings
3 limes, juiced
1 pinch white sugar
1 cup fish sauce

Directions

Preheat oven to broiler setting. Broil rib eye to desired doneness.
When cool enough to handle, slice into 1/4 inch by 1 inch strips.

In a large bowl, combine the steak, cucumbers, onions, chiles, lime juice, sugar, and fish sauce. Stir gently for 5 minutes, or until flavors are well blended.

Beef Stroganoff with White Wine

Ingredients

3 tablespoons butter
1 (8 ounce) package sliced mushrooms
1 large onion, diced
4 cloves garlic, diced
salt and ground black pepper to taste
1 1/2 pounds beef sirloin steak, cut into 1 inch cubes
1 cup white wine
2 cups beef bouillon
1 teaspoon crumbled dried thyme
1 teaspoon dried basil
1/2 teaspoon dried oregano
2 bay leaves
1/2 teaspoon ground black pepper
1/4 cup all-purpose flour
2 cups half-and-half cream

Directions

Melt the butter in a large saucepan over medium-high heat. Cook and stir the mushrooms, onion and garlic in the butter until tender. Reserving the liquid in the saucepan, remove the mushroom mixture to a bowl. Return the butter mixture to medium-high heat.

Whisk together the flour and half-and-half until smooth; set aside.

Season the beef with salt and pepper; cook the beef in the reserved liquid until browned, about 5 minutes. Stir the wine, beef bouillon, thyme, basil, oregano, bay leaves, and pepper; reduce heat to medium-low and simmer 10 minutes. Slowly stir in the flour mixture and simmer, stirring occasionally, until the sauce thickens, 20 to 30 minutes. Add the mushroom mixture and stir.

Afghan Beef Raviolis (Mantwo)

Ingredients

3/4 cup plain yogurt
1 teaspoon chopped fresh mint leaves
2 cloves garlic, crushed

1 pound ground beef
1 1/2 cups chopped onion
1 cup water
1 carrot, grated
3/4 teaspoon salt
1 teaspoon ground black pepper
1 1/2 teaspoons ground coriander
1/2 teaspoon ground cumin
26 wonton wrappers
1 tablespoon tomato paste
1/8 teaspoon red pepper flakes
2 tablespoons water

1/2 cup dried yellow split peas
1/8 teaspoon red pepper flakes
1 teaspoon ground coriander
1/4 teaspoon ground cumin
1 cube chicken bouillon
1 1/2 cups water

Directions

In a small bowl, stir together yogurt, mint, and garlic. Refrigerate.

In a large skillet over medium heat, cook ground beef and onions until meat is browned, stirring occasionally to crumble; drain fat. Stir in 1 cup water, carrot, salt, black pepper, 1 1/2 teaspoons coriander, and 1/2 teaspoon cumin; simmer uncovered for 30 minutes or until water evaporates.

Lay out wonton wrappers on aluminum foil. Mound two large spoonfuls of beef mixture in the center of one wrapper. Dip a finger in water and trace it around all four edges. Lay a second wonton wrapper on top of the first, and press on all edges to seal. Roll up the edges to create a round, hat-shaped ravioli. Repeat, making 13 ravioli.

Place ravioli in steamer and steam 40 minutes.

Meanwhile, mix together the yellow split peas, 1/8 teaspoon red pepper flakes, 1 teaspoon coriander, 1/4 teaspoon cumin, chicken bouillon, and 1 1/2 cups of water in a saucepan. Bring to a boil, then simmer over medium-low heat for about 45 minutes, or until it reaches a thick slurry-like consistency.

Meanwhile, in the large skillet, mix remaining beef mixture with 2 tablespoons water, tomato paste, and 1/8 teaspoon red pepper flakes. Simmer over low heat until liquid has evaporated, about 10 minutes.

To serve, spread yogurt on a serving plate. Top with ravioli, and top again with split pea mixture. Finally, top with tomato and beef mixture. Serve immediately.

Grilled Beef Gyros

Ingredients

1 medium onion, cut into chunks
2 garlic cloves
2 tablespoons sugar
1 tablespoon ground mustard
1/2 teaspoon ground ginger
1 1/2 teaspoons pepper
1/2 teaspoon cayenne pepper
1/2 cup soy sauce
1/4 cup water
2 pounds beef sirloin tip roast, cut into 1/4 inch thick slices
CUCUMBER SAUCE:
1 medium cucumber, peeled, seeded and cut into chunks
4 garlic cloves
1/2 teaspoon salt
1/3 cup cider vinegar
1/3 cup olive or vegetable oil
2 cups sour cream
8 pita breads, warmed and halved
thinly sliced onion
Chopped tomato

Directions

In a blender or food processor, place the onion, garlic, sugar, mustard, ginger, pepper and cayenne; cover and process until onion is finely chopped. Add soy sauce and water; process until blended. Place the beef in a large resealable plastic bag. Add marinade. Seal bag and turn to coat; refrigerate for 1-2 hours.

For sauce, combine the cucumber, garlic and salt in a blender or food processor; cover and process until cucumber is chopped. Add vinegar and oil; process until blended. Transfer to a bowl; stir in sour cream. Refrigerate until serving.

Drain and discard marinade. Grill beef, covered, over medium-hot heat until meat reaches desired doneness. Place beef in pita halves. Top with cucumber sauce, sliced onion and chopped tomato. Refrigerate any remaining sauce.

Beef and Mushroom Stroganoff, Aussie Style

Ingredients

- 1 tablespoon butter
- 1 onion, chopped
- 1 teaspoon minced garlic
- 8 fresh mushrooms, sliced
- 2 teaspoons curry powder
- 1 pound beef top sirloin, thinly sliced
- 2 cubes beef bouillon
- 1 1/2 cups boiling water
- 1 (6 ounce) can mushroom stems and pieces, drained
- 1/4 cup dried shiitake mushrooms
- 1 1/4 cups heavy cream
- 1 (8 ounce) package uncooked egg noodles

Directions

Melt the butter in a large skillet over medium heat. Add the onion and garlic, and fresh mushrooms; cook until the onions are translucent. Stir in curry powder until well blended. Place the meat strips in the skillet, and fry until evenly browned.

Dissolve the bouillon cubes in the boiling water, then stir into the skillet. Add the mushroom stems and pieces and dried shiitake mushrooms. Let the mixture simmer over medium heat until most of the liquid has evaporated, about 20 minutes.

Meanwhile, bring a large pot of lightly salted water to a boil. Add the noodles and cook until tender, about 7 minutes. Drain.

Reduce the heat under the skillet to low, and pour in the cream, stirring until the sauce is an even color. Simmer for about 5 minutes, but do not boil. Serve over noodles.

Sweet-Sour Beef

Ingredients

2 pounds boneless round or chuck steak, cut into 1-inch cubes
2 tablespoons vegetable oil
2 (8 ounce) cans tomato sauce
2 cups sliced carrots
2 cups pearl onions
1 large green pepper, cut into 1-inch pieces
1/2 cup molasses
1/3 cup vinegar
1/4 cup sugar
2 teaspoons chili powder
2 teaspoons paprika
1 teaspoon salt
Shell macaroni and snipped chives (optional)

Directions

In a skillet, brown steak in oil; transfer to a slow cooker.

Add the next 10 ingredients; stir well.

Cover and cook on low for 7-8 hours or until meat is tender. Thicken if desired. Serve over macaroni and garnish with chives if desired.

Apple and Onion Beef Pot Roast

Ingredients

1 (3 pound) boneless beef sirloin
tip roast, cut in half
1 cup water
1 teaspoon seasoned salt
1/2 teaspoon reduced sodium soy
sauce
1/2 teaspoon Worcestershire
sauce
1/4 teaspoon garlic powder
1 large tart apple, quartered
1 large onion, sliced
2 tablespoons cornstarch
2 tablespoons cold water
1/8 teaspoon browning sauce

Directions

In a large nonstick skillet coated with nonstick cooking spray, brown roast on all sides. Transfer to a 5-qt. slow cooker. Add water to the skillet, stirring to loosen any browned bits; pour over roast. Sprinkle with seasoned salt, soy sauce, Worcestershire sauce and garlic powder. Top with apple and onion. Cover and cook on low for 5-6 hours or until the meat is tender.

Remove roast and onion; let stand for 15 minutes before slicing. Strain cooking liquid into a saucepan, discarding apple. Bring liquid to a boil; cook until reduced to 2 cups, about 15 minutes. Combine cornstarch and cold water until smooth; stir in browning sauce. Stir into cooking liquid. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over beef and onion.

Barbecued Beef Sandwiches

Ingredients

3 pounds beef chuck
2 onions, chopped
1 (28 ounce) can diced tomatoes
with juice
1/2 cup distilled white vinegar
1/2 cup water
3 tablespoons sugar
1/3 (10 fluid ounce) bottle
Worcestershire sauce
salt and pepper to taste

Directions

Place roast in a Dutch oven, and sprinkle with chopped onions. Cover with tomatoes, water, sugar and Worcestershire sauce. Season with salt and pepper.

Cook over medium heat with lid slightly ajar for 3 hours.

Remove meat, and shred with 2 forks. Discard bones, fat and gristle. place shredded meat back into sauce, and cook until liquid is reduced, 15 to 20 minutes.

Roast Beef and Yorkshire Pudding

Ingredients

2 pounds rump roast
garlic powder to taste
salt to taste
freshly ground pepper, to taste

1/4 teaspoon salt
1 cup all-purpose flour
2 eggs, beaten
1 cup milk

Directions

Preheat oven to 375 degrees F (190 degrees C).

Wash roast and sprinkle with garlic powder, salt and pepper. Insert a meat thermometer into the thickest part of the roast, making sure it doesn't touch any bone or fat.

Bake on a wire rack inside of a large roasting pan in the preheated oven for 90 minutes, or to desired doneness. For medium-rare, the meat thermometer should read 135 degrees F (57 degrees C). Remove roast from pan, reserving drippings.

In a small mixing bowl, beat the two eggs until frothy. In another small bowl, mix the salt and flour. Stir the beaten eggs into the flour. Stirring constantly, gradually pour in the milk.

Preheat oven to 400 degrees F (200 degrees C).

Pour the reserved pan drippings into a medium muffin tin. Place in the preheated oven for 3 minutes. Remove from heat and pour the egg, flour and milk mixture into the hot drippings. Return muffin tin to the oven and bake for 20 minutes, or until fluffy and golden brown.

Saucy Beef Casserole

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1 (10.5 ounce) can condensed
vegetable soup, undiluted
3/4 cup chow mein noodles

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in soups. Transfer to a greased 8-in. square baking dish. Cover and bake at 350 degrees F for 25-30 minutes or until heated through. Uncover; sprinkle with chow mein noodles. Bake 5 minutes longer or until noodles are crisp.

Basic Beef Pizza

Ingredients

1 pound ground beef
1/2 teaspoon salt
1/4 teaspoon celery salt
1/4 teaspoon pepper
1 (1 pound) loaf frozen bread
dough, thawed
1 cup pizza sauce
2 cups shredded mozzarella
cheese

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Add salt, celery salt and pepper; set aside. On a floured surface, roll dough into a 13-in. circle. Press onto the bottom and up the sides of a greased 12-in. pizza pan. Spread sauce over crust to within 1/2 in. of edge. Top with cheese and beef mixture. Bake at 350 degrees F for 20-25 minutes or until crust is golden and cheese is melted.

Beef Marinade II

Ingredients

3/4 cup red wine
2 tablespoons soy sauce
1 tablespoon sesame oil
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon crushed bay leaf
1 teaspoon garlic powder
4 slices lemon

Directions

In a nonreactive container, blend red wine, soy sauce, and sesame oil. Place meat in the mixture, and season with basil, oregano, bay leaf, and garlic powder. Place lemon slices over the beef. Cover, and marinate in the refrigerator 25 minutes, turning once, before grilling as desired.

Mardi Gras Beef

Ingredients

1 medium onion, chopped
1 small green bell pepper, cut into strips
1 teaspoon dried thyme
2 teaspoons garlic powder, divided
2 tablespoons cooking oil
1 pound (1 inch thick) sirloin steak
1 (14.5 ounce) can stewed tomatoes, juice drained and reserved
2 teaspoons cornstarch
salt and pepper to taste

Directions

In a skillet, saute onion, green pepper, thyme and 1/2 teaspoon garlic powder in oil until vegetables are crisp-tender. Meanwhile, sprinkle steak with remaining garlic powder. Grill or broil steak 5 inches from the heat for 6 to 8 minutes (for medium-rare), turning once, or until desired doneness is reached. Add tomatoes to skillet. Combine reserved tomato juice and cornstarch; add to vegetable mixture. Cook and stir until thickened. Season to taste with salt and pepper. Thinly slice meat; top with vegetables.

Slow Cooker Corned Beef and Cabbage

Ingredients

4 large carrots, peeled and cut into matchstick pieces
10 baby red potatoes, quartered
1 onion, peeled and cut into bite-sized pieces
4 cups water
1 (4 pound) corned beef brisket with spice packet
6 ounces beer
1/2 head cabbage, coarsely chopped

Directions

Place the carrots, potatoes, and onion into the bottom of a slow cooker, pour in the water, and place the brisket on top of the vegetables. Pour the beer over the brisket. Sprinkle on the spices from the packet, cover, and set the cooker on High.

Cook the brisket for about 8 hours. An hour before serving, stir in the cabbage and cook for 1 more hour.

Glazed Beef Loaf

Ingredients

2/3 cup milk
2 eggs
3 slices bread, cubed
1 1/2 cups shredded Cheddar cheese
2/3 cup shredded carrot
2/3 cup finely chopped onion
2 teaspoons salt
1/4 teaspoon pepper
2 pounds lean ground beef
1/4 cup packed brown sugar
1/4 cup ketchup
1 tablespoon prepared mustard

Directions

In a bowl combine milk, eggs and bread; let stand for 5 minutes. Add the cheese, carrot, onion, salt and pepper. Crumble beef over mixture and mix well. Shape into a loaf in a greased 13-in. x 9-in. x 2-in. baking dish. Bake, uncovered, at 350 degrees F for 1-1/4 hours; drain. Combine brown sugar, ketchup and mustard; spread over meat loaf. Bake 15 minutes longer or until the meat is no longer pink and a meat thermometer reads 160 degrees F.

Beef Barbecue Biscuits

Ingredients

3/4 pound ground beef
1/2 cup barbecue sauce
1 tablespoon dried minced onion
4 teaspoons brown sugar
1 (12 ounce) package refrigerated buttermilk biscuits
3/4 cup shredded Cheddar cheese

Directions

In a skillet, brown beef; drain. Add barbecue sauce, onion and brown sugar; set aside. Separate dough into 10 biscuits; flatten into 5-in. circles. Press firmly into the bottom and up the sides of greased muffin cups. Spoon 2 tablespoons of beef mixture into each cup; sprinkle with cheese. Bake at 400 degrees F for 10-15 minutes or until biscuits are golden and cheese is melted.

Best Beef Dip Ever

Ingredients

4 pounds beef chuck roast
1 tablespoon minced garlic
1 tablespoon dried rosemary
3 bay leaves
1 cup soy sauce
6 cups water

Directions

Place roast in slow cooker. Season with garlic, rosemary, and bay leaves. Pour in soy sauce and water. Cook on low setting for 6 to 10 hours. Unlike most roasts, the longer the better.

Vegetable Beef Soup III

Ingredients

1 tablespoon lard
3 pounds cubed beef stew meat
6 cups water
1 (11.5 ounce) can tomato-vegetable juice cocktail
1/2 cup chopped onion
1 tablespoon Worcestershire sauce
1/4 teaspoon chili powder
1 tablespoon salt
2 cubes beef bouillon, crumbled
4 carrots, cut into 2 inch pieces
1 cup chopped celery
4 potatoes, peeled and cubed

Directions

In a large pot over medium heat, melt lard. Cook beef in fat until brown on all sides; drain. Pour in water and tomato-vegetable juice cocktail. Stir in onion, Worcestershire, chili powder, salt and bouillon. Bring to a boil, then reduce heat, cover and simmer 2 hours.

Stir in carrots, celery and potatoes and cook 20 to 40 minutes more, until vegetables have reached the desired tenderness.

Corn Beef Ball

Ingredients

1 (8 ounce) package cream cheese, softened
2 cups shredded Cheddar cheese
1 (12 ounce) can corned beef
2 teaspoons prepared horseradish
1 1/2 teaspoons prepared mustard
1 1/2 teaspoons Worcestershire sauce
3 tablespoons lemon juice
3/4 cup sweet pickle relish

Directions

Combine cream cheese, Cheddar cheese, corned beef, horseradish, mustard, Worcestershire sauce, lemon juice, and sweet pickle relish in a medium size bowl. Using an electric mixer, mix at a medium speed until mixture is smooth. Shape the mixture into a ball. Refrigerate until ready to eat.

Cheesy Beef Taco Salad

Ingredients

1 1/2 pounds ground beef
1 1/2 cups chopped onion
1 cup diced celery
1 cup diced green pepper
2 garlic cloves, minced
1 pound process cheese (eg. Velveeta), cubed
1 (10 ounce) can diced tomatoes and green chilies, undrained
2 teaspoons chili powder
2 teaspoons ground cumin
1 1/2 cups crushed corn chips
Shredded lettuce
chopped green onions
2 large tomatoes, cut into wedges

Directions

In a large skillet, cook the beef, onion, celery, green pepper and garlic over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the cheese, tomatoes, chili powder and cumin. Cook and stir over low heat until cheese is melted. Stir in corn chips.

Line six salad plates with lettuce; sprinkle with green onions. Top each with 1 cup beef mixture. Garnish with tomato wedges.

Corned Beef Waffles

Ingredients

2 eggs
1 1/4 cups milk
2 teaspoons cooking oil
1 1/2 cups all-purpose flour
1 pinch salt
2 teaspoons baking powder
1/2 (12 ounce) can corned beef,
broken into pieces

Directions

Preheat waffle iron.

In a medium bowl, mix together the eggs, milk and oil. Combine the flour, salt and baking powder; stir into the milk mixture until it makes a smooth batter. Stir in corned beef.

Spoon batter onto your waffle iron, close the lid, and cook until the waffle iron stops steaming and waffles are golden. Serve hot with butter.

Beef Crostini Sandwiches

Ingredients

1/3 cup olive oil
3 tablespoons Kikkoman Lite Soy Sauce
3/4 cup thinly sliced red onion
1/2 cup fresh parsley leaves, packed
1 loaf Italian bread
3/4 pound thinly sliced roast beef
2 tablespoons grated Parmesan cheese

Directions

Thoroughly blend oil and lite soy sauce; remove and reserve 1/4 cup. Pour remaining mixture over onion and parsley in small bowl; stir to coat all pieces well. Let stand 15 minutes, stirring occasionally.

Meanwhile, cut bread into 12 slices, each 1/2 inch thick. Lightly brush both sides of bread with reserved soy sauce mixture; place on large baking sheet.

Broil 1 to 2 minutes on each side, or until golden. Drain onion mixture; set aside. Cover each bread slice with roast beef and then onion mixture. Sprinkle cheese evenly over onion mixture; serve immediately.

Beefy Baked Ravioli

Ingredients

1 pound ground beef
1/2 (25 ounce) package frozen cheese ravioli
1 (14 ounce) jar spaghetti sauce
1 (14.5 ounce) can diced tomatoes, drained
1 cup shredded mozzarella cheese
1 cup shredded Monterey Jack cheese
1 tablespoon grated Parmesan cheese

Directions

Preheat the oven to 450 degrees F (230 degrees C).

Crumble the ground beef into a large skillet over medium-high heat. Cook and stir until no longer pink. Drain grease, then stir in the spaghetti sauce and tomatoes.

Spread 1/3 of the sauce in the bottom of an 11x7 inch baking dish. Arrange 1/2 of the ravioli over the sauce. Sprinkle 1/2 of the mozzarella cheese and 1/2 of the Monterey Jack cheese over the ravioli. Repeat layers, ending with the last of the sauce on top. Cover with aluminum foil.

Bake for 30 minutes in the preheated oven. Sprinkle Parmesan cheese over the top before serving.

Beef Enchiladas I

Ingredients

1 cup chopped onion
1 pound sirloin steak, cut into bite size strips
1 teaspoon minced garlic
2 (7 ounce) cans diced green chile peppers
4 cups tomato sauce, divided
2 teaspoons chili powder
1 (12 ounce) package corn tortillas
1/2 cup fresh salsa
3/4 cup chopped black olives, drained
2 cups shredded Cheddar cheese
1/2 cup sour cream
1/3 cup chopped green onion

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

In a skillet over medium heat, saute onions until almost translucent. Stir in beef, garlic, and chile peppers, and continue cooking until the meat is no longer pink. Pour in the tomato sauce and chili powder. Mix thoroughly and heat through. Remove from heat.

Spoon a little of the meat mixture into a corn tortilla and add small amounts of salsa, Cheddar cheese and olives. Fold the tortilla up and place in the prepared casserole dish. Repeat for the remaining tortillas using up all of the meat mixture. Reserve 1/2 cup of Cheddar cheese for topping.

Pour the other half of the tomato sauce and sour cream over all of the tortillas. Top with green onions and 1/2 cup of reserved Cheddar cheese.

Bake 30 minutes in the preheated oven, or until hot and bubbly.

Beef Taco Bake

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1 cup Pace® Chunky Salsa or
Pace® Picante Sauce
1/2 cup milk
6 (6 inch) corn tortillas, cut into 1-
inch pieces
1 cup shredded Cheddar cheese

Directions

Cook beef in medium skillet over medium-high heat until beef is browned, stirring to separate meat. Pour off fat.

Add soup, salsa, milk, tortillas and half the cheese. Spoon into 2-quart shallow baking dish. Cover.

Bake at 400 degrees F for 30 minutes or until hot. Sprinkle with remaining cheese.

Asian Beef with Snow Peas

Ingredients

3 tablespoons soy sauce
2 tablespoons rice wine
1 tablespoon brown sugar
1/2 teaspoon cornstarch
1 tablespoon vegetable oil
1 tablespoon minced fresh ginger root
1 tablespoon minced garlic
1 pound beef round steak, cut into thin strips
8 ounces snow peas

Directions

In a small bowl, combine the soy sauce, rice wine, brown sugar and cornstarch. Set aside.

Heat oil in a wok or skillet over medium high heat. Stir-fry ginger and garlic for 30 seconds. Add the steak and stir-fry for 2 minutes or until evenly browned. Add the snow peas and stir-fry for an additional 3 minutes. Add the soy sauce mixture, bring to a boil, stirring constantly. Lower heat and simmer until the sauce is thick and smooth. Serve immediately.

Mild Thai Beef with a Tangerine Sauce

Ingredients

1 (8 ounce) package dry Chinese noodles
1/4 cup hoisin sauce
1/4 cup dry sherry
1 teaspoon tangerine zest
1/4 teaspoon ground ginger
4 teaspoons vegetable oil
1 pound flank beef steak, cut diagonally into 2 inch strips
2 teaspoons vegetable oil
1/2 small butternut squash - peeled, seeded, and thinly sliced
1 cup sliced fresh mushrooms
1 large red onion, cut into 2 inch strips
3 cups cabbage, thinly sliced
1 tangerine, sectioned and seeded

Directions

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the noodles, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 5 minutes. Drain, rinse, and set aside.

Whisk together the hoisin sauce, sherry, tangerine zest, and ground ginger in a small bowl.

Heat 2 teaspoons vegetable oil in a large wok or skillet over high heat. Add one half of the beef slices to the pan; cook, stirring constantly, until the meat is nicely browned, 2 to 3 minutes. Remove meat to a platter with a slotted spoon. Repeat with the remaining beef.

Heat the remaining 2 teaspoons of oil in the pan. Stir in the butternut squash, mushrooms, and onion. Cook, stirring constantly, until vegetables are crisp-tender and slightly brown on the edges, 5 to 7 minutes. Add the cabbage, and cook and stir until slightly wilted, about 2 additional minutes.

Reduce the heat to medium. Stir the cooked beef, tangerine sections, and hoisin mixture into the vegetables. Cook until heated through, 2 to 3 minutes. Serve over Chinese noodles.

Jerk-Spiced Beef Sirloin

Ingredients

2 cups Swanson® Beef Broth or Swanson® 50% Less Sodium Beef Broth
1/4 cup olive oil
3 tablespoons Jamaican jerk seasoning
2 tablespoons balsamic vinegar
3 cloves garlic, minced
3 pounds boneless beef top loin or beef sirloin steak
1 tablespoon lemon juice
1 tablespoon chopped fresh cilantro leaves

Directions

Stir the broth, oil, seasoning, vinegar and garlic in a 2-quart shallow, nonmetallic dish or resealable gallon-size plastic bag. Add the steak and turn it over to coat with the marinade. Cover the dish or seal the plastic bag and refrigerate it for 8 hours, turning the steak over a few times while it's marinating.

Lightly oil the grill rack and heat the grill to medium. Remove the steak from the marinade and pour the marinade in a 1-quart saucepan.

Heat the marinade over medium-high heat to a boil. Reduce the heat to low. Cook for 10 minutes. Stir in the lemon juice and cilantro. Keep warm.

Grill the steak for 28 minutes for medium-rare or to desired doneness. Let stand for 10 minutes before slicing. Serve the lemon-cilantro sauce with the steak.

Sesame Beef

Ingredients

1 pound round steak
4 tablespoons soy sauce
4 tablespoons white sugar
4 tablespoons vegetable oil
2 cloves garlic, minced
2 green onions, chopped
2 tablespoons sesame seeds

Directions

Mix soy sauce, sugar, oil, garlic, and onions in a large bowl. Set aside.

Cut steak into strips and add to bowl. Cover and refrigerate overnight, or at least 30 minutes.

Cook in wok or frying pan until brown, about 5 minutes. Add sesame seeds and cook for additional 2 minutes.

PHILLY Slow-Cooker Beef Stroganoff

Ingredients

1 pound cubed stewing beef
1 cup chopped onions
1 cup chopped mushrooms
1/2 cup beef broth
1/2 cup PHILADELPHIA Herb &
Garlic Cream Cheese Spread
1 tablespoon flour
225 grams fettuccine, cooked,
drained

Directions

Mix meat, onions and mushrooms in slow cooker.

Add broth; stir. Cover. Cook on LOW for 6 to 8 hours (or on HIGH for 3 to 4 hours).

Combine cream cheese spread and flour. Add to meat mixture just before serving; stir until cream cheese is completely melted and mixture is well blended. Add to hot pasta; toss to coat.

Beef Jerky

Ingredients

1 pound eye of round
1/4 cup soy sauce
1/2 teaspoon ground black pepper
1 teaspoon brown sugar
1 teaspoon hot pepper sauce

Directions

In a medium bowl, combine the soy sauce, ground black pepper and brown sugar to taste. Mix well and add the steak slices. Place entire mixture with meat into a sealed plastic container and refrigerate for 12 to 24 hours.

In the oven, place one oven rack on the highest rack setting and one rack on the lowest setting. Place a piece of aluminum foil OR a baking sheet on the lowest rack, to catch any drippings.

Preheat oven to 160 degrees F (70 degrees C).

Insert a wooden toothpick through the end of each slice of meat, and suspend each slice from the top rack in the oven, using the toothpick as a support for the slice.

Bake at 160 degrees F (70 degrees C) with the oven door propped open to allow moisture to escape. Bake for 6 to 8 hours depending on thickness of slices. Jerky should bend, and not snap.

Grilled Beef Tenderloin with Herb-Garlic-Pepper

Ingredients

1 (5 pound) whole beef tenderloin
6 tablespoons olive oil
8 large garlic cloves, minced
2 tablespoons minced fresh rosemary
1 tablespoon dried thyme leaves
2 tablespoons coarsely ground black pepper
1 tablespoon salt

Directions

Prepare beef: Trim off excess fat with a sharp knife. Fold thin tip end under to approximate the thickness of the rest of the roast. Tie with butcher's twine, then keep tying the roast with twine every 1 1/2 to 2 inches (to help the roast keep its shape). Snip silverskin with scissors to keep roast from bowing during cooking. Then, mix oil, garlic, rosemary, thyme, pepper and salt; rub over roast to coat. Set meat aside.

Either build a charcoal fire in half the grill or turn all gas burners on high for 10 minutes. Lubricate grate with an oil-soaked rag using tongs. Place beef on hot rack and close lid; grill until well-seared, about 5 minutes. Turn meat and close lid; grill until well-seared on second side, another 5 minutes.

Move meat to the charcoal grill's cool side, or turn off burner directly underneath the meat and turn remaining one or two burners (depending on grill style) to medium. Cook until a meat thermometer inserted in the thickest section registers 130 degrees for rosy pink, 45 to 60 minutes, depending on tenderloin size and grill. Let meat rest 15 minutes before carving.

Mustard Glazed Corned Beef

Ingredients

1 (5 1/2 pound) corned beef
brisket
2 tablespoons pickling spice
1/2 cup light corn syrup
2 teaspoons prepared yellow
mustard, or to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place the corned beef brisket into a Dutch oven, and season with pickling spice. Fill with enough water to cover the roast, and place the lid on.

Bake for 2 1/2 hours in the preheated oven. Then, remove it from the Dutch oven and place on a broiler pan. Preheat the oven's broiler.

While the meat is roasting, mix together the corn syrup and mustard in a small saucepan. Bring to a boil, and cook over medium heat until slightly thickened, about 5 minutes.

Spread the mustard glaze over the roast, and broil for 5 to 7 minutes, until the glaze is shiny.

Da Beef Lover's Half Time Stuffed Meatloaf

Ingredients

1 cup instant rice
2 pounds ground beef sirloin
1 pound ground beef round
1 egg
1 onion, chopped
1 large green bell pepper, seeded and chopped
1 (4 ounce) can mushrooms, drained
garlic powder to taste
salt and ground black pepper to taste
1 cup grated Parmesan cheese
1 (12 fluid ounce) can spinach, drained
1/4 pound thinly sliced deli ham
1/4 pound thinly sliced salami
1/4 pound thinly sliced Swiss cheese

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a shallow roasting pan. Prepare instant rice according to package directions.

In a large bowl, mix together ground sirloin, ground round, egg, chopped onion, green pepper, mushrooms and cooked rice. Season with garlic powder, salt and pepper.

On clean counter top, arrange sheets of wax paper approximately 1 1/2 feet long by 1 foot wide. Place meat mixture on wax paper, and flatten into a large square, about 1/2 inch thick (the thinner the better). Sprinkle with more garlic powder, then layer with parmesan, spinach, ham, salami and Swiss cheese. Using the wax paper, roll the meat as tightly as possible while removing the wax paper as you go. Tuck the two open ends into the meatloaf itself, and with hands lightly coated in vegetable oil, shape into a loaf. While lifting with the wax paper, transfer to shallow roasting pan, then slide wax paper out from underneath.

Bake in preheated oven for 1 hour and 10 minutes, or until meat is no longer pink and juices run clear. Allow to cool 15 minutes before serving.

Christmas Eve Beef Stew

Ingredients

2 1/2 pounds beef stew meat,
diced into 1 inch pieces
1 (28 ounce) can stewed
tomatoes, with juice
1 cup chopped celery
4 carrots, sliced
3 potatoes, cubed
3 onions, chopped
3 1/2 tablespoons tapioca
2 cubes beef bouillon
1/8 teaspoon dried thyme
1/8 teaspoon dried rosemary
1/8 teaspoon dried marjoram
1/4 cup red wine
2 cups water
1 (10 ounce) package frozen green
peas, thawed

Directions

Preheat the oven to 250 degrees F (120 degrees C).

Place beef, tomatoes, celery, carrots, potatoes, onions, and tapioca into a Dutch oven. Season with beef bouillon, thyme, rosemary, and marjoram, and stir in red wine and water. Place the lid on the Dutch oven.

Bake for 5 to 6 hours in the preheated oven. Add peas during last half hour of cooking.

Vegetable Beef Soup

Ingredients

1 pound boneless beef sirloin steak, cut into 1/2 inch cubes
1/4 teaspoon pepper, divided
2 teaspoons olive or canola oil
2 (14.5 ounce) cans beef broth
2 cups peeled, cubed potatoes
1 1/4 cups water
2 medium carrots, sliced
1 tablespoon onion soup mix
1 tablespoon dried basil
1/2 teaspoon dried tarragon
2 tablespoons cornstarch
1/2 cup white wine or additional beef broth

Directions

Sprinkle steak with 1/8 teaspoon pepper. In a Dutch oven, brown steak in batches in oil over medium heat. Add the broth, potatoes, water, carrots, onion soup mix, basil, tarragon and remaining pepper; bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until vegetables are tender. In a small bowl, combine the cornstarch and wine or additional broth until smooth; stir into soup. Bring to a boil; cook and stir for 2 minutes or until thickened.

Corned Beef Bagel Dip

Ingredients

3/4 cup mayonnaise
3/4 cup sour cream
2 (2.5 ounce) packages thinly
sliced deli corned beef, chopped
1/4 cup chopped onion
1 tablespoon minced fresh parsley
1/2 teaspoon seasoned salt
1 teaspoon prepared horseradish
(optional)
3 bagels, cut into bite-size pieces

Directions

In a bowl, combine mayonnaise and sour cream. Stir in the corned beef, onion, parsley, seasoned salt and horseradish if desired. Serve with bagel pieces.

One-Dish Beef Stroganoff and Noodles

Ingredients

3/4 pound boneless beef top round steak, 3/4 inches thick
1 (10.75 ounce) can Campbell's® Healthy Request® Condensed Cream of Mushroom Soup
1 (14 ounce) can Swanson® Beef Broth
1/2 cup water
1 medium onion, sliced
3 cups uncooked medium egg noodles
1/2 cup plain yogurt
Chopped fresh parsley

Directions

Slice beef into very thin strips.

Cook beef in nonstick skillet until browned, stirring often. Remove beef.

Add soup, broth, water and onion. Heat to a boil. Stir in noodles. Cook over low heat 10 minutes or until noodles are done, stirring often. Stir in yogurt. Return beef to skillet and heat through. Garnish with parsley.

Baked Beefy Onion Soup

Ingredients

1 1/2 pounds meaty beef soup bones
2 quarts water
1 medium carrot, quartered
4 black peppercorns
3 teaspoons beef bouillon granules
2 sprigs fresh parsley
2 large onions, thinly sliced
1/4 cup butter
6 (1/2 inch thick) slices French bread
6 slices Swiss cheese

Directions

In a soup kettle, combine the first six ingredients. Bring to a boil over medium-high heat. Reduce heat; cover and simmer for 3 hours. Strain the broth, discarding soup bones, carrot and seasoning; skim fat.

Meanwhile, in a large skillet, saute the onions in butter over medium heat for 30 minutes or until golden brown. Divide the onions among six oven proof bowls. Ladle about 1 cup broth onto each. Top each with a slice of bread and Swiss cheese. Bake at 350 degrees F for 50-55 minutes or until golden brown.

Beef Mushroom Stroganoff

Ingredients

1 tablespoon vegetable oil
1 1/2 pounds boneless beef sirloin
steak or top round steak, cut into
strips
2 tablespoons chopped onions
1/4 teaspoon minced garlic
1/8 teaspoon dried parsley flakes
3 cups cut-up mushrooms (white,
shiitake, portobello)
1 3/4 cups Swanson® Beef Broth
(Regular, 50% Less Sodium or
Certified Organic)
1/2 cup dry red wine
1 cup sour cream
3 tablespoons all-purpose flour
Hot cooked egg noodles
freshly ground black pepper
(optional)

Directions

Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook in batches until it's well browned, stirring often. Add the onion, garlic, parsley and mushrooms and cook until the mushrooms are tender. Remove the beef mixture from the skillet. Stir the broth and wine in the skillet and heat to a boil. Reduce the heat to medium.

Stir the sour cream and flour in a small bowl. Add the sour cream mixture to the skillet. Cook and stir until the mixture boils and thickens. Return the beef mixture to the skillet and cook until hot. Serve over the noodles with the black pepper, if desired.

Herbed Beef and Vegetable Skillet

Ingredients

1 pound boneless beef sirloin steak or beef top round steak
2 tablespoons vegetable oil
3 medium medium carrots, sliced thin diagonally
1 medium onion, chopped
2 cloves garlic, minced
1/2 teaspoon dried thyme leaves, crushed
1 (10.75 ounce) can Campbell's® Condensed Golden Mushroom Soup
1/4 cup water
2 teaspoons Worcestershire sauce
1/8 teaspoon ground black pepper
Hot cooked noodles

Directions

Slice beef into very thin strips.

Heat 1 tablespoon oil in large skillet over medium-high heat. Add beef and cook until browned, stirring often. Remove beef.

Add remaining oil to skillet and heat over medium heat. Add carrots, onion, garlic and thyme and cook until carrots are tender-crisp, stirring often.

Add soup, water, Worcestershire and black pepper. Return beef to pan and heat through. Serve over noodles.

Old-Fashioned Beef Stew

Ingredients

1 pound lean beef chuck, trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 teaspoons vegetable oil
2 onions, thinly sliced
2 cups fresh sliced mushrooms
2 cloves garlic, minced
2 teaspoons tomato paste
2 cups beef broth
4 cups sliced carrots
2 russet potatoes, sliced into 1/4 inch slices
1 cup chopped fresh green beans
1 tablespoon cornstarch
1 tablespoon cold water
1/4 cup chopped parsley

Directions

Coat beef with flour, shaking off excess. In a large nonstick stock pot, heat oil over medium-high heat, add beef and saute until brown, approximately 6 minutes. Remove beef from stock pot and set aside.

Add onions and mushrooms to stock pot and saute for 6 minutes. Add garlic and saute for 1 minute, continually stirring.

Skim off fat any fat from the stock pot and return cooked beef to pot; stir in tomato paste and broth. Add enough water to just cover ingredients and bring to a boil. Reduce heat to low and simmer until beef is tender, about 1 hour and 15 minutes.

Skim off any foam that has accumulated on the surface of stew and add carrots, potatoes and green beans. Cover partially and simmer for 15 minutes.

In a small mixing bowl, mix cornstarch and cold water. Stir mixture into stew. Increase heat and boil uncovered for 1 minute. Sprinkle with parsley and serve.

Thai Beef Salad

Ingredients

2 green onions, chopped
1 lemon grass, cut into 1 inch pieces
1 cup chopped fresh cilantro
1 cup chopped fresh mint leaves
1 cup lime juice
1/3 cup fish sauce
1 tablespoon sweet chili sauce
1/2 cup white sugar
1 1/2 pounds (1 inch thick) steak fillet
1 head leaf lettuce - rinsed, dried and torn into bite-size pieces
1/2 English cucumber, diced
1 pint cherry tomatoes

Directions

In a large bowl, stir together the green onions, lemon grass, cilantro, mint leaves, lime juice, fish sauce, chili sauce and sugar until well combined and the sugar is dissolved. Adjust the flavor, if desired, by adding more sugar and/or fish sauce. Set aside.

Cook the steak over high heat on a preheated grill for approximately 4-6 minutes on each side, until it is cooked medium. Do not overcook the meat! Remove from heat and slice into thin strips. Add the meat and its juices to the sauce and refrigerate, tightly covered, for at least 3 hours.

Tear the lettuce into bite size pieces and place in a salad bowl. Arrange the cucumber on top of the lettuce, and then pour the meat and sauce over. Top with the cherry tomatoes and garnish with fresh cilantro leaves.

Swen's Smokehouse Beef Jerky

Ingredients

2 cups soy sauce
1 cup Worcestershire sauce
1 cup cranberry-grape juice
1 cup teriyaki sauce (such as Soy VayB®)
1 tablespoon hot pepper sauce (such as TabascoB®)
2 tablespoons steak sauce (such as A1B®)
1 cup light brown sugar
1/2 teaspoon ground black pepper, or to taste
2 pounds flank steak, cut into 1/4 inch slices against the grain
4 cups wood chips, or as needed

Directions

Whisk together the soy sauce, Worcestershire sauce, cranberry-grape juice, teriyaki sauce, hot sauce, steak sauce, brown sugar, and black pepper in a bowl, and pour into a resealable plastic bag. Add the flank steak, coat with the marinade, squeeze out excess air, and seal the bag. Marinate in the refrigerator for 8 to 10 hours.

Remove the flank steak from the marinade and wipe off the excess. Place the flank steak onto the wire racks of the smoker. It is ok if the meat is touching, but to not stack.

Place the racks into a smoker, and smoke according to manufacturer's directions, using 4 pans of wood chips (1 pan per hour) until the jerky has dried and will break when bent, 6 to 8 hours.

Roast Beef Horseradish Roll-Ups

Ingredients

2 (8 ounce) packages fat-free cream cheese, softened
3 1/2 tablespoons prepared horseradish
3 tablespoons Dijon-style mustard
12 (12 inch) flour tortillas
30 spinach leaves, washed with stems removed
1 1/2 pounds thinly sliced cooked deli roast beef
8 ounces shredded Cheddar cheese

Directions

Beat the cream cheese, horseradish, and mustard together in a bowl until well blended.

Spread a thin layer of the cream cheese mixture over each tortilla. Arrange spinach leaves evenly over the tortillas. Place two slices of roast beef over the cream cheese. Sprinkle with Cheddar cheese, dividing evenly between tortillas. Starting at one end, gently roll up each tortilla into a tight tube. Wrap with aluminum foil or plastic wrap to keep the rolls tight. Refrigerate at least 4 hours.

To serve for lunch, unwrap and slice into 2 or 3 pieces. Only cut the rolls you will be using that day so the others do not dry out. To serve for parties, unwrap and slice the rolls diagonally into 1 inch sections, and arrange on a serving platter.

Easy Beef Stroganoff

Ingredients

1 pound ground beef
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1 cube beef bouillon
1 medium onion, chopped
8 ounces fresh mushrooms, sliced
1 pint sour cream
4 ounces egg noodles, cooked and drained

Directions

In a large skillet brown beef in oil over medium high heat. When meat is browned, drain excess fat from skillet. Add garlic powder, salt and pepper and stir in.

Add bouillon, onion and mushrooms to skillet and saute until onions are translucent. Remove from heat (very important) and add sour cream. Stir all together and serve over hot cooked egg noodles.

Ginger Beef Curry (Slow Cooker Version)

Ingredients

1/4 cup all-purpose flour
2 1/2 pounds lean boneless beef chuck, cut into 1/2 by 2 inch strips
2/3 cup water
1/3 cup tomato paste
2 large onions, finely chopped
3 tablespoons grated fresh ginger
6 cloves garlic, minced
1 (2 inch) piece cinnamon stick
1 teaspoon ground turmeric
1 teaspoon ground paprika
2 tablespoons ground cumin
1 tablespoon ground coriander
1 teaspoon ground cardamom
1/2 teaspoon ground cloves
1/2 teaspoon ground cayenne pepper
1/4 teaspoon ground nutmeg
salt to taste
1/3 cup chopped fresh cilantro

Directions

Place beef and flour in a large, resealable plastic bag. Shake to coat beef with flour. In a small bowl, mix tomato paste and water.

In a large slow cooker, combine onions, ginger, garlic, cinnamon stick, turmeric, and paprika. Place beef on onions, and sprinkle with cumin, coriander, cardamom, cloves, cayenne pepper, and nutmeg. Pour tomato paste mixture over meat. Cover, and cook on LOW setting until beef is very tender, about 8 to 9 hours.

When ready to serve, season to taste with salt, and stir in cilantro.

Barbecued Beef Ribs for Two

Ingredients

2 pounds beef back ribs
1/2 cup ketchup
2 tablespoons finely chopped onion
2 garlic cloves, minced
2 tablespoons vinegar
1 tablespoon brown sugar
1/2 teaspoon chili powder
1/2 teaspoon Worcestershire sauce
1/8 teaspoon garlic powder
1 dash hot pepper sauce

Directions

Cut ribs into serving-size pieces; place in a large kettle and cover with water. Simmer, uncovered, for 50-60 minutes or until tender. Meanwhile, combine remaining ingredients in a small saucepan. Simmer, uncovered, for 10 minutes. Drain ribs; place in a greased shallow 2-qt. baking dish. Cover with sauce. Bake, uncovered, at 350 degrees F for 50-60 minutes.

Hot Chipped Beef Dip

Ingredients

1/2 cup chopped onion
2 tablespoons butter
2 tablespoons white wine
1/2 cup sour cream
1/2 cup mayonnaise
1 (8 ounce) package cream
cheese, softened
1 (2 ounce) package dried beef,
chopped
1/2 cup chopped pecans

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet, saute onion in butter over a medium-low heat until the onion is tender. Add white wine and simmer for 2 minutes.

Mix sour cream, mayonnaise, cream cheese, and dried beef into the skillet. Stir continuously until all of the ingredients are melted together. Pour the mixture into an 8 inch baking dish and top with the pecans.

Bake for 15 to 20 minutes.

Beef Stroganoff with Noodles

Ingredients

2 tablespoons vegetable oil
1 1/2 pounds beef stew meat, cut into 1/2 inch pieces
1/2 pound bacon, cut into 1/4 inch pieces
1/2 onion, diced
3 strips celery, diced
2 tablespoons seasoning salt
1/4 cup Worcestershire sauce
3 (14 ounce) cans beef broth
1 (8 ounce) package dry egg noodles
1 teaspoon butter
2 (4 ounce) cans sliced mushrooms
1/4 cup cornstarch
1/3 cup cold water
1 (8 ounce) container sour cream

Directions

In a large Dutch oven heat the oil over high heat and brown the cubed stew meat. Remove from pan. In the same pan, saute the bacon, onion and celery until onions are translucent and bacon is fully cooked. Return the browned stew meat to the pan.

Stir in seasoning salt, Worcestershire sauce and beef broth. Bring to a boil, then cover and reduce the heat to medium. Simmer for 1 to 1 1/2 hours or until meat is fork tender.

Bring a large pot of lightly salted water to a boil. Add the egg noodles and cook for 8 to 10 minutes or until al dente; drain.

In a skillet, melt the butter over medium heat and saute the mushrooms for 3 to 4 minutes. Add the mushrooms to the meat mixture.

Bring the meat mixture to a boil. Mix together the cornstarch and the water, and stir into the meat mixture; stirring constantly. Stir in sour cream until creamy serve over the egg noodles.

Hunan Beef Stir-Fry

Ingredients

5 tablespoons soy sauce
2 tablespoons dry sherry
2 teaspoons white sugar
1 teaspoon salt
1 pound flank steak, thinly sliced
1/2 cup COLLEGE INN® Beef Broth
2 tablespoons white wine vinegar
1/4 teaspoon red pepper flakes (to taste)
2 teaspoons cornstarch
2 tablespoons oil
1 clove garlic, minced
1 tablespoon minced fresh ginger
1 cup sliced red bell pepper
1 (8 ounce) can sliced water chestnuts, drained
6 green onions, cut in 2-inch lengths

Directions

Combine 3 tablespoons soy sauce, 1 tablespoon sherry, 1 teaspoon sugar and 1/2 teaspoon salt in medium bowl; add meat and marinate 1 hour.

Combine remaining soy sauce, sherry, sugar and salt with beef broth, vinegar and pepper flakes. Dissolve cornstarch in mixture; set aside.

Heat oil over high heat in skillet or wok. Add meat, garlic and ginger. Stir-fry about 2 minutes. Add bell pepper, water chestnuts and green onions; continue cooking 1 minute.

Add cornstarch mixture. Cook, stirring constantly, until thickened and translucent. Serve over rice, if desired.

Slow and Easy Beef Stock

Ingredients

10 pounds beef soup bones, cut
into pieces
water to cover

Directions

Combine the bones and water in a large stockpot. Bring the mixture to a boil. Maintain a low boil for 24 hours, adding water to keep the bones submerged. Remove and discard the bones. Allow mixture to simmer another 21 to 22 hours. Strain the liquid through a fine-mesh colander and return to the stockpot. Bring to a boil and cook until liquid has reduced to about 2 quarts.

Transfer the stock to heat-safe containers; freeze. Once frozen, there should be three easily-discernable layers. Remove and discard the top-most of those three layers. Thaw remaining portion to use.

Roast Beef and Potato Salad

Ingredients

2 cups cubed cooked roast beef
2 cups cubed peeled potatoes,
cooked
1/2 cup chopped green pepper
1/2 cup thinly sliced celery
1/4 cup chopped onion
2 tablespoons chopped pimientos
1/3 cup vegetable oil
2 tablespoons vinegar
2 teaspoons prepared horseradish
1/2 teaspoon salt
1/8 teaspoon pepper
Lettuce Leaves
2 tablespoons chopped fresh
parsley

Directions

In a large bowl, combine beef, potatoes, green pepper, celery, onion and pimientos. Combine the next five ingredients; mix well. Pour over beef mixture and toss to coat. Cover and refrigerate for at least 1 hour. Serve on lettuce; sprinkle with parsley.

Boyfriend Bait Beef Stroganoff

Ingredients

1 1/2 pounds beef tenderloin, well trimmed, meat cut bite-sized pieces (about 1-inch square)
4 tablespoons butter
1/2 cup finely chopped shallots
2 1/2 cups sliced mushrooms
2 cups canned beef broth
3 teaspoons cornstarch
1 cup sour cream
2 teaspoons Dijon mustard

Directions

Over medium high heat, gently cook beef tenderloin in 2 tablespoons of butter for about 2 minutes, until just seared on all sides. You will still be able to see red. Remove from pan and set aside in a rimmed dish or baking sheet so that you collect the juices.

Return the pan to medium-high heat and cook the shallots and mushrooms in remaining butter until soft and wilted, about 5 minutes. Mix cornstarch into cold beef broth, whisk to blend. Pour into pan, and stir together with shallots and mushrooms until thickened, two or three minutes.

Add sour cream and mustard, stir to blend. Add beef and juices from dish; stir over medium just till warmed through. Salt to taste.

Marinated Beef Sandwiches

Ingredients

1 1/2 cups water
3/4 cup packed dark brown sugar
3/4 cup soy sauce
2 tablespoons lemon juice
3 small onions, sliced
3 garlic cloves, minced
1 1/2 teaspoons ground ginger
1 (4 pound) rump roast
12 sandwich rolls, split

Directions

In a gallon-size resealable plastic bag, combine the first seven ingredients; add roast. Seal bag and turn to coat; refrigerate overnight, turning occasionally. Transfer roast and marinade to a Dutch oven. Cover and bake at 325 degrees F for 2-1/2 to 3 hours or until meat is tender. Thinly slice; serve beef and juice on rolls.

Creamy Chipped Beef Fondue

Ingredients

1 1/3 cups milk
2 (8 ounce) packages cream cheese, softened
3 (2.5 ounce) packages thinly sliced dried beef, chopped
1/4 cup chopped green onions
2 teaspoons ground mustard
1 (1 pound) loaf French bread, cubed

Directions

In a saucepan, heat milk and cream cheese over medium heat; stir until smooth. Stir in beef, onions and mustard; heat through. Transfer to a fondue pot or slow cooker; keep warm. Serve with bread cubes.

Beef 'n' Olive Sandwiches

Ingredients

1 (8 ounce) package cream cheese, softened
2 tablespoons whipping cream
1/2 teaspoon white pepper
1/4 cup chopped dried beef
3 tablespoons sliced stuffed green olives
3 tablespoons chopped walnuts
8 slices bread

Directions

In a mixing bowl, combine the cream cheese, cream and pepper; mix well. Stir in beef, olives and walnuts.

Spread on four slices of bread; top with remaining bread. Freeze. Remove from the freezer at least 4 hours before serving. May be frozen for up to 2 months.

Au Gratin Beef Bake

Ingredients

1 pound ground beef
1 large onion, chopped
2 celery ribs, chopped
1/2 cup chopped green pepper
1 (5.5 ounce) package au gratin instant potato mix
1 (10.75 ounce) can condensed tomato soup, undiluted
1 teaspoon Worcestershire sauce
1 3/4 cups water
2/3 cup milk

Directions

In a large skillet, cook the beef, onion, celery and green pepper until meat is no longer pink and vegetables are tender; drain. In a greased 2-1/2-qt. baking dish, combine beef mixture, potatoes with contents of sauce mix, soup and Worcestershire sauce. Stir in the water and milk. Bake, uncovered, at 400 degrees F for 45-50 minutes or until potatoes are tender.

Luau Beef Tenderloin Steaks

Ingredients

1/4 cup unsweetened pineapple juice
1/4 cup reduced-sodium soy sauce
1/4 cup olive oil
2 tablespoons lemon juice
2 tablespoons cider vinegar
6 garlic cloves, minced
1 tablespoon chopped sweet onion
1 1/2 teaspoons ground mustard
1/2 teaspoon minced fresh parsley
4 (4 ounce) beef tenderloin steaks

Directions

In a small bowl, combine the first nine ingredients. Pour 3/4 cup marinade into a large resealable plastic bag; add the steaks. Seal bag and turn to coat; refrigerate for several hours or overnight. Cover and refrigerate remaining marinade.

Drain steaks and discard marinade. Coat grill rack with nonstick cooking spray before starting the grill. Grill steaks, covered, over medium heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Baste with reserved marinade during the last 2 minutes of cooking.

Beef, Burgundy Style

Ingredients

1 cup beef broth
3 tablespoons all-purpose flour
1 tablespoon tomato paste
1 teaspoon beef demi glace
3 tablespoons bacon drippings
2 pounds beef round, cut into 3 inch pieces
3 tablespoons sherry wine
1 1/2 cups chopped onions
1 cup Burgundy wine
B
Herb Bouquet (Bouquet Garni)
3 sprigs fresh parsley
3 sprigs fresh rosemary
1 sprig fresh thyme
1 bay leaf
B
12 fresh mushrooms, sliced
1/4 cup butter
1 tablespoon chopped fresh parsley, for garnish

Directions

In a small bowl, mix together beef broth, flour, tomato paste and demi glace; set aside.

Heat bacon drippings in a large heavy skillet over medium heat. Add beef, and cook until brown on all sides. Remove beef from skillet; set aside. Stir the sherry wine into the skillet. Add the onions, and cook about 5 minutes. Blend in the tomato paste mixture, and bring to a rapid boil, stirring constantly. Stir in Burgundy wine. Make the herb bouquet: Place parsley, rosemary, thyme, and bay leaf in a square of cheesecloth. Place herb bouquet in sauce.

Return beef to skillet. Cover, and simmer over low heat for about 3 hours, or until beef is tender.

Melt butter in a small skillet over medium heat. Saute mushrooms until lightly browned. Add to meat in the skillet, and continue cooking 15 minutes. Discard bouquet garni. Serve in a casserole dish, sprinkled with parsley.

Beefy Pasta Skillet

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (10.75 ounce) can
Campbell's® Condensed
Tomato Soup (Regular or 25%
Less Sodium)
1/4 cup water
1 tablespoon Worcestershire
sauce
1/2 cup shredded Cheddar
cheese
2 cups cooked corkscrew-shaped
pasta or elbow pasta

Directions

Cook beef and onion in skillet until browned. Pour off fat.

Add soup, water, Worcestershire, cheese and pasta and heat through.

Roast Beef Pizza

Ingredients

1/4 cup olive or vegetable oil
2 tablespoons cider or red wine vinegar
2 garlic cloves, minced
3/4 teaspoon salt
1/4 teaspoon pepper
2 cups chopped cooked roast beef
1 medium onion, sliced
1 medium green or sweet red pepper, julienned
1 cup sliced mushrooms
1 (1 pound) loaf frozen bread dough, thawed

Directions

In a large resealable plastic bag or shallow glass dish, combine oil, vinegar, garlic, salt and pepper. Add beef, onion, green pepper and mushrooms; toss to coat. Refrigerate for at least 2 hours.

Meanwhile, let dough rise at room temperature for 1 hour. Punch dough down and roll into a 14-in. circle. Transfer to a greased 14-in. circle. Transfer to a greased 14-in. pizza pan. Drain and discard marinade; arrange beef and vegetables over crust. Bake at 375 degrees F for 30-40 minutes.

Beef Tamales

Ingredients

4 pounds boneless chuck roast
4 cloves garlic
3 (8 ounce) packages dried corn husks
4 dried ancho chiles
2 tablespoons vegetable oil
2 tablespoons all-purpose flour
1 cup beef broth
1 teaspoon cumin seeds
1 teaspoon ground cumin
2 cloves garlic, minced
2 teaspoons chopped fresh oregano
1 teaspoon red pepper flakes
1 teaspoon white vinegar
salt to taste
3 cups lard
1 tablespoon salt
9 cups masa harina

Directions

Place beef and garlic in a large pot. Cover with cold water and bring to a boil over high heat. As soon as water boils, reduce heat to a simmer and cover pot. Let simmer for 3 1/2 hours, until beef is tender and shreds easily. When beef is done, remove from pot, reserving 5 cups cooking liquid and discarding garlic. Allow meat to cool slightly, and shred finely with forks.

Meanwhile, place corn husks in a large container and cover with warm water. Allow to soak for 3 hours, until soft and pliable. May need to weight down with an inverted plate and a heavy can.

Toast ancho chiles in a cast iron skillet, making sure not to burn them. Allow to cool and then remove stems and seeds. Crumble and grind in a clean coffee grinder or with a mortar and pestle.

Heat oil in a large skillet. Mix in flour and allow to brown slightly. Pour in 1 cup beef broth and stir until smooth. Mix in ground chiles, cumin seeds, ground cumin, minced garlic, oregano, red pepper flakes, vinegar and salt. Stir shredded beef into skillet and cover. Let simmer 45 minutes.

Place lard and salt in a large mixing bowl. Whip with an electric mixer on high speed until fluffy. Add masa harina and beat at low speed until well mixed. Pour in reserved cooking liquid a little at a time until mixture is the consistency of soft cookie dough.

Drain water from corn husks. One at a time, flatten out each husk, with the narrow end facing you, and spread approximately 2 tablespoons masa mixture onto the top 2/3 of the husk. Spread about 1 tablespoon of meat mixture down the middle of the masa. Roll up the corn husk starting at one of the long sides. Fold the narrow end of the husk onto the rolled tamale and tie with a piece of butchers' twine.

Place tamales in a steamer basket. Steam over boiling water for approximately one hour, until masa is firm and holds its shape. Make sure steamer does not run out of water. Serve immediately, allowing each person to unwrap their own tamales. Allow any leftovers (still in husks) to cool, uncovered, in the refrigerator.

Tangy Barbecued Beef

Ingredients

1 1/2 cups ketchup
1/2 cup water
2 tablespoons brown sugar
2 tablespoons chopped onion
2 tablespoons lemon juice
1 tablespoon cider vinegar
1 tablespoon Worcestershire sauce
1/2 teaspoon minced garlic
1/4 teaspoon ground mustard
1/4 teaspoon hot pepper sauce
Dash pepper
3 cups thinly sliced deli roast beef, cut into strips
6 sandwich rolls, split

Directions

In a large saucepan, combine the first 11 ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes, stirring occasionally. Stir in beef; cover and simmer 5-10 minutes longer or until heated through. Serve on rolls.

Quick Beef Pizza

Ingredients

1 pound ground beef
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1 (12 inch) pre-baked thin pizza
crust
1 (8 ounce) package shredded
Cheddar cheese

Directions

Preheat oven to 425 degrees F (220 degrees C).

Place beef in a skillet over medium heat, and cook until evenly brown. Drain grease.

Spread cream of mushroom soup over the pizza crust. Layer cooked beef over the soup, and top with cheese.

Bake 15 minutes in the preheated oven, until cheese is melted and pizza is heated through.

Molasses-Beef Curry

Ingredients

1/2 cup all-purpose flour
1/4 teaspoon salt
1 dash ground black pepper
1 pound cubed beef stew meat
1 tablespoon olive oil
1 onion, diced
3 cups beef stock
2 bay leaves
2 tablespoons curry powder
2 carrots, diced
1/4 cup rice vinegar
1 tablespoon molasses
3 potatoes, cut into 1/4 inch cubes

Directions

Combine flour, salt, and pepper in a bowl, then add beef, tossing to coat. Shake off excess flour. Heat the olive oil in a large skillet over medium-high heat. Cook and stir onions and beef until browned. Stir in beef stock, bay leaves, and curry powder. Bring to a boil, then reduce heat and simmer for 30 minutes. Stir in carrots, rice vinegar, molasses, and potatoes and simmer for an additional hour until tender.

Orange Peel Beef

Ingredients

1 1/2 pounds beef top sirloin, thinly sliced
1 tablespoon low-sodium soy sauce
1 tablespoon cornstarch
1 teaspoon dark sesame oil
1/2 teaspoon baking soda

1 tablespoon low-sodium soy sauce
2 tablespoons frozen orange juice concentrate, thawed
1 tablespoon rice vinegar
1 teaspoon dark sesame oil
1 tablespoon brown sugar
1 teaspoon cornstarch

1 tablespoon peanut oil
3 cloves garlic, minced
1 tablespoon minced fresh ginger root
1 tablespoon finely shredded orange zest
1/4 teaspoon red pepper flakes

Directions

Combine the beef, 1 tablespoon of soy sauce, 1 tablespoon cornstarch, 1 teaspoon sesame oil, and baking soda in a bowl and mix thoroughly. Cover and refrigerate 1 to 3 hours.

Heat peanut oil in a wok or large, nonstick skillet over high heat. Stir in garlic, ginger, orange zest, and red pepper flakes, and cook until the garlic begins to brown, 20 to 30 seconds. Add the beef; cook and stir until the beef begins to brown and crisp, about 5 minutes. Whisk together 1 tablespoon soy sauce, orange juice concentrate, rice vinegar, 1 teaspoon sesame oil, brown sugar, and 1 teaspoon cornstarch in a small bowl. Stir into the beef, and cook until the sauce has thickened and turned clear, about 30 seconds.

Beef Tacos

Ingredients

18 medium taco shells
2 pounds lean ground beef
1 (14 ounce) bottle ketchup
1 (8 ounce) package shredded Cheddar cheese
1 large tomato, diced
1 cup iceberg lettuce, shredded

Directions

Preheat oven to 375 degrees F (190 degrees C).

Warm taco shells for 5 minutes on the center rack in the preheated oven.

In a medium skillet over medium high heat, brown the beef. Halfway through browning, pour in ketchup. Stir well and let simmer for 5 minutes.

Spoon the meat mixture into the warm taco shells and top with Cheddar cheese. Return the filled taco shells to the preheated oven and bake until cheese is melted. Top each taco with a little tomato and lettuce.

Flavorful Beef Brisket

Ingredients

1 (5 pound) beef brisket*
2 tablespoons vegetable oil
1 medium onion, sliced
salt and pepper to taste
1 cup water
1 (18 ounce) bottle barbecue
sauce

Directions

In a Dutch oven, brown beef in oil on both sides over medium-high heat; drain. Top with onion, salt and pepper. Add water; cover and bake at 325 degrees F for 2-1/2 hours or until tender. Remove beef; refrigerate overnight. Discard onion and cooking liquid. Slice meat 1/4 in. thick; place in a roasting pan. Add barbecue sauce. Cover and bake at 325 degrees F for 30-45 minutes or until heated through.

Barbecue Beef Cups

Ingredients

3/4 pound lean ground beef
1/2 cup barbeque sauce
1 tablespoon dried minced onion
1 (12 ounce) package refrigerated
biscuit dough
1/3 cup shredded Cheddar
cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Grease the cups of a muffin pan.

In a large heavy skillet over medium heat, cook beef until evenly brown. Drain excess fat. Stir in barbeque sauce and dried onion. Simmer for a few minutes over low heat.

Flatten each biscuit, and press into cups of the prepared muffin pan. Make sure the dough comes to the top of the pan. Spoon a portion of the meat mixture into each dough cup.

Bake in preheated oven for 12 minutes. Sprinkle with cheese, and bake for 3 more minutes.

Grilled Roast Beef Sandwiches

Ingredients

1 (4 ounce) can chopped green chilies, drained
2 tablespoons mayonnaise
1 tablespoon Dijon mustard
10 slices rye bread
5 slices Swiss cheese
10 thin slices cooked roast beef
2 tablespoons butter or margarine, softened
salsa or picante sauce (optional)

Directions

Combine chilies, mayonnaise and mustard; spread about 1 tablespoon on one side of each slice of bread. Top half of the bread with one slice of cheese and two slices of beef. Cover with remaining bread. Butter the outsides of bread.

Grill sandwiches on a griddle or in a large skillet over medium heat until both sides are golden brown and the cheese is melted. Serve with salsa or picante sauce if desired.

Sweet Garlic Tomato Beef Pasta

Ingredients

1 (16 ounce) package medium seashell pasta
1 1/2 pounds ground beef
1 small onion, chopped
2 cloves garlic, minced
3 (14.5 ounce) cans Italian stewed tomatoes
3 beef bouillon cubes
1 1/2 tablespoons white sugar
1 teaspoon garlic salt
1/8 teaspoon ground black pepper

Directions

Bring a large pot of lightly salted water to a boil. Place pasta in the pot, cook for 8 to 10 minutes, until al dente, and drain.

In a large skillet over medium heat, mix the beef, onion, and, garlic, and cook until beef is evenly brown.

In a blender or food processor, liquefy the tomatoes. Pour into the skillet with the beef. Mix in beef bouillon, sugar, garlic salt, and pepper. Cover, and simmer 10 minutes, stirring occasionally, until bouillon has dissolved. Stir in the pasta until evenly coated with the sauce to serve.

Broccoli Beef I

Ingredients

1/4 cup all-purpose flour
1 (10.5 ounce) can beef broth
2 tablespoons white sugar
2 tablespoons soy sauce
1 pound boneless round steak,
cut into bite size pieces
1/4 teaspoon chopped fresh
ginger root
1 clove garlic, minced
4 cups chopped fresh broccoli

Directions

In a small bowl, combine flour, broth, sugar, and soy sauce. Stir until sugar and flour are dissolved.

In a large skillet or wok over high heat, cook and stir beef 2 to 4 minutes, or until browned. Stir in broth mixture, ginger, garlic, and broccoli. Bring to a boil, then reduce heat. Simmer 5 to 10 minutes, or until sauce thickens.

Oven Barbecued Beef Brisket II

Ingredients

2 1/2 pounds beef brisket
1 (12 fluid ounce) can or bottle
cola-flavored carbonated
beverage
1 (1 ounce) package dry onion
soup mix
1 (12 fluid ounce) can or bottle
chile sauce

Directions

Preheat oven to 325 degrees F (165 degrees C).

In a roasting pan, place brisket fat side up. In a small bowl, combine cola beverage, onion soup mix, and chile sauce. Pour chile sauce mixture over brisket.

Cover, and bake in preheated oven for 3 to 4 hours. Uncover the brisket during the last hour of cooking.

The Real Deal Korean Beef Ribs

Ingredients

4 pounds Korean-style short ribs
(beef chuck flanken, cut 1/3 to 1/2
inch thick across bones)
1/2 cup reduced-sodium soy
sauce
1/2 cup white sugar
2 tablespoons honey
2 tablespoons minced garlic
2 tablespoons ground black
pepper
3 tablespoons water
1 tablespoon Asian (toasted)
sesame oil
1 1/2 tablespoons Asian plum
wine

Directions

Wash the ribs, removing any stray bits of bone, and allow to drain for 30 minutes.

Whisk together the soy sauce, sugar, honey, garlic, pepper, water, sesame oil, and plum wine until the sugar has dissolved; pour the mixture into a 1 gallon plastic zipper bag. Place the ribs into the marinade, squeeze all the air out of the bag, zip it up, and refrigerate at least 24 hours.

The next day, remove the ribs from the refrigerator and allow to come to room temperature before grilling. Remove the ribs from the marinade and discard the marinade.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Grill the ribs until browned and no longer pink inside, 4 to 6 minutes per side.

Beef with Sweet Peppers

Ingredients

1 (2 pound) boneless beef chuck roast, cut into 1/4 inch strips
2 tablespoons olive or vegetable oil
1 large onion, cut into wedges
1 medium green pepper, julienned
1 medium sweet red pepper, julienned
3 garlic cloves, minced
2 tablespoons butter or margarine
1 (14.5 ounce) can stewed tomatoes
1 tablespoon dried basil
1 teaspoon sugar
1/2 teaspoon garlic salt
1/4 teaspoon pepper
Hot cooked rice

Directions

In a large skillet, cook beef in oil until browned, about 4 minutes; drain. Remove and set aside. In the same skillet, saute onion, peppers and garlic in butter until crisp-tender. Add tomatoes and seasonings; mix well. Return meat to pan; bring to a boil. Reduce heat; cover and simmer for 35-40 minutes or until meat is tender. Serve over rice.

Authentic Bangladeshi Beef Curry

Ingredients

3 tablespoons olive oil
1 onion, chopped
6 cloves garlic, minced
5 green chile peppers, finely sliced
1 teaspoon fresh ginger root -
peeled, sliced, and ground into a
paste
3 cardamom pods
2 whole cloves
1 1/2 cinnamon sticks
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
1 teaspoon garlic powder
1 teaspoon cayenne pepper
1 cup water
2 pounds boneless beef chuck,
cut into 1-1/2-inch pieces

Directions

Heat the oil in a skillet over medium heat. Add the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Reduce heat to medium-low, and continue cooking and stirring until the onion is very tender and dark brown, 15 to 20 minutes more.

Stir in the garlic, green chiles, ginger paste, cardamom pods, cloves, and cinnamon sticks. Cook and stir for an additional 3 to 5 minutes, until the garlic begins to brown.

Stir the cumin, coriander, turmeric, garlic powder, cayenne pepper, and water into the onions. Simmer until most of the water has evaporated and the mixture has thickened.

Stir in the beef chuck and cook on medium-low heat, stirring occasionally, until the meat is cooked through and tender, about 1 to 1 1/2 hours.

Beef Burger Pie with Cheese Puff

Ingredients

2 tablespoons shortening
2 tablespoons chopped onion
1 pound ground beef
1 teaspoon salt
1/8 teaspoon ground black pepper
3 tablespoons all-purpose flour
1 (16 ounce) can diced tomatoes with juice
1/2 teaspoon Worcestershire sauce
1 (15 ounce) can carrots, drained
1 (15 ounce) can cut green beans, drained

1 cup sifted all-purpose flour
1 1/2 teaspoons baking powder
1/2 teaspoon mustard powder
1/2 teaspoon salt
2 tablespoons shortening
1/4 cup shredded sharp Cheddar cheese
1/2 cup milk

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Melt 2 tablespoons of shortening in a large skillet over medium-high heat. Add the onion and ground beef to the pan, and cook until onion is tender and beef is browned, stirring frequently and crumbling beef. Drain fat. Season with 1 teaspoon of salt and pepper, then sprinkle 3 tablespoons of flour over the top. Pour in the tomatoes and Worcestershire sauce, and stir to blend everything. Cook for a few minutes, until slightly thickened. Stir in the carrots and green beans, then transfer to a 2 quart casserole dish.

In a medium bowl, stir together 1 cup of flour, baking powder, mustard powder and 1/2 teaspoon of salt. Cut in 2 tablespoons of shortening until only small lumps remain, then stir in the cheese and milk to make a thick batter. Spoon over the top of the casserole, and spread evenly.

Bake for 25 to 30 minutes in the preheated oven, until the top of the puff is golden brown.

DT's Beef Dip

Ingredients

3 (8 ounce) packages cream cheese
15 green onions, chopped
2 (2 ounce) packages dried beef, chopped
3/4 cup milk
2 tablespoons Beau Monde seasoning

Directions

In a medium bowl, beat cream cheese until smooth. Stir in onion and beef. Beat in milk, a little at a time, until dip is the consistency of a thick pea soup. Stir in seasoning. Refrigerate 8 hours or overnight before serving.

V-Eight Vegetable Beef Soup

Ingredients

1 pound lean ground beef
48 ounces tomato-vegetable juice
cocktail
2 (16 ounce) packages frozen
mixed vegetables

Directions

Place ground beef in a Dutch oven or slow cooker. Cook over medium-high heat until evenly brown. Drain excess fat, and crumble. Add juice cocktail and mixed vegetables.

In a Dutch oven, simmer for 30 minutes.

In a slow cooker, cook 1 hour on High. Then reduce heat to Low and simmer 6 to 8 hours.

Easy Beef Stroganoff

Ingredients

1 (17.3 ounce) package
Pepperidge Farm® Puff Pastry
Shells
1 pound boneless beef sirloin
steak
2 tablespoons vegetable oil
1 1/2 cups sliced mushrooms
1 medium onion, chopped
1/8 teaspoon garlic powder
1/2 teaspoon dried thyme leaves,
crushed
1 (12 ounce) jar Campbell's® Slow
Roast Beef Gravy
1/2 cup sour cream
Chopped fresh parsley

Directions

Bake pastry shells according to package. directions.

Slice beef into very thin strips.

Heat half the oil in skillet. Add beef and cook until browned, stirring often. Remove beef.

Heat remaining oil. Add mushrooms, onion, garlic and thyme and cook until tender.

Add gravy and heat to a boil. Reduce heat to low. Stir in sour cream. Return beef to pan and heat through. Serve in pastry shells. Garnish with parsley.

Ground Beef Quiche

Ingredients

- 1/2 pound ground beef
- 1/2 cup chopped onion
- 1/2 teaspoon salt
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pepper
- 3 eggs
- 1/2 cup milk
- 1/2 cup mayonnaise
- 1 cup shredded Cheddar cheese
- 1 cup shredded Swiss cheese
- 1 (9 inch) unbaked pastry shell

Directions

In a skillet, cook ground beef and onion until beef is browned and onion is tender; drain. Stir in salt, oregano, garlic powder and pepper. In a bowl, beat eggs, milk and mayonnaise, stir into meat mixture. Fold in cheeses. Pour into pastry shell. Bake, uncovered, at 350 degrees F or until a knife inserted near the center comes out clean. Let stand 5 minutes before cutting.

Lengua (Beef Tongue)

Ingredients

1 beef tongue
5 fresh green chile peppers
1 tablespoon olive oil
1 white onion, sliced thinly
4 cloves garlic, minced
4 small tomatoes, halved and sliced
2 (15 ounce) cans whole kernel corn, drained
salt to taste

Directions

Wash tongue and place in a large pot of water to cover. Simmer until no longer pink, about 50 minutes per pound of tongue. Remove from water and let rest until cool enough to handle. Peel skin from tongue and trim gristle. Cut into 1/4 inch slices.

Place whole peppers in a skillet over medium-high heat and roast, turning, until all sides are charred. Let cool, rub off skins. Remove stems and seeds.

Heat olive oil in a large skillet over medium heat. Saute chile peppers, onion and garlic until onion is translucent. Stir in tongue and continue to cook until tongue is brown, 5 to 10 minutes. Stir in tomatoes and cook until limp, 5 minutes. Pour in corn and heat through, 2 to 5 minutes. Season with salt. Serve immediately.

Shredded Beef Enchiladas

Ingredients

3 pounds beef chuck roast
1/4 cup water
1 1/2 cups beef broth
3 tablespoons red wine vinegar
2 tablespoons chili powder
1 tablespoon ground cumin
1 large onion, chopped
2 (4 ounce) cans chopped green chile peppers
1 tablespoon all-purpose flour
2 cups sour cream
3 cups shredded Monterey Jack cheese, divided
1 cup oil for frying
20 (6 inch) corn tortillas

Directions

Place roast in a large saucepan that has a tight-fitting lid. Pour in water, cover, and simmer on low for 30 minutes. Increase heat to medium/high, and brown the roast on all sides. Once the water has boiled away, pour in the beef broth, vinegar, chili powder and 1 tablespoon of cumin. Cover tightly and reduce heat to low. Simmer for 1 1/2 to 2 hours or until the beef falls apart when you try to pick it up. Shred the beef, using 2 forks or your fingers. Place shredded beef back into the saucepan with all the juices, and let cool to room temperature.

In a large skillet, saute the onion until just soft, not browned. Mix in flour and green chilies. Stir constantly for 2 minutes to cook the flour taste out. Stir in sour cream and 2 cups of Monterey Jack cheese. Cook on low for 10 minutes, stirring often, until the cheese is all melted and mixed. Set aside and let cool.

In a large heavy skillet, heat the olive oil. Using tongs dip the tortillas, one at a time, into the oil for 30 seconds each side. Drain on paper towels.

Preheat oven to 375 degrees F (190 degrees C). Spread 4 tablespoons of sour cream mixture down the center of the tortilla. Top with about the same amount of beef. Roll up and place seam side down in one or two 8x11 inch baking dish. Repeat for each tortilla. Continue until you are out of the filling. Sprinkle with remaining Monterey Jack cheese.

Bake in a pre-heated oven for 30 minutes or until cheese is melted and bubbling.

Red River Beef Stroganoff

Ingredients

2 pounds sirloin steak, cut into thin strips
1/4 cup all-purpose flour
1/2 cup butter or margarine, divided
2 large onions, chopped
1 (10.5 ounce) can beef broth
1 teaspoon dried basil
salt and pepper to taste
1 (4.5 ounce) jar sliced mushrooms, drained
1 tablespoon Worcestershire sauce
1 cup sour cream
cooked rice or noodles

Directions

Dredge meat in flour. In a skillet, melt 1/4 cup butter over medium heat; saute onions until tender. Remove from pan; set aside. Melt remaining butter and brown meat on all sides. Add broth, basil, salt and pepper, mushrooms, Worcestershire sauce and onions. Cook until mixture thickens, about 5 minutes. Just before serving, stir in sour cream. Heat through, but do not boil. Serve immediately over rice or noodles.

Italian Style Beef Sandwiches

Ingredients

2 1/2 cups water
1 packet dry onion soup mix
2 tablespoons Worcestershire sauce
1 teaspoon garlic powder
1 teaspoon dried marjoram
1 teaspoon dried thyme
1 teaspoon dried oregano
4 pounds chuck roast
1 (10 ounce) package frozen bell pepper stir-fry mix

Directions

In a slow cooker combine the water, soup mix, Worcestershire sauce, garlic powder, marjoram, thyme and oregano.

Add the meat and the stir-fry mix. Cook for half a day on high setting or all day on low setting, or until the meat falls apart. Pull the meat apart and stir all together.

Golompke (Beef and Cabbage Casserole)

Ingredients

1 pound ground beef
1 small onion, chopped
1 (16 ounce) bag coleslaw mix
3/4 cup uncooked white rice
2 (10.75 ounce) cans condensed tomato soup
1 (10.75 ounce) can water

Directions

Preheat an oven to 375 degrees F (190 degrees C).

Heat a large skillet over medium-high heat, and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.

Layer the coleslaw mix, rice, and ground beef in a 9x13 inch baking dish. Combine the soup and water in a medium bowl. Pour the soup over the top of the ground beef. Cover with foil.

Bake for 1 hour and 15 minutes, or until the rice is tender.

Mexican Oxtail Beef Soup

Ingredients

2 tablespoons olive oil
2 pounds beef oxtail, cut into pieces
1 pound cubed beef stew meat (optional)
1 cube beef bouillon
1 onion, chopped
2 stalks celery, chopped
1/2 teaspoon chili powder
3/4 teaspoon ground cumin
salt and pepper to taste
4 ears corn on the cob, broken in half
3 carrots, coarsely chopped
2 russet potatoes, cut into bite-sized pieces
1/3 cup lentils, picked over and rinsed
1/3 cup long grain rice
1 cup frozen mixed vegetables (optional)
1 head cabbage, cored and cut into 8 wedges
8 corn tortillas (optional)

Directions

Heat the olive oil in a large soup pot over medium heat, and brown the oxtails and beef stew meat on all sides. Add water to cover the meat, bring to a boil, reduce heat to a simmer, and cook for 30 minutes. Skim off and discard any foam that collects at the top.

Drop in the bouillon cube, onion, celery, chili powder, cumin, salt, pepper, and corn ears, stir to combine, and simmer the soup until the meat is very tender, about 2 hours. Stir in the carrots and potatoes, simmer for 30 more minutes, then stir in the lentils, rice, mixed vegetables, and cabbage. Simmer until the rice, lentils, and cabbage are tender, about 30 more minutes. Serve with a half ear of corn in each bowl, with hot steamed tortillas for dipping in the broth.

Corned Beef Rye Bread

Ingredients

1 cup water (70 degrees to 80 degrees)
1/4 cup molasses
2 tablespoons butter or margarine, softened
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon caraway seeds
2 1/4 cups bread flour
1 1/4 cups rye flour
2 teaspoons active dry yeast
1/2 cup shredded Swiss cheese
1 (2.5 ounce) package deli corned beef, chopped

Directions

In bread machine pan, place the first nine ingredients in order suggested by manufacturer. Select basic bread setting. Choose crust color and loaf size if available. Bake according to bread machine directions (check dough after 5 minutes of mixing; add 1 to 2 tablespoons of water or flour if needed).

Just before the final kneading (your machine may audibly signal this), add the Swiss cheese and corned beef. Refrigerate leftovers.

Beef 'n' Green Bean Pie

Ingredients

1 pound ground beef
1/2 cup chopped onion
1/4 cup chopped green pepper
1 (8 ounce) can tomato sauce
1 (14.5 ounce) can cut green beans, drained
1/2 teaspoon salt
1/4 teaspoon garlic salt
1 (8 ounce) package refrigerated crescent rolls
1 egg
2 cups shredded Cheddar cheese, divided
Paprika

Directions

In a skillet over medium heat, cook beef, onion and green pepper if desired until meat is no longer pink; drain. Stir in the tomato sauce, beans, salt and garlic salt. Simmer for 8 minutes or until heated through.

Meanwhile, separate crescent dough into eight triangles; place in an ungreased 9-in. pie plate with points toward the center. Press onto the bottom and up the sides to form a crust; seal perforations. In a bowl, beat egg and 1 cup cheese; spread over crust. Stir 1/2 cup cheese into meat mixture; spoon into crust. Sprinkle with paprika and remaining cheese. Bake, uncovered, at 375 degrees F for 20-25 minutes or until golden brown. Let stand for 5 minutes before cutting.

Java Style Beef Sate

Ingredients

1 head garlic, peeled
5 shallots, chopped
1 (1 inch) piece galangal, thinly sliced
8 red chile peppers, seeded and chopped
1 cup roasted macadamia nuts
1 teaspoon belacan shrimp paste
1/4 cup vegetable oil
2 pounds boneless beef sirloin steak, cut into 1/2 inch cubes
2 cups water
2 tablespoons palm sugar
1 beef bouillon cube
1 tablespoon salt
3 tablespoons kecap manis
6 kaffir lime leaves, finely chopped
32 wooden skewers, soaked in water for 15 minutes

Directions

In a mortar with a pestle, mash together the garlic, shallots, galangal, chile peppers, and macadamia nuts into a fine paste. Add the shrimp paste and oil, continue mashing until incorporated. Place the paste into a large skillet over medium-high heat, cook and stir until fragrant, about 3 minutes.

Stir the beef into the sauce and cook for 5 minutes, stirring constantly. Pour in the water, palm sugar, bouillon cube, and salt. Simmer until the water has evaporated, about 10 minutes, stirring frequently. Stir in the kecap manis and lime leaves, then spread the beef out on a baking sheet or large dish, and allow to cool until cool enough to handle.

Preheat an outdoor grill for medium-high heat, and lightly oil the grate. Remove the beef cubes from the tray, and thread onto skewers, reserve any leftover sauce for basting.

Cook on preheated grill for a few minutes until slightly browned; baste occasionally with the leftover sauce.

Tex-Mex Beef and Cheese Enchiladas

Ingredients

2 pounds ground beef
3 tablespoons chili powder
2 tablespoons paprika
1 tablespoon ground cumin
1 tablespoon garlic powder
1 teaspoon salt
1 (8 ounce) can tomato sauce
4 cups water
1/2 cup all-purpose flour, divided
1 1/2 teaspoons sugar
2 tablespoons cooking oil
12 (6 inch) corn tortillas
4 cups shredded American cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Heat the ground beef in a large skillet over medium heat. Cook, stirring to crumble, until no longer pink. Drain off grease and season with chili powder, paprika, cumin, garlic powder, and salt. Mix in the tomato sauce and 2 cups of the water. Simmer over low heat. Mix the remaining water with the flour and sugar until flour is dissolved; stir into the simmering meat sauce. Simmer until thickened, about 10 minutes.

While the sauce is cooking, heat oil in another skillet over medium-high heat. Warm tortillas in the hot oil until pliable. Fill each tortilla with a little bit of cheese, and place in a 9x13 inch baking dish, reserving some of the cheese to sprinkle on top. Pour the meat sauce evenly over the rolled tortillas. Top with remaining cheese.

Bake for 25 minutes in the preheated oven, until cheese is melted and lightly browned.

Beefy Biscuit Cups

Ingredients

1 pound ground beef
1 (14 ounce) jar spaghetti sauce
1 (10 ounce) can large refrigerated biscuits
1 cup shredded Cheddar cheese

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Stir in the spaghetti sauce; cook over medium heat for 5-10 minutes or until heated through. Press biscuits onto the bottom and up the sides of greased muffin cups. Spoon 2 tablespoons meat mixture into the center of each cup. Bake at 375 degrees F for 15-17 minutes or until golden brown. Sprinkle with cheese; bake 3 minutes longer or until the cheese is melted.

Ultimate Roast Beef Blues Sandwich

Ingredients

4 whole wheat sub rolls, lightly
toasted
1/3 cup light mayonnaise
16 fresh basil leaves
1 pound thinly sliced cooked deli
roast beef
3/4 cup crumbled blue cheese
1/2 cup toasted walnuts

Directions

Open the rolls and spread each side with 1 to 2 tablespoons of mayonnaise. Place 4 basil leaves on four of the rolls. Layer the same four rolls with the roast beef, 1 to 2 tablespoons of blue cheese, and a sprinkling of walnuts. Top each with the remaining half rolls.

SwansonB® Greek-Style Beef Stew

Ingredients

2 pounds boneless beef bottom round roast or chuck pot roast, cut into 1-inch pieces
1 (16 ounce) bag frozen whole small white onions
1 (16 ounce) package fresh or frozen whole baby carrots
2 tablespoons all-purpose flour
1 3/4 cups SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
1 (5.5 ounce) can Campbell'sB® V8B® 100% Vegetable Juice
1 tablespoon packed brown sugar
Bouquet Garni
Hot cooked egg noodles

Directions

Place the beef, onions and carrots into a 3 1/2- to 6-quart slow cooker. Sprinkle with the flour and toss to coat.

Stir the broth, vegetable juice and brown sugar in a medium bowl. Pour the broth mixture over the beef and vegetables. Submerge the Bouquet Garni into the broth mixture.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender. Remove the Bouquet Garni. Serve the beef mixture over the noodles.

Potato Beef Croquettes

Ingredients

2 eggs
1 pound ground beef, cooked and drained
2 cups cold mashed potatoes (prepared with milk and butter)
1 medium onion, chopped
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup crushed saltines
vegetable oil for frying

Directions

In a large bowl, beat 1 egg. Add the beef, potatoes, onion, salt and pepper; mix well. Shape into 12 balls. Beat remaining egg; dip balls into egg, then roll in the cracker crumbs. Shape each ball into a cone. In a Dutch oven or deep-fat fryer, heat 2 in. of oil to 375 degrees F. Fry croquettes, four at a time, for 2 minutes or until golden brown, turning occasionally. Drain on paper towels.

Steamed Corned Beef

Ingredients

1 (12 ounce) can corned beef
1/4 green bell pepper, chopped
1/4 onion, chopped
1 teaspoon vegetable oil
2 teaspoons tomato paste
1/4 cup water
1/4 teaspoon crushed red pepper flakes
1/4 teaspoon dried thyme
salt and pepper to taste

Directions

Heat the oil in a skillet over medium heat. Add onion, green pepper, red pepper flakes and dried thyme; cook and stir until the onion is beginning to brown, about 7 minutes. Reduce the heat to low and stir in the tomato paste and season with salt and pepper. Simmer for 3 minutes then stir in the water. Mix in the corned beef and then let it simmer until most of the liquid has evaporated.

Beef and Lentil Soup

Ingredients

2 tablespoons olive oil
1 pound beef chuck, cut into 1-inch cubes
salt and pepper to taste
2 large stalks celery, chopped
2 large carrots, chopped
1 large onion, chopped
6 cloves garlic, chopped
1 1/2 teaspoons dried cilantro
1 teaspoon dried oregano
2 (32 ounce) cartons chicken broth
1 (28 ounce) can diced tomatoes
2 cups dry lentils
1/4 cup chopped fresh parsley
1/2 cup grated Parmesan cheese, or to taste

Directions

Heat the olive oil in a large pot over medium-high heat until it begins to smoke. Season the beef with salt and pepper, then gently place into the hot oil, and brown on all sides, about 8 minutes. Once browned, remove the beef and set aside, reserving the remaining oil in the pot. Stir in the celery, carrot, onion, garlic, cilantro, and oregano; cook and stir until the onion has softened and turned translucent, about 8 minutes more.

Pour in the chicken broth, tomatoes, and browned beef. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the meat is beginning to turn tender, about 1 hour.

After the soup has simmered 1 hour, add the lentils, recover, and continue simmering until the lentils are tender, about 40 minutes. Season to taste with salt and pepper, then stir in the parsley. Sprinkle with Parmesan cheese to serve.

Easy Oven Beef Stew

Ingredients

3 pounds chuck roast
1 packet dry onion soup mix
1 (12 fluid ounce) can or bottle
ginger ale
1 (8 ounce) can mushrooms,
drained

Directions

Preheat oven to 200 degrees F (95 degrees C).

Cut the roast into cubes, then place in a 10x15 inch roasting pan with soup mix, ginger ale and mushrooms; mix well.

Bake in preheated oven for 4 hours.

Cajun Beef Pepper Steak

Ingredients

1 pound boneless beef top sirloin steak, cut 3/4 inch thick
2 teaspoons Cajun or Creole seasoning blend
2 medium green or red bell peppers, cut into quarters
2 teaspoons vegetable oil
1 (5.5 ounce) package Cajun or Creole rice mix with seasonings

Directions

Press 1-1/2 teaspoons seasoning blend evenly onto beef steak. Toss bell peppers with oil and remaining 1/2 teaspoon seasoning blend.

Place steak in center of grid over medium, ash-covered coals; arrange bell peppers around steak. Grill, uncovered, 13 to 16 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness and peppers are tender, turning occasionally.

Meanwhile prepare rice blend according to package directions, omitting oil or margarine.

Carve steak into slices. Serve with peppers and rice.

Campbell's Kitchen Classic Beef Stroganoff

Ingredients

1 boneless beef sirloin steak
cracked black pepper
1 tablespoon vegetable oil
1 medium onion, finely chopped
1 (10.75 ounce) can
Campbell's® Condensed Cream
of Mushroom Soup (Regular or
98% Fat Free)
1/2 cup water
1/4 cup dry sherry
1 tablespoon tomato paste
1/4 cup plain yogurt
Hot cooked medium egg noodles
Chopped fresh parsley

Directions

Season the beef with the black pepper.

Heat the oil in a 10-inch skillet over medium-high heat. Add the beef and cook until well browned, stirring often. Remove the beef from the skillet. Pour off any fat.

Reduce the heat to medium. Add the onion and cook until tender.

Stir in the soup, water, sherry, if desired, and tomato paste and heat to a boil. Return the beef to the skillet and cook until the beef is cooked through. Remove the skillet from the heat. Stir in the yogurt. Serve the beef mixture over the noodles and sprinkle with the parsley.

Corned Beef Potato Pancakes

Ingredients

3 medium potatoes, shredded
2 green onions, chopped
1/2 (12 ounce) can corned beef,
broken into very small chunks
1 egg
salt and pepper to taste
1/4 cup vegetable oil

Directions

In a large bowl, mix the potatoes, green onions, corned beef, and egg. Season with salt and pepper. Form the mixture into golf ball sized balls.

Heat the oil in a skillet over medium heat. Place the potato balls a few at a time into the skillet, flatten with a spatula, and fry 7 minutes on each side, until crisp and golden brown. Drain on paper towels.

Spicy Crispy Beef

Ingredients

1/4 cup cornstarch
1/4 tablespoon salt
black pepper
12 ounces flank steak, thinly sliced
1 quart oil for frying

4 tablespoons soy sauce
1 tablespoon rice vinegar
1/2 tablespoon rice wine
1 1/2 tablespoons honey
7 tablespoons granulated sugar
1/2 tablespoon chile paste
1/4 cup water
3 tablespoons chopped fresh ginger root
1 tablespoon vegetable oil
2 cloves garlic, chopped
1/4 cup sliced onion
1/4 cup diced red bell pepper

Directions

Heat oil in deep-fryer to 375 degrees F (190 degrees C).

Meanwhile, in a mixing bowl, combine cornstarch, salt and pepper together. Mix thoroughly. Toss the steak slices in the cornstarch mixture and coat well.

Deep fry the coated steak slices until golden brown. Check to make sure they are cooked through. Remove from oil, and set aside.

In another mixing bowl, combine the soy sauce, rice vinegar, rice wine and honey. Add sugar, chili paste, water, and ginger. Mix well and set aside.

Heat a wok or deep frying pan over medium high heat. Add 1 tablespoon of oil, and quickly saute the onion, garlic and red pepper for 30 seconds. Add the sauce mixture, and cook another 30 seconds. Finally, add the strips of fried steak and toss to heat through and coat with sauce.

Beef Kelaguen

Ingredients

1 1/2 cups lemon juice
2 tablespoons soy sauce
Tabasco to taste
1 bunch green onions, thinly sliced
2 pounds beef flank steak, very thinly sliced against the grain

Directions

Pour lemon juice, soy sauce, and Tabasco in a large, glass bowl. Stir in the green onions and beef. Add additional lemon juice if needed to cover the beef.

Cover the bowl with plastic wrap, and allow to rest at room temperature for one hour, until the meat turns a grayish-brown color and appears cooked.

Hearty Beef Vegetable Stew

Ingredients

1 (28 ounce) can crushed tomatoes, undrained
3 tablespoons quick-cooking tapioca
2 tablespoons dried basil
1 tablespoon sugar
1/2 teaspoon salt
1/8 teaspoon pepper
1 1/2 pounds red potatoes, cut into 1-inch cubes
3 medium carrots, cut into 1-inch slices
1 medium onion, chopped
1/2 cup chopped celery
1 1/2 pounds lean chuck roast, cut into 1-inch cubes
2 teaspoons canola oil

Directions

In a bowl, combine the tomatoes, tapioca, basil, sugar, salt and pepper; let stand for 15 minutes. Place the potatoes, carrots, onion and celery in a 5-qt. slow cooker.

In a large nonstick skillet, brown meat in oil over medium heat. Drain and transfer meat to slow cooker. Pour tomato mixture over the top. Cover and cook on high for 5-6 hours or until meat and vegetables are tender.

Caribbean Beef Loin Steaks

Ingredients

1 fluid ounce coconut-flavored rum
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground cinnamon
1/2 teaspoon garlic powder
1/2 teaspoon dried oregano
1/4 teaspoon dried sage
1/2 teaspoon white vinegar
1 tablespoon fresh lemon juice
4 slices onion
6 (8 ounce) beef top sirloin steaks
1 tablespoon olive oil

Directions

Whisk together the rum, salt, pepper, cinnamon, powder, oregano, sage, vinegar, and lemon juice in a bowl; pour into a gallon-sized, resealable plastic bag. Add the onion and steaks to the marinade. Seal the bag, squeezing out as much air as possible. Allow to marinate in refrigerator 2 1/2 hours.

Heat the olive oil in a large skillet over medium heat. Cook the steaks with the skillet covered to desired doneness, about 3 minutes per side for medium rare.

Mom's Secret Recipe Beef Stew

Ingredients

1 1/2 pounds lean beef, cut into 1-inch pieces
1/3 cup all-purpose flour
3 tablespoons vegetable oil
1 (28 ounce) can Italian-style stewed tomatoes, undrained
1 (14.5 ounce) can beef broth
1 medium onion, coarsely chopped
1/2 teaspoon black pepper
1/2 teaspoon dried thyme leaves
3 medium potatoes, peeled and cut into 1-inch pieces
2 cups baby carrots, or carrots cut into 1-inch thick slices

Directions

Toss beef with flour. Heat oil in a large, heavy saucepan or Dutch oven over medium-high. Heat until hot. Add the beef. Cook for 5 minutes or until browned, turning occasionally.

Add tomatoes, broth, onion, pepper and thyme; bring to a boil over high heat. Reduce heat to low and cover. Simmer for 45 minutes or until the beef is just tender.

Add the potatoes and carrots; return to a boil. Reduce heat and cover. Simmer for 45 minutes or until the beef and vegetables are tender.

Beef and Noodles in Crockpot

Ingredients

1 pound beef for stew
1 (10.75 ounce) can Campbell's®
Condensed Cream of Mushroom
Soup
1 (10.5 ounce) can condensed
French onion soup

Directions

Mix all in crockpot, cook on LOW all day. Serve over noodles.

Beef-Stuffed French Bread

Ingredients

1 (1 pound) unsliced loaf French bread
1 pound ground beef
1 (10.75 ounce) can condensed cheddar cheese soup, undiluted
1 medium green pepper, chopped
1 celery rib, chopped
1 tablespoon Worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper
4 slices process American cheese, halved

Directions

Cut off top of bread. Carefully hollow out bottom of loaf, leaving a 1/2-in. shell. Cut removed bread into small cubes; set aside. In a skillet, brown beef; drain. Add soup, green pepper, celery, Worcestershire sauce, salt and pepper. Cook and stir 3-4 minutes. Stir in the reserved bread cubes. Spread into bread shell. Top with cheese. Replace bread top. Place on an ungreased baking sheet. Bake at 350 degrees F for 6-8 minutes or until cheese is melted.

Italian Beef Sandwiches

Ingredients

1 (14.5 ounce) can beef broth
2 garlic cloves, minced
1 teaspoon dried oregano
1/8 teaspoon pepper
1 medium green bell pepper,
thinly sliced into rings
1 pound thinly sliced deli roast
beef
6 hoagie or submarine sandwich
buns, split

Directions

In a skillet, bring the broth, garlic, oregano and pepper to a boil. Add green pepper. Reduce heat; simmer, uncovered, until tender, about 5 minutes. Remove green pepper with a slotted spoon; keep warm.

Return broth to a boil. Add roast beef; cover and remove from the heat. Let stand for 2 minutes or until heated through. Place beef and green pepper on buns; serve with broth for dipping.

All American Roast Beef

Ingredients

3 pounds beef eye of round roast
1/2 teaspoon kosher salt
1/2 teaspoon garlic powder
1/4 teaspoon freshly ground black pepper

Directions

Preheat oven to 375 degrees F (190 degrees C). If roast is untied, tie at 3 inch intervals with cotton twine. Place roast in pan, and season with salt, garlic powder, and pepper. Add more or less seasonings to taste.

Roast in oven for 60 minutes (20 minutes per pound). Remove from oven, cover loosely with foil, and let rest for 15 to 20 minutes.

Cheesy Beef Macaroni

Ingredients

1 pound ground beef
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
8 ounces process cheese (Velveeta), shredded
2 1/2 cups cooked elbow macaroni

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Add the corn and soup. Set aside 1/2 cup cheese for topping; stir remaining cheese into meat mixture until melted. Gently stir in macaroni until coated.

Transfer to a greased 8-in. square baking dish. Top with reserved cheese. Bake, uncovered, at 350 degrees F for 20-25 minutes or until heated through.

Shredded Beef for Tacos

Ingredients

1 (4 pound) frozen rump roast
1 cup white wine
2 (7.75 ounce) cans Mexican style hot tomato sauce
3 tablespoons crushed garlic
salt and ground black pepper to taste
1 bunch green onions, chopped
1 cup chopped fresh cilantro

Directions

Place the frozen roast in the slow cooker. Pour the wine and Mexican style hot tomato sauce over the top. Season with garlic, and salt and pepper to taste.

Cover, and cook on Low for 9 hours. When done, the roast should shred easily with a fork. Shred the roast into the juices, and mix in the chopped green onions and cilantro.

Chili Beef Bake

Ingredients

2 pounds ground beef
1 medium onion, chopped
1 garlic clove, minced
1 teaspoon chili powder
1 teaspoon salt
1/4 teaspoon pepper
12 (6 inch) flour tortillas
2 (15 ounce) cans pinto beans,
drained and rinsed
6 slices process American cheese
2 (10.75 ounce) cans condensed
cream of chicken soup, undiluted
1 (10 ounce) can diced tomatoes
and green chilies, undrained

Directions

In a skillet, brown beef; drain. Add onion and garlic; cook until tender. Remove from the heat; add chili powder, salt and pepper. Place six tortillas in a greased 13-in.x 9-in.x 2-in. baking dish, overlapping slightly. top with half of the meat mixture. Layer with beans, remaining meat mixture, cheese and remaining tortillas. Combine soup and tomatoes; pour over tortillas (dish will be full). Bake, uncovered, at 350 degrees F for 30 minutes or until bubbly and heated through.

Beef and Cornbread Bake

Ingredients

1 pound ground beef
1 teaspoon dried oregano leaves,
crushed
3/4 cup Pace® Picante Sauce
1 (8 ounce) can tomato sauce
1 (16 ounce) can whole kernel
corn, drained
1/2 cup shredded Cheddar
cheese
1 (8 ounce) package corn muffin
mix

Directions

Preheat oven to 375 degrees F.

Cook beef and oregano in skillet until browned. Pour off fat. Add picante sauce, tomato sauce and corn. Heat through. Stir in cheese. Pour into 2-quart shallow baking dish. Mix corn muffin mix according to package directions. Spread over beef mixture.

Bake 25 to 30 minutes or until crust is golden brown. Let stand 10 minutes.

Lengua (Beef Tongue)

Ingredients

1 beef tongue
1 large onion, chopped, divided
2 cloves garlic
3 tablespoons salt
1 whole jalapeno pepper,
stemmed

3 whole tomatoes
2 whole jalapeno peppers,
stemmed
2 tablespoons vegetable oil

Directions

Place the tongue, half of the chopped onion, garlic cloves, 3 tablespoons salt, and 1 jalapeno pepper into a large pot. Fill with water to cover the tongue by several inches, then bring to a boil over high heat. Reduce heat to medium-low; cover and simmer until very tender, 3 to 4 hours. Remove the tongue from the water and allow to cool. Reserve the liquid. Once the tongue has cooled, peel off the tough outer skin, then shred the meat using two forks.

Bring a large saucepan of water to a boil over high heat. Add the whole tomatoes and 2 jalapeno peppers; boil until the vegetables are tender. Place the vegetables into a blender, and puree until smooth. Heat the vegetable oil in a large skillet over medium heat. Stir in the onion, and cook until the onion has softened and turned translucent, about 5 minutes.

Once the onion has softened, stir in the shredded beef tongue and tomato salsa. Bring to a simmer, stirring occasionally, then pour in 2 cups of the reserved cooking liquid. Cook and stir until the liquid has evaporated, leaving moist, flavorful meat, about 20 minutes.

French Beef Stew

Ingredients

1 1/2 pounds cubed beef stew meat
1/4 cup all-purpose flour
2 tablespoons vegetable oil
2 (14.5 ounce) cans Italian-style diced tomatoes
1 (14 ounce) can beef broth
4 carrots, chopped
2 potatoes, peeled and chopped
3/4 teaspoon dried thyme
2 tablespoons Dijon-style prepared mustard
salt and pepper to taste

Directions

Combine meat and flour in a large plastic food storage bag and toss to coat evenly.

In a 6 quart saucepan brown meat in hot vegetable oil. Season with salt and pepper, if desired.

Add diced tomatoes, beef broth, carrots, potatoes and thyme. Bring to boil; reduce heat to medium-low, cover; and simmer for 1 hour or until beef is tender.

Blend in mustard and serve.

Beefy Spanish Rice

Ingredients

2 tablespoons vegetable oil
1 cup uncooked converted white rice
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1 pound ground beef
1 cup canned corn
1 (6 ounce) can tomato sauce
1/2 cup ketchup
1 cup water
salt and pepper to taste
garlic powder to taste

Directions

In a large saucepan over medium heat, heat the oil. Add the rice, onion and bell pepper and saute for 5 minutes, or until onions are tender. Add the ground beef and saute until browned. Drain excess oil and fat.

Add the corn, tomato sauce, ketchup and water. Reduce heat to low, cover and simmer for 20 minutes or until rice is cooked, stirring occasionally. Season with salt, pepper and garlic powder to taste.

Melanie's Beef Barley Soup

Ingredients

2 pounds beef stew meat, diced
into 1 inch pieces
salt and pepper to taste
4 tablespoons vegetable oil
1 cup chopped onion
1 cup sliced carrots
1/2 cup fresh sliced mushrooms
1/2 teaspoon minced garlic
1/4 teaspoon dried thyme
1 (14.5 ounce) can chicken broth
3 cups water
1 (16 ounce) package frozen
mixed vegetables
4 small red potatoes, cut into
chunks
1/2 cup barley

Directions

Season beef stew chunks with salt and pepper to taste. Place seasoned beef in a large soup pot. Add 2 tablespoons of oil and saute for 5 minutes on high heat. Remove meat. Add 2 more tablespoons of oil to pot and add onions, carrots and mushrooms. Saute for 5 minutes, stirring often. Add garlic and thyme to pot and saute for 3 more minutes.

Add the chicken broth and 3 cups of water to pot. Add the frozen mixed vegetables, potatoes and barley. Season with salt and pepper to taste. Stir all together and bring to a boil. Cover pot, reduce heat to low and simmer for 1 to 1 1/2 hours.

Elbows and Ground Beef

Ingredients

1 1/2 pounds lean ground beef
1 green bell pepper, chopped
1 onion, chopped
2 (29 ounce) cans tomato sauce
1 (16 ounce) package macaroni

Directions

Cook pasta according to package directions. Drain.

In a Dutch oven, brown ground beef over medium heat. Add chopped onion, and cook until onion is soft. Add green pepper and tomato sauce; cook until pepper is soft.

Serve sauce over pasta.

Wild Rice and Beef Casserole

Ingredients

3 cups chicken broth
3/4 cup uncooked wild rice
1 1/4 cups uncooked brown rice
2 bay leaves
1/2 cup butter
1 medium onion, chopped
1 pound ground beef
2 (4 ounce) cans sliced mushrooms, drained
1 (4 ounce) can water chestnuts, drained and chopped
2 teaspoons soy sauce
1 teaspoon curry powder
2 cups shredded Cheddar cheese

Directions

In a medium pot, bring the chicken broth to a boil, and mix in the wild rice, brown rice, and bay leaves. Reduce heat to low, cover, and simmer 45 minutes, until most of the broth has been absorbed.

In a skillet, melt the butter, and saute onion until tender. Stir in the ground beef, and cook until evenly brown. Mix in the mushrooms, water chestnuts, soy sauce, and curry powder, and continue to cook and stir until heated through.

Preheat oven to 350 degrees F (175 degrees C).

Mix the beef mixture into the rice mixture, and remove the bay leaf. Transfer to a 9x13 inch baking dish. Top with Cheddar cheese.

Bake 20 minutes in the preheated oven, until bubbly and lightly browned.

Corned Beef Noodle Casserole

Ingredients

1 (8 ounce) package wide egg noodles
1 (12 ounce) can corned beef
4 ounces processed cheese food (eg. Velveeta)
1 (10.75 ounce) can condensed cream of chicken soup
1 cup milk
1/2 cup chopped onion
1 cup seasoned dry bread crumbs

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cook noodles until tender and drain.

Combine noodles, corned beef, cheese, cream of chicken soup, milk and onion. Pour into a 2 quart casserole dish. Top with buttered bread crumbs.

Bake at 350 degrees F (175 degrees C) for 45 minutes.

Beef and Tomato Pie

Ingredients

1 pound ground beef
1 large onion, chopped
2 tablespoons ketchup
1/2 teaspoon salt
2 cups biscuit/baking mix
2/3 cup milk
1 cup diced fresh tomato
1/2 cup shredded Cheddar
cheese

Directions

In a skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Remove from the heat. Stir in ketchup and salt; set aside.

Combine biscuit mix and milk just until moistened. Turn onto a lightly floured surface and knead 6-8 times. Roll into a 10-in. circle; transfer to a greased 9-in. pie plate. Flute edges. Spoon meat mixture into crust. Sprinkle with tomatoes.

Bake at 425 degrees for 20-25 minutes. Sprinkle with cheese; bake 2 minutes longer or until cheese is melted.

Corned Beef Stir-Fry

Ingredients

7 tablespoons vegetable oil,
divided
3 tablespoons vinegar
2 tablespoons sugar
1 teaspoon celery seed
1/4 teaspoon salt
6 cups coarsely chopped cabbage
1 cup shredded carrot
1/4 cup chopped green onion
1/2 pound thinly sliced fully
cooked corned beef

Directions

In a bowl, whisk 4 tablespoons oil, vinegar, sugar, celery seed and salt until sugar is dissolved; set aside. In a large skillet, saute the vegetables in remaining oil until crisp-tender, about 15 minutes. Stir in vinegar-oil mixture and corned beef. Cover and simmer for 10 minutes or until heated through.

Beef Stew VI

Ingredients

2 pounds cubed beef stew meat
3 tablespoons vegetable oil
4 cubes beef bouillon, crumbled
4 cups water
1 teaspoon dried rosemary
1 teaspoon dried parsley
1/2 teaspoon ground black pepper
3 large potatoes, peeled and cubed
4 carrots, cut into 1 inch pieces
4 stalks celery, cut into 1 inch pieces
1 large onion, chopped
2 teaspoons cornstarch
2 teaspoons cold water

Directions

In a large pot or dutch oven, cook beef in oil over medium heat until brown. Dissolve bouillon in water and pour into pot. Stir in rosemary, parsley and pepper. Bring to a boil, then reduce heat, cover and simmer 1 hour.

Stir potatoes, carrots, celery, and onion into the pot. Dissolve cornstarch in 2 teaspoons cold water and stir into stew. Cover and simmer 1 hour more.

Army SOS Creamed Ground Beef

Ingredients

1 pound ground beef
1/4 cup all-purpose flour
1 cube beef bouillon
3/4 teaspoon salt
1 pinch ground black pepper
2 1/4 cups milk
1/4 teaspoon Worcestershire
sauce

Directions

Brown beef in a large skillet over medium high heat. Stir in flour, bouillon, salt and pepper. Saute all together for about 5 minutes or until flour is absorbed. Gradually stir in milk and Worcestershire sauce. Bring all to a simmer, stirring constantly. Cook until thickened, about 5 to 10 minutes. Serve hot!

Campbell'sB® Beef and Mushroom Dijon

Ingredients

3/4 pound boneless beef sirloin steak, 3/4 inch thick*
vegetable cooking spray
2 cups sliced mushrooms
1 medium onion, chopped
1 (10.75 ounce) can
Campbell'sB® Condensed Cream of Mushroom Soup or
Campbell'sB® Condensed 98% Fat Free Cream of Mushroom Soup
1/4 cup water
2 tablespoons Dijon-style mustard
4 cups hot cooked rice, cooked without salt
Chopped fresh parsley (optional)

Directions

Slice beef into very thin strips.

Spray nonstick skillet with cooking spray and heat 1 minute. Add mushrooms and onion and cook until tender. Remove vegetables. Remove skillet from heat.

Spray skillet with cooking spray. Add beef and cook until browned and juices evaporate, stirring often.

Add soup, water, mustard and vegetables and heat through. Toss rice with parsley, if desired. Serve beef over rice.

Beef Stew II

Ingredients

2 pounds cubed beef stew meat
1/2 cup all-purpose flour
3 tablespoons margarine
1 onion, chopped
4 carrots, sliced
3 stalks celery, sliced
1 clove garlic, minced
2 bay leaves
1 teaspoon salt
1 teaspoon white sugar
1/2 teaspoon ground black pepper
1/2 teaspoon paprika
1/8 teaspoon ground cloves
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
4 cups water

Directions

Dredge beef cubes in flour until evenly coated.

Melt butter in a skillet, and cook coated beef cubes until evenly browned.

Transfer beef to slow cooker and add onions, carrots, celery, garlic, bay leaves, salt, sugar, pepper, paprika, cloves, lemon juice and Worcestershire sauce. Pour in water and stir.

Cover and cook on LOW 10 to 12 hours or on HIGH 5 to 6 hours.
Serve hot!!

Kyle's Favorite Beef Stew

Ingredients

3 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/2 teaspoon salt
3 tablespoons olive oil
3 tablespoons Worcestershire sauce
1 pound carrots, peeled and cut into 2-inch pieces
4 large potatoes, cubed
1 tablespoon dried parsley
1 1/2 teaspoons ground black pepper
2 cups boiling water
2 (1 ounce) envelopes onion soup mix
3 tablespoons butter
3 large onions, quartered
2 tablespoons minced garlic
1/2 cup burgundy wine
2 (6 ounce) packages fresh button mushrooms, halved
1/4 cup warm water
3 tablespoons cornstarch

Directions

Toss the beef, flour, and salt in a sealable bag until the beef is coated.

Heat the oil in a large skillet over medium-high heat. Combine the beef and Worcestershire sauce in the skillet; cook until the beef is evenly browned on all sides; transfer to a slow cooker, but do not clean the skillet. Add the carrots, potatoes, parsley, and pepper to the slow cooker.

Combine the boiling water and soup mix in a small bowl; add to slow cooker.

Melt the butter in the skillet over medium-high heat. Cook the onion and garlic in the melted butter until soft; transfer the onion and garlic to the slow cooker and return the skillet to the heat. Combine the wine and mushrooms to the skillet; cook until the mushrooms begin to absorb the wine; pour the mixture into the slow cooker.

Place the cover on the slow cooker and set to High; cook for one hour. Reduce heat to Low and cook until the beef is fork-tender, 6 to 8 hours. Whisk together the warm water and cornstarch; stir into the stew; cook uncovered until stew thickens, about 15 minutes.

Beef Curry Soup

Ingredients

1 pound cubed beef stew meat
2 onions, chopped
2 tablespoons margarine
6 cups beef stock
2 tablespoons curry powder
2 bay leaves
2 potatoes, sliced
2 tablespoons distilled white vinegar
2 teaspoons salt

Directions

In a large saucepan or pot, brown the beef cubes and onions in butter or margarine.

Add the beef stock, curry and bay leaves. Cook at low heat for 30 minutes.

Add the potatoes, vinegar, and salt. Simmer for 45 minutes to 1 hour, until all is tender. Serve hot!!

Beefy Potato Volcano

Ingredients

3 large baking potatoes, 10 to 12 ounces each, preferably Idaho, washed and dried
1 teaspoon vegetable oil
1 pound ground turkey or lean ground beef
1 teaspoon dried Italian seasoning
1 (8 ounce) can peas, drained
1 (8 ounce) can sliced carrots, drained
1 (8 ounce) can cut green beans, drained
1 cup canned diced tomatoes, drained
1 (15 ounce) can beef or turkey gravy

Directions

Preheat the conventional oven to 450 degrees F. Place the potatoes in a microwave-safe, oven-proof glass baking dish, such as a pie plate, that fits in the microwave oven. Microwave the potatoes at full power for 10 minutes (the amount of time it takes to preheat the oven). Transfer the potatoes to the conventional oven and bake until tender, about 20 minutes.

Ten to 15 minutes before the potatoes are done baking, heat the oil in a large skillet over medium-high heat. Add the ground turkey and cook until lightly browned, chopping and turning as needed with a spatula so the turkey browns evenly, about 5 minutes. Add the seasoning to the skillet, followed by the peas, carrots, green beans, tomatoes and gravy to make the stew. Stir gently to combine and simmer for 5 minutes. Keep warm.

To serve: Cut each potato in half across its equator and set each half, cut-side down on a plate so that it looks like a small mountain. Cut a slit in the top of each potato half and squeeze the sides gently forcing some of the potato to 'erupt' from the top. Ladle 1 cup of the stew over each potato to resemble flowing lava; serve immediately.

Beefy Taco Dip

Ingredients

1/2 pound ground beef
1 1/2 teaspoons chili powder
1 cup PaceB® Chunky Salsa
1/2 (8 ounce) package cream
cheese, cut into pieces
1/2 cup shredded Cheddar
cheese
Assorted Toppings (see Note)
Sour cream (optional)
Tortilla chips

Directions

Cook the beef and chili powder in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often. Pour off any fat. Stir the salsa, cream cheese and Cheddar cheese in the skillet. Cook and stir until the cheese is melted. Sprinkle with the assorted toppings and top with the sour cream, if desired.

Serve with the tortilla chips.

Peanut Beef Stir-Fry

Ingredients

5 teaspoons cornstarch
1 (14.5 ounce) can beef broth
2 tablespoons soy sauce
2 tablespoons creamy peanut butter
1/2 teaspoon sugar
Dash pepper
1 pound boneless beef sirloin steak, thinly sliced
1 cup sliced onion
1 cup sliced celery
1 teaspoon minced garlic
2 tablespoons vegetable oil

Directions

In a bowl, combine the cornstarch, broth, soy sauce, peanut butter, sugar and pepper until smooth; set aside. In a large skillet or wok, stir-fry the beef, onion, celery and garlic in oil for 5-8 minutes or until meat is no longer pink.

Stir the broth mixture and add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened.

Lengua (Beef Tongue) Stew

Ingredients

1 (2 pound) beef tongue
1 teaspoon salt

2 tablespoons vegetable oil
1 large onion, thinly sliced
1 small leek, thinly sliced
2 stalks celery, thinly sliced
2 large carrots, shredded
1 (6 ounce) can tomato paste
2 (1 ounce) packets taco seasoning mix (such as Goya®)
salt and black pepper to taste

Directions

Place the beef tongue into a tight-fitting pot and cover with water by 1 inch. Add the salt and bring to a boil. Reduce heat to medium-low, cover, and simmer until the meat is tender, about 2 hours. Strain and reserve the cooking liquid. Remove and discard the skin from the tongue. Shred the meat using two forks; set aside.

Heat the vegetable oil in a large pot over medium-high heat. Stir in the onion, leek, celery, and carrots. Cook and stir until the vegetables soften, about 5 minutes. Stir in the tomato paste until no lumps remain and cook for 1 minute more. Add the shredded meat to the pot along with the reserved broth and taco seasoning. Bring to a boil; reduce heat to medium-low and simmer until the vegetables are tender, 20 to 30 minutes. Season to taste with salt and pepper before serving.

Slow Cooker Beef and Mushroom Stew

Ingredients

1 (1 1/2) pound beef bottom round roast or chuck pot roast, cut into 1-inch pieces

ground black pepper

1/4 cup all-purpose flour

2 tablespoons vegetable oil

1 (10.5 ounce) can Campbell's®

Condensed French Onion Soup

1 cup Burgundy or other dry red wine

2 cloves garlic, minced

1 teaspoon Italian seasoning, crushed

10 ounces mushrooms, cut in half

3 medium carrots, cut into 2-inch pieces

1 cup frozen whole small white onions

1/4 cup water

Directions

Season the beef with the black pepper. Coat the beef with 2 tablespoons flour. Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook until well browned, stirring often.

Stir the beef, soup, wine, garlic, Italian seasoning, mushrooms, carrots and onions in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 10 to 11 hours* or until the beef is fork-tender.

Stir the remaining flour and water in a small bowl until the mixture is smooth. Stir the flour mixture in the cooker. Increase the heat to HIGH. Cover and cook for 15 minutes or until the mixture boils and thickens.

One Skillet Corned Beef Hash

Ingredients

2 tablespoons vegetable oil
2 onions, chopped
4 potatoes, peeled and chopped
2 (12 ounce) cans corned beef
1 tablespoon ground black pepper
5 tablespoons cider vinegar

Directions

Heat oil in a large skillet over medium high heat. Saute onions and potatoes until slightly browned, then stir in corned beef. Season with pepper and add vinegar 1 tablespoon at a time, cooking for 3 to 5 minutes in between each addition. Partially cover skillet, reduce heat to medium-low and cook, stirring occasionally, for about 20 minutes or until potatoes are tender.

Slow Cooker Roast Beef

Ingredients

3 pounds beef chuck roast
1/3 cup soy sauce
1 (1 ounce) package dry onion
soup mix
2 teaspoons freshly ground black
pepper

Directions

Pour the soy sauce and dry onion soup mix into the slow cooker. Mix well. Place chuck roast into slow cooker. Add water until the top 1/2 inch of the roast is not covered. Add the fresh ground pepper over the top.

Cover and cook on low for 22 hours.

Campbell's Kitchen Beef Wellington

Ingredients

2 pounds beef tenderloin
ground black pepper (optional)
1 sheet Pepperidge FarmB® Puff Pastry
1 egg
1 tablespoon water
1 tablespoon butter or margarine
2 cups finely chopped mushrooms
1 medium onion, finely chopped

Directions

Place beef in lightly greased roasting pan. Season with black pepper, if desired. Roast at 425 degrees F for 30 minutes or until meat thermometer reads 130 degrees F. Cover and refrigerate 1 hour.

Thaw pastry sheet at room temperature 40 minutes. Preheat oven to 425 degrees F. Mix egg and water.

Heat butter in skillet over medium-high heat. Cook mushrooms and onion until vegetables are tender and liquid is evaporated.

Unfold pastry on lightly floured surface. Roll into rectangle 4 inches longer and 6 inches wider than beef. Brush with egg mixture. Spoon mushroom mixture onto pastry to within 1 inch of edges. Place beef in center of mushroom mixture. Starting at long sides, fold pastry over beef. Fold in ends. Press edges to seal. Place seam-side down on baking sheet. Brush with egg mixture.

Bake for 25 minutes or until golden and thermometer reads 140 degrees F.

Ground Beef Bar-b-que

Ingredients

1 pound lean ground beef
1 1/2 tablespoons ketchup
1 tablespoon prepared mustard
1 tablespoon Worcestershire sauce
1 tablespoon distilled white vinegar
1 small onion, grated
1/2 small green bell pepper, finely chopped

Directions

Preheat an outdoor grill for medium-high heat and lightly oil grate.

In a large bowl, combine ground beef, ketchup, mustard, Worcestershire sauce, vinegar, grated onion and bell pepper. Mix well and shape into patties.

Place burgers on grill and cook for 3 to 4 minutes per side, or until done.

Beef Pot Pie III

Ingredients

1 pound sirloin steak, cubed
salt to taste
ground black pepper to taste
1 (14 ounce) can beef broth
3 large carrots, diced
3 potatoes, cubed
1 cup frozen green peas, thawed
3 tablespoons cornstarch
1/3 cup water
2 (9 inch) refrigerator pie crusts

Directions

In a saucepan over medium heat, brown the pieces of meat on all sides. Pour in some water to almost cover. Bring to a boil and reduce heat. Simmer until meat is tender and falls apart easily; about 2 to 3 hours. Transfer meat to a large mixing bowl. Shred the meat slightly and add salt and pepper to taste.

In another 2 quart saucepan over medium heat, pour in beef broth and add carrots and potatoes. Cook until almost tender; about 15 to 20 minutes. Preheat oven to 350 degrees F (175 degrees C).

When the carrots and potatoes are done, transfer to the large mixing bowl with the beef; leaving the liquid in the pan. Combine the peas with the carrots, potatoes and beef.

Dissolve the cornstarch with the 1/3 cup of water. Pour into the saucepan of beef broth, stirring constantly. Bring to a simmer and reduce heat; cook for 5 minutes.

Line a 9 inch pie plate with one of the pie crust following the package directions. Place the beef mixture into the pie crust. Pour the gravy over the top of the mixture, then cover with the other pie crust. Bake in a preheated oven until the crust is golden brown; about 25 minutes. Let cool for 5 minutes before serving.

Roast Beef Stuffed Shells

Ingredients

12 ounces jumbo pasta shells
1 1/2 pounds thinly sliced deli roast beef
4 (10.25 ounce) cans beef gravy
1 (10 ounce) bottle cream-style horseradish sauce
8 ounces shredded Cheddar cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Grease 2 - 9x13 inch baking dishes.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the pasta shells, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 10 minutes. Drain well in a colander set in the sink and place shells on a sheet of wax paper to cool.

Combine the roast beef and the gravy in a large saucepan and place over medium-low heat. Cook for 10 minutes or until heated through.

Use a slotted spoon to fill each shell with roast beef, draining off as much gravy as possible. Spread about 1 1/2 teaspoons of horseradish sauce on top of the beef in each shell. Place the shells in the greased baking dishes, and top with the remaining gravy. Sprinkle the Cheddar cheese evenly over the stuffed shells. Bake, uncovered, until the cheese is melted and the filling is hot and bubbly, about 20 minutes.

Ginger Beef Stir-Fry

Ingredients

1 teaspoon cornstarch
1/4 cup cold water
1/4 cup plum sauce
1 tablespoon grated fresh ginger
1 tablespoon soy sauce
1/4 teaspoon crushed red pepper flakes
1 pound boneless beef sirloin steak, cut into thin 2-inch strips
1 tablespoon vegetable oil
1 medium sweet red pepper, julienned
1 1/2 cups fresh broccoli florets
2 medium carrots, thinly sliced
4 green onions, chopped
1 teaspoon minced garlic
3 tablespoons salted peanuts, chopped
Hot cooked rice
2 tablespoons sesame seeds, toasted

Directions

In a small bowl, whisk cornstarch and cold water until smooth. Stir in the plum sauce, ginger, soy sauce and pepper flakes; set aside. In a large skillet or wok, stir-fry beef in oil until no longer pink; remove and keep warm.

In the same pan, stir-fry the red pepper, broccoli, carrots, onions and garlic until tender. Return beef to the pan. Whisk the plum sauce mixture; stir into skillet. Cook and stir until slightly thickened. Stir in peanuts. Serve over rice if desired. Sprinkle with sesame seeds.

Corned Beef Omelet

Ingredients

2 green onions, sliced
2 tablespoons butter or margarine
6 eggs
1/4 cup milk
1 cup cubed cooked corned beef
1/2 cup shredded Cheddar
cheese
Dash pepper

Directions

In a large skillet, saute the onions in butter. In a bowl, lightly beat eggs and milk; pour over the onions. Cook over medium heat; as the eggs set, lift edges, letting uncooked portion flow underneath.

When the eggs are nearly set, sprinkle with the corned beef, cheese and pepper. Remove from the heat; cover and let stand for 1-2 minutes or until the cheese is melted. Cut into wedges.

Cantonese Beef

Ingredients

1 (11 ounce) can mandarin oranges
2 pounds beef stew meat, cut into 1 inch cubes
1 small onion, sliced
1 tablespoon canola or vegetable oil
1 1/2 cups water
1/3 cup reduced-sodium soy sauce
1/2 teaspoon ground ginger
4 celery ribs, sliced
1 small green pepper, julienned
1 (8 ounce) can sliced water chestnuts, drained
3 tablespoons cornstarch
3 tablespoons cold water
Hot cooked rice

Directions

Drain oranges, reserving juice; set oranges aside. In a Dutch oven, brown beef and onion in oil; drain. Stir in the water, soy sauce, ginger and reserved juice. Bring to a boil. Reduce heat; cover and simmer for 1 to 1-1/2 hours or until beef is tender.

Add the celery, green pepper and water chestnuts. Cover and cook for 20-30 minutes or until vegetables are tender. Combine cornstarch and cold water until smooth; stir into beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in reserved oranges. Serve with rice.

Tortilla Beef Bake

Ingredients

1 1/2 pounds ground beef
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
2 1/2 cups crushed tortilla chips, divided
1 (16 ounce) jar salsa
1 1/2 cups shredded Cheddar cheese

Directions

In a skillet, cook beef over medium heat until no longer pink; drain. Stir in soup. Sprinkle 1-1/2 cups tortilla chips in a greased shallow 2-1/2-qt. baking dish. Top with beef mixture, salsa and cheese.

Bake, uncovered, at 350 degrees F for 25-30 minutes or until bubbly. Sprinkle with the remaining chips. Bake 3 minutes longer or until chips are lightly toasted.

Beef and Broccoli Salad

Ingredients

1 1/2 pounds broccoli - cut into florets, stems peeled and sliced 1/4 inch thick
2 tablespoons white wine vinegar
2 teaspoons Dijon mustard
1/2 teaspoon prepared horseradish, or to taste
3/4 teaspoon salt
1/8 teaspoon ground black pepper
1/2 cup olive oil
3 tablespoons sour cream
3/4 pound thick sliced deli roast beef, cut into 1/2-inch pieces
2 1/2 cups cherry tomatoes, halved
6 green onions cut diagonally into thin slices

Directions

Pour 1/2 inch of water into a pan fitted with a steamer basket. Place the broccoli in the basket. Cover, and bring to a boil. Cook until tender, about 4 to 5 minutes. Drain, and cool.

To make the dressing, whisk together the vinegar, mustard, horseradish, salt, and pepper in a bowl. Continue whisking while slowly adding the olive oil to make a smooth mixture. Whisk in the sour cream.

Place the broccoli, roast beef, tomatoes, and green onions into a bowl. Stir in the dressing and toss until evenly coated. Divide the salad evenly among 4 serving plates.

Beef Noodle Casserole

Ingredients

2 pounds ground beef
1 large onion, chopped
1 medium green pepper, chopped
1 (14.75 ounce) can cream-style corn
1 (10.75 ounce) can condensed tomato soup, undiluted
1 (8 ounce) can tomato sauce
1 (2 ounce) jar sliced pimentos, drained
2 tablespoons chopped jalapeno pepper
1 1/2 teaspoons salt
1/2 teaspoon chili powder
1/4 teaspoon dry mustard
1/4 teaspoon pepper
1 (8 ounce) package medium egg noodles, cooked and drained
1 (4.5 ounce) jar sliced mushrooms, drained
1 1/2 cups shredded Cheddar cheese

Directions

In a large skillet, cook beef, onion and green pepper until the meat is browned and vegetables are tender; drain. Add the next nine ingredients and mix well. Stir in noodles and mushrooms. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with cheese. Bake, uncovered, at 350 degrees F for 45 minutes or until heated through.

Barbecue Macaroni Beef

Ingredients

1 pound ground beef
2 (12 ounce) bottles barbecue sauce
8 ounces elbow macaroni, cooked and drained
1 medium onion, chopped
1 medium green pepper, chopped
3 celery ribs, chopped

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in barbecue sauce and macaroni; heat through. Add onion, green pepper and celery; mix well.

Beefy Stew

Ingredients

1/2 (17.3 ounce) package
Pepperidge Farm® Puff Pastry
Sheets
1 1/2 pounds beef cube steak, cut
into 1-inch pieces
ground black pepper
2 tablespoons all-purpose flour
1/4 cup vegetable oil
1 (18.6 ounce) can Campbell's®
Select® Vegetable Medley Soup
1/2 cup Swanson® Lower
Sodium Beef Broth

Directions

Thaw pastry sheet at room temperature 30 minutes. Preheat oven to 425 degrees F.

Unfold pastry sheet on lightly floured surface. Cut pastry into 4 (4-inch) rounds. Place rounds on baking sheet. Bake 12 minutes or until golden. Set aside and keep warm.

Sprinkle beef with black pepper. Coat beef with flour.

Heat oil in saucepot. Add beef and cook until browned.

Add soup and broth. Heat to a boil. Cook over medium heat 15 minutes or until beef is done and sauce is slightly thickened. Season to taste.

Divide stew among 4 (12-ounce) bowls. Top each with pastry round.

Ground Beef Stew

Ingredients

1 pound ground beef
6 medium potatoes, peeled and cubed
1 (16 ounce) package baby carrots
3 cups water
2 tablespoons dry onion soup mix
1 garlic clove, minced
1 teaspoon Italian seasoning
1 teaspoon salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
1 (10.75 ounce) can condensed tomato soup, undiluted
1 (6 ounce) can Italian tomato paste

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. In a 5-qt. slow cooker, combine the next nine ingredients. Stir in the beef. Cover and cook on high for 4-5 hours. Stir in soup and tomato paste; cover and cook for 1 hour longer or until heated through.

Pepperoncini Beef

Ingredients

1 (3 pound) beef chuck roast
4 cloves garlic, sliced
1 (16 ounce) jar pepperoncini

Directions

Make small cuts in roast, and insert garlic slices in cuts. Place roast in the slow cooker, and pour the entire contents of the jar of pepperoncini, including liquid, over meat.

Cover, and cook on Low for 6 to 8 hours.

Arabic Green Beans with Beef

Ingredients

2 tablespoons vegetable oil
2 pounds beef round roast, cubed
2 onions, diced
1/2 cup water
2 pounds fresh green beans,
trimmed and halved
1 1/2 teaspoons allspice
1 teaspoon ground black pepper
1/2 teaspoon salt
1 (16 ounce) can canned
tomatoes, chopped
1 (15 ounce) can tomato sauce

Directions

Heat the oil in a skillet over medium heat; brown the beef in the hot oil for 10 minutes. Stir in the onions and 1/2 cup water; cover, reduce heat to low, and simmer 15 minutes, stirring occasionally. Mix the green beans, allspice, pepper, and salt into the mixture; cover and simmer another 15 minutes. Add the tomatoes and tomato sauce; cover with water; cover and simmer another 45 minutes.

Zesty Beef Roast

Ingredients

1 (3 pound) boneless sirloin tip or rump roast
2 tablespoons vegetable oil
1 cup beef broth
1/4 cup prepared horseradish
1 cup chopped onion
1/4 teaspoon salt
1/4 teaspoon pepper
1/3 cup all-purpose flour
2/3 cup cold water

Directions

In a Dutch oven, brown roast in oil. Add broth. Spread horseradish over roast; sprinkle with onion, salt and pepper. Cover and bake at 350 degrees F for 2 hours or until tender, basting frequently. Remove roast from the pan; let stand for 10 minutes.

Meanwhile, measure the pan juices; add water to equal 2 cups. Return to pan. Combine flour and cold water until smooth; stir into pan juices. Bring to a boil; cook and stir for 2 minutes. Add additional water if a thinner gravy is desired. Slice roast; serve with gravy.

Bowler Beef Marinade

Ingredients

3/4 cup soy sauce
1/4 cup rice wine vinegar
1/3 cup olive oil
1/3 cup orange juice
2 tablespoons minced fresh ginger root
2 tablespoons minced garlic
1 1/2 tablespoons ground mustard
1 1/2 tablespoons brown sugar

Directions

In a medium bowl, stir together soy sauce, vinegar, olive oil, orange juice, ginger, garlic, mustard, and brown sugar. Pour over meat in a shallow container. Make sure all meat is submerged in marinade. Cover, and refrigerate for at least 6 hours.

Mandarin Beef Stir-Fry

Ingredients

1 cup orange juice
1/2 cup soy sauce
2 tablespoons Worcestershire sauce
1 teaspoon garlic powder
1/4 teaspoon ground ginger
1 pound beef round steak, cut into thin strips
2 cups fresh or frozen snow peas
1 medium green pepper, julienned
1 cup sliced fresh mushrooms
2 tablespoons canola oil
1 (11 ounce) can mandarin oranges, drained
2 tablespoons cornstarch
Hot cooked rice

Directions

In a bowl, combine the first five ingredients; remove half and set aside. Add beef to remaining marinade; cover and refrigerate for 15 minutes. In a large skillet or wok, stir-fry vegetables in oil for 2 minutes; remove and keep warm.

Drain and discard marinade. In the same skillet, stir-fry beef until no longer pink. Add the oranges and reserved vegetables. Combine the cornstarch and reserved marinade until smooth; add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Serve over rice.

Delicious Beef Tongue Tacos

Ingredients

1 beef tongue
1/2 white onion, sliced
5 cloves garlic, crushed
1 bay leaf
salt to taste

3 tablespoons vegetable oil
5 Roma tomatoes
5 serrano peppers
salt to taste
1/2 onion, diced
2 (10 ounce) packages corn tortillas

Directions

Place the beef tongue in a slow cooker and cover with water. Add the onion slices, garlic, and bay leaf. Season with salt. Cover and cook on Low overnight or 8 hours. Remove the tongue and shred the meat into strands.

Heat the oil in a skillet over medium heat. Cook the tomatoes and peppers in the hot oil until softened on all sides. Remove the tomatoes and peppers in a blender, keeping the oil on the heat; season with salt. Blend briefly until still slightly chunky. Cook the diced onion in the skillet until translucent; stir in the tomato mixture. Cook another 5 to 6 minutes. Build the tacos by placing shredded tongue meat into a tortilla and spooning salsa over the meat.

Honey-Mustard Beef Kabobs

Ingredients

1/2 cup Dijon mustard
1/4 cup honey
1 teaspoon Worcestershire sauce
1/4 teaspoon salt
1/8 teaspoon pepper
3/4 pound beef sirloin steak, cut
into 1 inch cubes

Directions

In a bowl, combine the mustard, honey, Worcestershire sauce, salt and pepper. Pour half of the sauce into a large resealable plastic bag; add beef cubes and toss to coat. Set remaining sauce aside.

Thread beef onto metal or soaked wooden skewers. Discard marinade from beef. Grill, covered, over medium heat for 8-10 minutes or until meat reaches desired doneness, turning once. Serve with reserved sauce.

Beef and Wine Soup with Dumplings

Ingredients

2 tablespoons margarine
1 cup chopped onion
1 clove garlic, chopped
3 carrots, chopped
1 1/2 cups chopped celery
2 (10.5 ounce) cans condensed beef broth
2 cups red wine
2 cups tomato juice
2 cups diced cooked beef
salt to taste
ground black pepper to taste
2 tablespoons margarine, softened
2 eggs
6 tablespoons all-purpose flour
1/4 teaspoon salt

Directions

In a large pot, saute onion, garlic, carrots, and celery in 2 tablespoons butter or margarine until soft, about 5 to 6 minutes. Stir in broth, wine, tomato juice, and beef. Simmer covered for 15 to 20 minutes, or until vegetables are tender. Season to taste with salt and pepper.

In a bowl, mix 2 tablespoons butter or margarine, eggs, flour, and salt until smooth. Drop mixture into soup by small teaspoonfuls. Cover, and simmer for 10 minutes.

Easy Ground Beef Stroganoff

Ingredients

2 pounds ground beef
2 onions, chopped
1 clove garlic, minced
1 (4.5 ounce) can mushrooms,
drained
2 teaspoons salt
1/4 teaspoon ground black
pepper
2 cups hot water
6 cubes beef bouillon
4 tablespoons tomato paste
1 1/2 cups water
4 tablespoons all-purpose flour

Directions

Heat a large skillet over medium-high heat. Add ground beef, add onions, garlic, and mushrooms; saute until onion is golden brown. Season with salt and black pepper.

Stir 2 cups hot water, bouillon cubes, and tomato paste into meat mixture. Stir together 1 1/2 cups cold water and flour; stir into pan. Reduce heat to low, and simmer for 1 hour.

Peppery Beef Stir-Fry

Ingredients

8 ounces uncooked linguine
1 tablespoon cornstarch
1 teaspoon pepper
1/4 teaspoon cayenne pepper
1 cup water
1/2 cup reduced-sodium soy sauce
1 1/2 pounds boneless beef top sirloin steak, cut into thin strips
2 tablespoons canola oil
1/2 cup julienned green pepper
1/2 cup julienned sweet red pepper
2 cloves garlic cloves, minced
2 cups fresh or frozen snow peas, halved if large
2 cups sliced fresh mushrooms

Directions

Cook linguine according to package directions; drain. In a small bowl, combine the cornstarch, pepper and cayenne. Stir in water and soy sauce until smooth; set aside.

In a large nonstick skillet or wok, stir-fry beef in hot oil for 4-5 minutes or until no longer pink. Using a slotted spoon, remove meat and set aside. Add the peppers and garlic; stir-fry for 1 minute. Add the snow peas and mushrooms; stir-fry for 2-3 minutes or until vegetables are crisp-tender.

Stir soy sauce mixture and add to vegetables. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in beef and linguine; heat through.

Texas Beef Soup

Ingredients

2 tablespoons olive oil
1 pound lean beef stew meat
1 tablespoon seasoning salt, or to taste
1/2 teaspoon ground black pepper
1 small onion, finely chopped
1/2 green bell pepper, finely chopped
2 1/2 cups beef broth
1 (15 ounce) can mixed vegetables
1 (11.5 fl oz) can spicy vegetable juice cocktail

Directions

Heat the olive oil in a large heavy skillet. Season the stew meat with seasoning salt and pepper. Cook meat in the oil along with onion and bell pepper until browned. Transfer to a slow cooker, and stir in the beef broth.

Cook on Low for 6 to 8 hours, or until meat is tender. During the last 30 minutes, stir in the mixed vegetables and vegetable juice cocktail.

Dilly Beef Sandwiches

Ingredients

1 (3 pound) boneless beef chuck roast
1 (16 ounce) jar whole dill pickles, undrained
1/2 cup chili sauce
2 garlic cloves, minced
10 hamburger buns, split

Directions

Cut roast in half and place in a slow cooker. Add pickles with juice, chili sauce and garlic. Cover and cook on low for 8-9 hours or until beef is tender. Discard pickles. Remove roast. When cool enough to handle, shred the meat. Return to the sauce and heat through. Using a slotted spoon, fill each bun with about 1/2 cup meat mixture.

Beef and Swiss Wrap

Ingredients

2 multi grain wraps
2 tablespoons Neufchatel cheese
2 leaves romaine lettuce
1 cup fresh spinach
6 slices deli sliced roast beef
2 slices reduced-fat Swiss cheese
6 cherry tomatoes, halved
ground black pepper to taste

Directions

Heat the wraps in the microwave on High for 30 seconds.

On the right side of one wrap (the side that will fold in last), spread 1 tablespoon Neufchatel cheese about 2/3 of the way down that side. Layer half of the romaine, spinach, beef, Swiss cheese, and tomatoes in the center of the wrap, leaving 1/3 of the wrap open at the bottom. Fold that third up over the bottom of your fillings, then fold in the left side and roll toward the right, letting the Neufchatel seal the wrap together. Repeat with the second wrap.

Spinach Beef Bake

Ingredients

1 pound ground beef
1 (4.5 ounce) jar sliced mushrooms, drained
1 medium onion, chopped
2 garlic cloves, minced
1 1/2 teaspoons dried oregano
1 1/4 teaspoons salt
1/4 teaspoon pepper
2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry
1 (10.75 ounce) can condensed cream of celery soup, undiluted
1 cup sour cream
1 cup uncooked long grain rice
1 cup shredded mozzarella cheese

Directions

In a skillet, brown beef; drain. Add mushroom, onion, garlic, oregano, salt and pepper. Add spinach, soup, sour cream and rice; mix well. Transfer to a greased 2-1/2-qt. baking dish. Sprinkle with mozzarella cheese. Cover and bake at 350 degrees F for 45-50 minutes or until the rice is tender.

One-Dish Beef and Mushroom Skillet Dinner

Ingredients

1 pound ground beef
1 medium onion, chopped
1/8 teaspoon garlic powder
1 (10.75 ounce) can Campbell's®
Condensed Golden Mushroom
Soup
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1/2 teaspoon dried thyme leaves,
crushed
1 (14.5 ounce) can diced tomatoes
1 small zucchini, sliced
1 1/2 cups uncooked corkscrew-
shaped pasta

Directions

Cook the beef, onion and garlic in a 10-inch skillet over medium-high heat until it's well browned, stirring often to separate the meat. Pour off any fat.

Stir the soup, broth, thyme, tomatoes and zucchini in the skillet. Heat to a boil. Stir in the pasta. Reduce the heat to low and cook for 15 minutes or until the pasta is tender.

Beef 'n' Biscuit Bake

Ingredients

1 pound ground beef
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.25 ounce) can whole kernel corn, drained
1 (10.75 ounce) can condensed tomato soup, undiluted
1/4 cup milk
2 tablespoons minced onion
1/2 teaspoon chili powder
1/4 teaspoon salt
1 cup cubed process cheese (Velveeta)
1 (12 ounce) can refrigerated biscuit dough
2 tablespoons butter, melted
1/3 cup yellow cornmeal

Directions

In a saucepan over medium heat, cook the beef until no longer pink; drain. Add beans, corn, soup, milk, onion, chili powder and salt; bring to a boil. Remove from the heat; stir in cheese until melted. Spoon into a greased 2-1/2-qt. baking dish. Bake, uncovered, at 375 degrees F for 10 minutes.

Meanwhile, brush all sides of biscuits with butter; roll in cornmeal. Place on top of bubbling meat mixture. Return to the oven for 10-12 minutes or until biscuits are lightly browned and cooked through.

Cabbage Beef Soup

Ingredients

2 tablespoons vegetable oil
1 pound ground beef
1/2 large onion, chopped
5 cups chopped cabbage
2 (16 ounce) cans red kidney beans, drained
2 cups water
24 ounces tomato sauce
4 beef bouillon cubes
1 1/2 teaspoons ground cumin
1 teaspoon salt
1 teaspoon pepper

Directions

Heat oil in a large stockpot over medium high heat. Add ground beef and onion, and cook until beef is well browned and crumbled. Drain fat, and transfer beef to a slow cooker. Add cabbage, kidney beans, water, tomato sauce, bouillon, cumin, salt, and pepper. Stir to dissolve bouillon, and cover.

Cook on high setting for 4 hours, or on low setting for 6 to 8 hours. Stir occasionally. Enjoy!

Big M's Whisky Soaked Beef Rib Steaks

Ingredients

4 (10 ounce) 1 1/2 inch thick rib-eye steaks
1 cup single malt Scotch whiskey

Directions

Place steaks in a nonmetallic dish, and pour the whiskey over the meat; turn to coat. Cover, and marinate in the refrigerator for 8 hours.

Preheat grill for high heat.

Brush grate with oil, and arrange steaks over hot grate. Cook for 6 to 10 minutes. Turn, and cook until done to your liking, another 6 to 10 minutes.

Ground Beef Zucchini Skillet

Ingredients

1 pound ground beef
1 tablespoon dried minced onion
1 teaspoon minced garlic
1 (15.25 ounce) can whole kernel corn, drained
1 (14.5 ounce) can diced tomatoes, undrained
1 medium zucchini, halved and sliced
1 (4.5 ounce) jar sliced mushrooms, drained
1 teaspoon dried basil
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 cup grated Parmesan cheese

Directions

In a skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the corn, tomatoes, zucchini, mushrooms, basil, oregano, salt and pepper. Cover and simmer for 10-15 minutes or until heated through and zucchini is tender. Sprinkle with Parmesan cheese.

Taco Beef and Pasta

Ingredients

1 (8 ounce) package rotini pasta
1 tablespoon olive oil
1 1/2 pounds top round steak, cut into 1/4 inch strips
1 (1.25 ounce) package taco seasoning mix
3 cloves crushed garlic
2 cups chunky salsa
1 (15 ounce) can black beans, rinsed and drained
1/2 cup water
1 tablespoon chopped fresh cilantro

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a small bowl roll beef strips in the taco seasoning until coated. In a large skillet over medium heat, warm olive oil. Saute beef and garlic until beef is no longer pink; about 4 minutes. Remove with a slotted spoon and set aside.

Mix together in skillet the cooked pasta, black beans, salsa and water; cook for 4 to 5 minutes. Combine with beef in a large bowl and serve sprinkled with cilantro.

Guinness® Corned Beef

Ingredients

4 pounds corned beef brisket
1 cup brown sugar
1 (12 fluid ounce) can or bottle
Irish stout beer (e.g. Guinness®)

Directions

Preheat oven to 300 degrees F (150 degrees C). Rinse the beef completely and pat dry.

Place the brisket on rack in a roasting pan or Dutch oven. Rub the brown sugar on the corned beef to coat entire beef, including the bottom. Pour the bottle of stout beer around, and gently over the beef to wet the sugar.

Cover, and place in preheated oven. Bake for 2 1/2 hours. Allow to rest 5 minutes before slicing.

Dried Beef Cheese Ball

Ingredients

8 ounces cream cheese
3 ounces dried beef
2 green onions, chopped
1/4 teaspoon onion salt
1 1/4 teaspoons monosodium
glutamate (MSG)
1 tablespoon Worcestershire
sauce

Directions

In a medium bowl, combine cream cheese, dried beef, and chopped onions. Mix well, then season with onion salt, monosodium glutamate, and Worcestershire sauce. Form into a ball, and refrigerate.

Deep-Dish Beef Bake

Ingredients

1 pound ground beef
2 cups biscuit/baking mix
1/2 cup cold water
3 medium tomatoes, thinly sliced
1 medium green pepper, chopped
2 large onions, chopped
1 cup shredded Cheddar cheese, divided
1 cup sour cream
2/3 cup mayonnaise

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain.

Meanwhile in a large bowl, combine the biscuit mix and water until a soft dough forms. Spread into a greased 13-in. x 9-in. x 2-in. baking dish. Layer with the beef, tomatoes and green pepper.

In a large bowl, combine the onions, 1/2 cup cheese, sour cream and mayonnaise; spread over top. Bake, uncovered, at 375 degrees F for 30-35 minutes or until edges are browned. Sprinkle with remaining cheese. Bake 5 minutes longer or until the cheese is melted.

Beef-Stuffed Squash

Ingredients

3 acorn squash, halved and seeded

1/2 cup water

FILLING:

1 pound lean ground beef

1 egg, beaten

1/2 cup Russian-style salad dressing

3/4 cup bread crumbs

1 medium onion, minced

1 tablespoon brown sugar

1 teaspoon lemon juice

3/4 teaspoon salt

GLAZE:

1/4 cup Russian salad dressing

1 1/2 teaspoons lemon juice

1 1/2 teaspoons brown sugar

Directions

Place squash cut-side down in a roasting pan and pour water in pan. Bake at 350 degrees F for 30 minutes. Meanwhile, in a medium bowl, combine filling ingredients. Remove squash from oven. Increase oven temperature to 375 degrees F. Lightly spoon filling into each squash cavity. Combine glaze ingredients and baste meat and top of squash. Bake 40-50 minutes, basting with glaze every 15 minutes.

Beefy Jalapeno Corn Bake

Ingredients

1 pound ground beef
2 eggs
1 (14.75 ounce) can cream-style corn
1 cup milk
1/2 cup vegetable oil
1 cup cornmeal
3 tablespoons all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt
4 cups shredded Cheddar cheese, divided
1 medium onion, chopped
4 jalapeno peppers, seeded and finely chopped

Directions

In a skillet, cook beef over medium heat until no longer pink; drain and set aside. In a bowl, beat eggs, corn, milk and oil. Combine the cornmeal, flour, baking powder and salt; add to egg mixture and mix well.

Pour half of the batter into a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with 2 cups cheese; top with the beef, onion and jalapenos. Sprinkle with remaining cheese; top with remaining batter.

Bake, uncovered, at 350 degrees F for 55-60 minutes or until a toothpick inserted into corn bread topping comes out clean. Serve warm. Refrigerate any leftovers.

Cheesy Beef and Bean Bake

Ingredients

1 pound ground beef
salt and pepper to taste
1 (6 ounce) can tomato sauce
1 onion, chopped
1 tablespoon Worcestershire sauce
1 (15 ounce) can vegetarian baked beans
6 cups prepared instant mashed potatoes
6 ounces shredded Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large skillet over medium high heat, combine the ground beef and salt and pepper to taste. Saute for 10 minutes, or until well browned. Add the tomato sauce, onion and Worcestershire sauce. Reduce heat to low and simmer for 10 minutes.

Prepare potatoes according to package directions. Place beef mixture into a casserole dish. Layer the beans over the beef and smooth prepared potatoes over the beans.

Sprinkle the cheese over the potatoes and bake uncovered at 375 degrees F (190 degrees C) for 30 to 40 minutes.

Beef Pepper Steak

Ingredients

12 black peppercorns, coarsely ground
2 tablespoons tamari
1 clove garlic, minced
1 pinch white sugar
1 pinch salt
10 ounces beef filet
2 tablespoons butter

Directions

In a small, nonporous bowl, combine the peppercorns, tamari, garlic, sugar and salt. Add the beef filet and coat well on all sides. Cover and marinate in the refrigerator for 1 hour.

Melt butter in a medium saucepan over medium high heat. Place the beef filet in the pan and saute for 6 to 8 minutes per side, or until internal temperature reaches at least 145 degrees F (65 degrees C).

Beef Dip

Ingredients

1 (8 ounce) package cream cheese, softened
1 (5 ounce) container sharp processed cheese spread
1 (2.5 ounce) package smoked sliced beef
1/4 cup chopped onion

Directions

Combine cream cheese and processed cheese in medium bowl; mix until well blended. Chop beef in small pieces. Stir beef and onion into cheese mixture. Refrigerate overnight before serving.

Beefaroni

Ingredients

1 pound ground beef
2 cups shredded Cheddar cheese
2 (15 ounce) cans tomato sauce
2 tablespoons butter
1 (16 ounce) package uncooked elbow macaroni
salt and pepper to taste

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Crumble the ground beef into a large skillet over medium-high heat. Cook, stirring frequently, until evenly browned. Drain.

While the ground beef is cooking, bring a large pot of lightly salted water to a boil. Add macaroni, and cook until tender, about 8 minutes. Drain, and stir in butter. Transfer to a large casserole dish, and mix in the ground beef, tomato sauce, and Cheddar cheese. Sprinkle a little salt and pepper over the top.

Bake uncovered for 30 minutes in the preheated oven, or until heated through and bubbly.

Roast Beef and Cheese Roll Ups

Ingredients

- 1 pint ricotta cheese
- 1 egg
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 2 teaspoons Italian-style seasoning
- 1 pound shredded mozzarella cheese, divided
- 1 (16 ounce) jar spaghetti sauce
- 1 pound deli sliced roast beef

Directions

Preheat oven to 375 degrees F (190 degrees C).

In a large bowl, combine the ricotta cheese, egg, garlic powder, onion powder, Italian-style seasoning and half the mozzarella cheese and mix well. Place a spoonful of mixture onto a slice of roast beef and roll. Repeat with remaining beef.

Spread 1/2 cup of the spaghetti sauce on the bottom of a 9x13 inch casserole dish. Place the beef rolls in the baking dish seam side down. Pour the remaining sauce over the beef rolls.

Bake covered at 375 degrees F (190 degrees C) for 40 minutes, add the remaining mozzarella cheese over the top and bake for an additional 3 minutes, uncovered, until cheese is melted.

Open-Faced Broiled Roast Beef Sandwich

Ingredients

1 1/2 cups sauerkraut
1 tablespoon Dijon mustard
3/4 cup barbeque sauce
1 dash hot pepper sauce

4 slices whole wheat bread
2 cups sliced roast beef
4 slices shredded pepperjack
cheese

Directions

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.

Stir the sauerkraut, mustard, barbeque sauce, and hot pepper sauce in a microwave safe bowl. Cook in the microwave on high until slightly bubbly and thickened, about 3 minutes. Meanwhile, place the bread onto a baking sheet, and top with the roast beef and sauerkraut sauce. Place a slice of cheese over each sandwich.

Broil in the preheated oven until the edges of the bread are slightly blackened, and the cheese is bubbly, about 3 minutes.

Asparagus Beef Lo Mein

Ingredients

1 pound boneless beef sirloin steak, thinly sliced
1/4 teaspoon minced garlic
2 tablespoons olive oil
1 pound fresh asparagus, trimmed and cut into 2 1/2 inch pieces
2 1/4 cups water, divided
2 (3 ounce) packages beef ramen noodles
2/3 cup hoisin sauce

Directions

In a large skillet or wok, stir-fry beef and garlic in oil for 5 minutes or until meat is no longer pink. Add the asparagus; stir-fry for 2 minutes or until crisp-tender.

In a small bowl, combine 1/4 cup water and 1/2 teaspoon seasoning from one ramen noodle seasoning packet; stir until dissolved. Add hoisin sauce; stir into the beef mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. (Discard remaining seasoning from opened packet.)

In a large saucepan, bring remaining water to a boil; add ramen noodles and contents of remaining seasoning packet. Cook for 3 minutes. Remove from the heat; cover and let stand until noodles are tender. Serve with beef mixture.

Harvest Beef Stew

Ingredients

4 tablespoons bacon drippings
1/4 cup flour
Salt and pepper to taste
2 1/2 pounds beef stew meat, cut into 1 inch cubes
5 tablespoons olive oil
1 onion, thinly sliced
6 cloves garlic, thinly sliced
1 pound carrots, peeled and sliced
1 pound celery, sliced
1/4 cup rice vinegar
2 tablespoons brown sugar
4 cups beef broth
2 (12 fluid ounce) cans or bottles ale
1 parsnip, peeled and sliced
1 turnip, peeled and chopped
1 pound baby red potatoes, washed
3/4 cup parsley, chopped
4 whole bay leaves

Directions

Heat bacon grease in a large pot over medium heat.

Combine flour with salt and pepper. Coat beef cubes.

Brown meat in the bacon grease until nicely browned. Remove to a paper towel, and set aside.

Heat olive oil in the same pot. Cook onions, garlic, carrots, and celery over low heat. Add the vinegar and sugar. Pour in the broth and bring to a boil. Deglaze the pan by scraping off the food stuck on the bottom of the pot.

Return meat to pot. Pour in beer, then stir in parsnips, turnips, red potatoes, parsley, and bay leaves. Reduce heat to medium low. Cover and simmer for 90 minutes, stirring occasionally.

Cheddar Beef Enchiladas

Ingredients

1 pound ground beef
1 (1.25 ounce) package taco seasoning
1 cup water
2 cups cooked rice
1 (16 ounce) can refried beans
2 cups shredded Cheddar cheese, divided
10 (8 inch) flour tortillas
1 (16 ounce) jar salsa
1 (10.75 ounce) can condensed cream of chicken soup, undiluted

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in taco seasoning and water. Bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes. Stir in rice. Cook and stir until liquid is evaporated. Spread about 2 tablespoons of refried beans, 1/4 cup beef mixture and 1 tablespoon cheese down the center of each tortilla; roll up. Place seam side down in two greased 13-in. x 9-in. x 2-in. baking dishes.

Combine salsa and soup; pour down the center of enchiladas. Sprinkle with remaining cheese. Bake one casserole, uncovered, at 350 degrees F for 20-25 minutes or until heated through and cheese is melted. Cover and freeze remaining casserole for up to 3 months.

Sandy's Special Beef Marinade

Ingredients

1/2 large white onion, diced
4 cloves garlic, minced
1 cup grapeseed oil
1/3 cup Worcestershire sauce
1/4 cup soy sauce
1/4 cup steak sauce
1/4 cup water
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon crushed red pepper
1/2 teaspoon ground mustard
2 tablespoons liquid smoke
2 tablespoons brown sugar
2 bay leaves
1 teaspoon lime juice

Directions

Stir together the onion, garlic, grapeseed oil, Worcestershire sauce, soy sauce, steak sauce, water, salt, black pepper, red pepper, mustard, liquid smoke, brown sugar, bay leaves, and lime juice in a bowl.

Beef Pot Pie II

Ingredients

2 peeled and cubed red potatoes
3/4 cup carrots, cubed
1/4 cup chopped onion
1 3/4 cups diced cooked beef
2 (12 ounce) jars beef gravy
1 teaspoon beef bouillon granules
1 teaspoon Beau Monde seasoning
salt and pepper to taste
1 cup buttermilk baking mix
1/2 cup milk
1 egg

Directions

Place potatoes and carrots in a medium saucepan and fill with water to cover. Cover and cook over medium high heat until almost done (about 10 to 15 minutes). Drain and let cool for a few minutes.

Preheat oven to 350 degrees F (175 degrees C).

In a medium bowl combine the potatoes, carrots, onion, beef, gravy, bouillon and seasoning. Season with salt and pepper to taste and mix all together.

In a large bowl combine the baking mix, milk and egg and mix together until smooth. Pour beef mixture into an ungreased 9 inch deep dish pie plate. Pour pastry dough on top.

Bake in preheated oven 25 to 30 minutes, until crust is golden.

Corned Beef and Cabbage

Ingredients

1 medium onion, cut into wedges
4 medium potatoes, peeled and quartered
1 pound baby carrots
3 cups water
3 garlic cloves, minced
1 bay leaf
2 tablespoons sugar
2 tablespoons cider vinegar
1/2 teaspoon pepper
2 1/2 pounds corned beef brisket with spice packet, cut in half
1 small head cabbage, cut into wedges

Directions

Place the onion, potatoes and carrots in a 5-qt. slow cooker. Combine water, garlic, bay leaf, sugar, vinegar, pepper and contents of spice packet; pour over the vegetables. Top with brisket and cabbage. Cover and cook on low for 8-9 hours or until the meat and vegetables are tender. Remove bay leaf before serving.

Beef Barley Soup

Ingredients

2 pounds ground beef
2 medium onions, chopped
1/2 cup chopped celery
3 cups water
2 (14.5 ounce) cans beef broth
1 cup quick-cooking barley
2 (14.5 ounce) cans diced tomatoes with garlic and onions, undrained
2 teaspoons Worcestershire sauce
1 teaspoon salt
1 teaspoon dried basil

Directions

In a Dutch oven, cook beef, m onions and celery until meat is no longer pink and vegetables are tender; drain. Stir in the water and broth; bring to a boil. Reduce heat. Add barley; cover and simmer for 10-20 minutes or until barley is tender. Stir in the remaining ingredients; heat through. Transfer to three 1-qt. freezer containers; cover and freeze for up to 3 months.

Picadillo (Cuban Beef Hash)

Ingredients

2 1/2 pounds ground beef
4 cloves garlic, minced
1 (28 ounce) can tomato sauce
1/2 cup stuffed green olives
1/2 cup brine from olive jar
1/2 teaspoon garlic salt
1/2 teaspoon garlic powder
1 tablespoon adobo seasoning
1/2 teaspoon black pepper

Directions

Heat a large pot over medium-high heat until hot. Add beef and garlic; cook and stir until the beef is crumbly and no longer pink. Place cooked beef in a mesh strainer to drain off the grease.

Return beef to the pan and add the tomato sauce, green olives, and olive brine. Season with garlic salt, garlic powder, adobo seasoning, and pepper. Bring to a simmer, then reduce heat to medium-low, cover, and simmer for 45 minutes, stirring occasionally.

One-Pot Salsa Beef Skillet

Ingredients

1 pound lean ground beef
2 cups water
1 cup salsa
1 (200 g) package Kraft Dinner
Extra Creamy Macaroni and
Cheese
2 cups frozen corn
1/2 cup KRAFT Tex Mex
Shredded Cheese
1 green onion, chopped

Directions

Brown meat in large skillet on medium-high heat; drain. Return to skillet.

Add water, salsa and Macaroni; stir. Bring to boil. Reduce heat to low; cover. Simmer 10 minutes or until macaroni is tender, stirring occasionally. Add corn and Cheese Sauce Mix; stir. Cook 2 minutes or until heated through.

Top with cheese and onions.

Patsy's Best Barbeque Beef

Ingredients

1 bunch celery, chopped
3 large onions, chopped
1 medium green bell pepper, chopped
1 1/4 cups ketchup
1/2 cup water
3 tablespoons barbeque sauce
3 tablespoons cider vinegar
1/8 teaspoon hot pepper sauce
2 teaspoons chili powder
2 tablespoons salt
1 teaspoon pepper
6 pounds boneless beef chuck roast, trimmed and chopped

Directions

In a large bowl, mix the celery, onions, green pepper, ketchup, water, barbeque sauce, vinegar, and hot pepper sauce. Season with chili powder, salt, and pepper.

Place the roast in a slow cooker, and cover with the sauce mixture. Cover, and cook on Low for approximately 12 hours.

Shred the meat with a fork. Increase cooking temperature to High, and continue cooking until most of the liquid has been reduced.

French Beef Stew

Ingredients

3 medium potatoes, peeled and cut into 1/2-inch cubes
2 pounds beef stew meat
4 medium carrots, sliced
2 medium onions, sliced
3 celery ribs, sliced
2 cups tomato juice
1 cup water
1/3 cup quick-cooking tapioca
1 tablespoon sugar
1 tablespoon salt
1 teaspoon dried basil
1/2 teaspoon pepper

Directions

Place the potatoes in a greased 5-qt. slow cooker. Top with the beef, carrots, onions and celery. In a bowl, combine the remaining ingredients. Pour over the vegetables. Cover and cook on low for 9-10 hours or until vegetables and beef are tender.

Rustic Beef Caldo

Ingredients

3 pounds beef shank cross cuts, cut 1 to 1-1/2 inches thick
1 tablespoon vegetable oil
2 cups water
1 (14 ounce) can beef broth
2 tablespoons chopped fresh cilantro
4 cloves garlic, minced
2 teaspoons salt
2 teaspoons pepper
1/2 teaspoon ground cumin
5 cups coarsely chopped cabbage
2 medium ears corn, husked, cut into 3 pieces each
1/2 pound small red-skinned potatoes, cut in half or left whole if small
1 large onion, cut into 1-inch pieces
2 medium carrots, cut into 1-inch pieces
2 medium zucchini or Mexican zucchini, cut into 1-inch pieces
2 medium tomatoes, cut into 1-inch pieces
1 lime, cut into wedges (optional)

Directions

Heat oil in stockpot over medium heat until hot. Brown beef shanks, in batches, on all sides. Pour off drippings.

Return beef to stockpot. Add water, broth, cilantro, garlic, salt, pepper and cumin; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.

Add cabbage, corn, potatoes, onion and carrots to stockpot; return to a simmer. Reduce heat; simmer, covered, 20 minutes. Add zucchini and tomatoes; simmer, covered, 10 to 15 minutes or until vegetables are tender.

Garnish with lime wedges, if desired

Sesame Beef Tenderloin

Ingredients

1/4 cup soy sauce
1 green onion, chopped
1 teaspoon ground ginger
1 teaspoon Dijon mustard
2 garlic cloves, minced
1 (3 pound) beef tenderloin
1/4 cup honey
2 tablespoons sesame seeds,
toasted

Directions

In a large resealable bag, combine the first five ingredients. Add tenderloin; seal bag and turn to coat. Refrigerate for 2 hours, turning several times.

Drain and discard marinade. Brush the beef with honey; sprinkle with sesame seeds. Place in a shallow roasting pan. Bake at 400 degrees F for 25 minutes. Cover with foil. Bake 30-35 minutes longer or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Let stand for 10 minutes before slicing.

Red Wine and Orange Marinated Beef Skewers

Ingredients

2 cups red wine
1/2 cup steak sauce (e.g. A-1)
3 oranges, sliced into rounds
1 bunch green onions, sliced
4 small red chile peppers, seeded and finely chopped
4 large cloves garlic, minced
1 1/2 teaspoons ground ginger
salt and pepper, to taste
3 pounds beef sirloin steak, boneless, cut across the grain into 1/4 inch strips

Directions

Combine the red wine and steak sauce in a large bowl. Stir in the orange slices, green onions, chile peppers, garlic, and ginger. Season with salt and pepper to taste.

Place steak strips in a shallow dish and pour marinade over meat. Cover, and refrigerate 8 hours.

Preheat an outdoor grill for high heat and lightly oil grate. Set grate 4 inches from heat. Soak wooden or bamboo skewers in water for 30 minutes to prevent them from burning.

Remove steak from marinade, and discard; thread meat onto skewers. Arrange skewers on prepared grill, and cook until meat is no longer pink and juices run clear, 7 to 10 minutes.

No-Peek Beef Stew

Ingredients

2 pounds beef stew meat, cut into
1 inch cubes
1 (10.5 ounce) can condensed
French onion soup
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (4.5 ounce) can mushrooms,
drained
1/2 cup dry red wine

Directions

Place beef stew meat, condensed French onion soup, condensed cream of mushroom soup, mushrooms and dry red wine into a slow cooker. Cover and cook on low for 8 hours.

Baked Spaghetti Squash with Beef and Veggies

Ingredients

1 spaghetti squash, halved and seeded
1 pound ground beef
1/2 cup diced green bell pepper
1/2 cup diced red bell pepper
1/4 cup diced red onion
1 clove garlic, chopped
1 (14.5 ounce) can Italian-style diced tomatoes, drained
1/2 teaspoon dried oregano
1/2 teaspoon dried basil
1/4 teaspoon salt
1/4 teaspoon ground black pepper
2 1/4 cups shredded sharp Cheddar cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Place squash on a baking sheet, and bake 40 minutes, or until tender. Remove from heat, cool, and shred pulp with a fork.

Reduce oven temperature to 350 degrees F (175 degrees C). Lightly grease a casserole dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain, and mix in the green pepper, red pepper, red onion, and garlic. Continue to cook and stir until vegetables are tender.

Mix the shredded squash and tomatoes into the skillet, and season with oregano, basil, salt, and pepper. Cook and stir until heated through. Remove skillet from heat, and mix in 2 cups cheese until melted. Transfer to the prepared casserole dish.

Bake 25 minutes in the preheated oven. Sprinkle with remaining cheese, and continue baking 5 minutes, until cheese is melted.

Skillet Beef and Macaroni

Ingredients

1 1/2 pounds ground beef
1/2 cup chopped onion
2 (8 ounce) cans tomato sauce
1 cup water
1 (7 ounce) package elbow macaroni
1/2 cup chopped green pepper
2 tablespoons Worcestershire sauce
1 teaspoon salt
1/4 teaspoon pepper

Directions

In a skillet, cook beef and onion until the meat is browned and onion is tender. Drain. Stir in the remaining ingredients; bring to a boil. Reduce heat; cover and simmer until macaroni is tender, about 20 minutes. Stir occasionally, adding additional water if needed.

Beef Caldo with Spinach

Ingredients

vegetable oil for browning
1 pound beef round, thinly sliced
then cut into 1 inch pieces
1 medium onion, diced
6 roma (plum) tomatoes, chopped
4 new potatoes, quartered
2 cups tomato puree
1 bunch fresh spinach, rinsed and
torn into bite-size pieces
1/2 cup red wine
3 cloves garlic, minced
2 tablespoons chopped fresh
oregano
1 (14.5 ounce) can beef broth

Directions

Heat oil in a medium skillet over medium-high heat. Cook and stir meat until well browned on all sides, then transfer to a large stock pot. Cook and stir onions in the same skillet in the fat remaining from the meat. When lightly browned and tender, stir in tomatoes. Continue cooking until some of the tomato liquid has evaporated, then transfer to the stock pot with the meat.

In a separate skillet, brown the potatoes in a small amount of oil over medium-high heat, turning occasionally. Add the potatoes to the meat, along with the tomato puree, spinach, red wine, garlic, and oregano. Add just enough beef broth or water to cover meat and vegetables, and bring to a boil. Reduce heat to a simmer, cover, and cook for one hour.

Southwestern-Flavored Ground Beef or Turkey for

Ingredients

2 tablespoons olive oil
1 large onion, chopped
3 large garlic cloves, minced
3 tablespoons chili powder
2 teaspoons dried oregano
1 tablespoon ground cumin
3 pounds lean ground beef or turkey
1 (14.5 ounce) can petite diced tomatoes
Salt and pepper, to taste
1/4 cup cornmeal

Directions

Heat oil in a 12-inch skillet until shimmering. Add onion; saute until soft, about 5 minutes. Add garlic, chili powder, oregano and cumin; saute until fragrant, about 1 minute. Add beef or turkey and cook, stirring often, until it loses its raw color. Stir in tomatoes; simmer to blend flavors, about 5 minutes. Add salt and pepper, to taste. Stir in cornmeal; cook, stirring constantly, until it thickens, almost instantly. Cool and refrigerate (or serve warm for dinner as tacos or taco salad).

Mongolian Beef II

Ingredients

2 pounds boneless sirloin tip roast
1/2 cup soy sauce
2 tablespoons dry sherry
2 teaspoons sesame oil
3 tablespoons cornstarch
2 tablespoons brown sugar
2 teaspoons crushed red pepper
5 whole dried red chile peppers
3/8 cup vegetable oil, divided
4 bunches green onions, cut into 2 inch pieces

Directions

Partially freeze the roast for easier slicing. Slice the roast into 3x1/2 inch strips, and set aside.

In a large bowl, combine well the soy sauce, sherry, sesame oil, cornstarch, brown sugar, crushed red pepper and whole chile peppers. Place beef in the mixture and coat well. Cover and refrigerate for 20 to 30 minutes.

Heat 2 tablespoons of the oil in a large skillet or wok over medium high heat. Place green onions in the hot oil. Cover, reduce heat to low and cook 6 minutes, or until tender. Remove green onions and set aside.

In the same skillet or wok, heat remaining 1/4 cup of oil over medium high heat. Add beef mixture and saute for 5 minutes, or until the beef is thoroughly cooked. Return green onions to the pan and saute for 30 seconds more, or until heated through.

Jack's Old-Fashioned Beef and Vegetable Soup

Ingredients

2 tablespoons butter
1 onion, coarsely chopped
4 stalks celery, chopped
1/3 pound lean round steak, cut into 1/2-inch cubes
1 quart beef stock
1 quart water
1 bay leaf
1/4 teaspoon dried marjoram
1/4 teaspoon dried oregano
2 pounds beef soup bones
1 large potato, peeled and cut into large chunks
1 large carrot, peeled and cut into large chunks
1 small green bell pepper, chopped
1/4 cup dry black beans
1/4 cup dried split peas
1/4 cup white rice
1/4 cup elbow macaroni
1 cup crushed tomatoes in puree
1/4 cup chopped cabbage
1 cup red wine
salt and ground black pepper to taste

Directions

Melt the butter in a large stockpot over medium heat; cook the onion, celery, and steak in the melted butter until the onions caramelize, 7 to 10 minutes. Add the beef stock, water, bay leaf, marjoram, oregano, and soup bones; lower the heat to medium-low and simmer 3 hours, skimming froth off the top of the soup as it develops.

Add the potato, carrot, bell pepper, black beans, split peas, rice, macaroni, tomatoes in puree, cabbage, and red wine to the stockpot. Simmer 1 hour more. Remove the soup bones, scraping any meat from them back into the pot. Season with salt and pepper to serve.

Italian Roast Beef II

Ingredients

3 pounds beef chuck roast
1 (16 ounce) bottle Italian-style
salad dressing
3 cloves garlic, minced
ground black pepper to taste

Directions

Place roast into a stainless steel or glass mixing bowl. Pour dressing over the roast, and turn to coat. Cover, and refrigerate for 24 hours.

Preheat oven to 285 degrees F (140 degrees C).

Line a 13x9 inch baking dish with aluminum foil. Place the marinated roast in the dish. Rub the garlic and pepper into the meat. Pour any leftover marinade over the roast.

Bake at 285 degrees F (140 degrees C) for 1 1/2 hours. Increase heat to 375 degrees F (190 degrees C), and continue baking for an additional 2 hours.

Remove roast from oven, and cover with foil. Let sit for 15 minutes before serving.

Herbed Beef Tenderloin

Ingredients

1 (3 pound) whole beef tenderloin, trimmed
2 teaspoons olive or canola oil
2 garlic cloves, minced
1 1/2 teaspoons dried basil
1 1/2 teaspoons dried rosemary, crushed
1 teaspoon salt
1 teaspoon pepper

Directions

Tie tenderloin at 2-in. intervals with kitchen string. Combine oil and garlic; brush over meat. Combine the basil, rosemary, salt and pepper; sprinkle evenly over meat. Place on a rack in a shallow roasting pan. Bake, uncovered, at 425 degrees F for 40-50 minutes or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Let stand for 10 minutes before slicing.

Beef and Vegetable Stew

Ingredients

1 pound cubed beef stew meat
1 tablespoon vegetable oil
1 onion, thinly sliced
1 (6 ounce) can tomato paste
1 (14.5 ounce) can low fat, low sodium beef broth
1 cup chopped carrots
3 potatoes, cubed
1 sprig fresh rosemary
1 teaspoon dried thyme
1 bay leaf
1/4 teaspoon crushed red pepper flakes
10 ounces button mushrooms, quartered
1 (10 ounce) package frozen green peas, thawed

Directions

Remove any bits of fat from the meat. Heat the oil in a large pot over medium high heat. Saute the meat in the oil for 10 minutes, or until browned on all sides. Remove meat and set aside.

Add the onion and tomato paste to the pot and saute over medium heat for 5 minutes, or until onion is tender, stirring often. Return the meat to the skillet along with the beef broth, combining with the onion and tomato paste mixture. Reduce heat to low, cover and simmer for 1 to 1 1/2 hours, or until meat is tender.

Add the carrots, potatoes, rosemary, thyme, bay leaf and crushed red pepper flakes and simmer, covered, for another 45 minutes. (Note: It may be necessary to add some water if the stew seems too thick.)

Finally, add the mushrooms and the peas and allow stew to heat through, about another 10 to 15 minutes. Remove bay leaf and rosemary sprig before serving.

Ginger Beef

Ingredients

2 onions, finely chopped
3 cloves garlic, peeled and minced
5 teaspoons grated fresh ginger root
1 teaspoon ground turmeric
1/4 teaspoon crushed dried chile pepper
1 1/2 teaspoons salt
1 1/4 pounds flank steak, cut into strips
1 tablespoon peanut oil
1 (14.5 ounce) can peeled and diced tomatoes, drained
1 (10.5 ounce) can condensed onion soup
2 cups uncooked long-grain white rice
1 quart water

Directions

In a large bowl, mix onions, garlic, ginger, turmeric, dried chile pepper, and salt. Place flank steak in the mixture, and toss to coat. Cover, and place in the refrigerator at least 15 minutes.

Heat oil in a Dutch oven over medium high heat, and stir in onion and steak mixture. Cook and stir until steak is lightly browned. Mix in tomatoes, and cook over high heat about 10 minutes.

Mix onion soup into the Dutch oven. Cover, reduce heat, and simmer 1 hour, until meat is tender.

Place rice and water in a medium saucepan, and bring to a boil. Cover, reduce heat, and simmer 20 minutes. Serve the steak mixture over the cooked rice.

Beef Stroganoff I

Ingredients

1/4 cup butter
1 1/2 pounds sirloin tip, cut into thin slices
1 onion, chopped
1 (16 ounce) container sour cream

Directions

Melt butter in a large skillet over medium heat. Add beef and the onions; cook until the meat is browned and the onion tender.

Stir in sour cream, and heat through. Do not boil.

Homestyle Beef, Macaroni and Cheese

Ingredients

2 cups elbow macaroni
1 pound ground beef
1 (10.25 ounce) can condensed tomato soup
1 (11.5 ounce) can tomato juice
1 (10 ounce) can whole kernel corn, drained
1 1/2 cups shredded mozzarella cheese

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

In a skillet over medium heat, brown the ground beef until no pink shows; drain excess fat. In the large pot, combine macaroni, beef, tomato soup, tomato juice and corn; heat through. Stir in cheese.

Mushroom Stuffed Beef Rouladen

Ingredients

3 tablespoons vegetable oil,
divided
1 clove garlic, chopped
1 pound assorted mushrooms
(brown, oyster, portobello), thinly
sliced
1 pinch dried thyme
salt and pepper to taste
1 egg, beaten
1/4 cup bread crumbs
8 (3 ounce) pieces top round,
pounded thin
1/4 cup dry red wine
2 1/2 cups beef stock
1/4 cup all-purpose flour
1 tablespoon Dijon mustard

Directions

Heat 2 tablespoons of oil in a large saute pan over medium-high heat. Stir in garlic and mushrooms. Cook until the mushrooms have softened, then stir in dried thyme, remove from heat, and allow to cool to room temperature. Once cool, season to taste with salt and pepper, then mix in the beaten egg and breadcrumbs.

Evenly divide the mushroom mixture among the top round slices. Roll each Rouladen around the filling into a tight cylinder and secure with a toothpick.

Preheat oven to 350 degrees F (175 degrees C).

Heat the remaining 1 tablespoon of oil in a skillet over medium-high heat. Brown the Rouladen, then transfer to a 8x8 inch baking dish. Pour wine into the hot skillet and bring to a simmer. Meanwhile, stir the beef stock into the flour, and mix until smooth. Pour the beef stock into the skillet and return to a simmer. Cook until thickened, then stir in the Dijon mustard. Pour this sauce over the Rouladen.

Cover, and bake 60 to 75 minutes in the preheated oven, until the meat is tender.

Vegetable Beef Minestrone

Ingredients

2 slices bacon, chopped
1/2 pound lean ground beef
2 carrots, chopped
2 cloves garlic, minced
1 large onion, chopped
1 stalk celery, chopped
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried rosemary,
crushed
1/4 teaspoon crushed red pepper
flakes
1 (14.5 ounce) can stewed
tomatoes
1 (10.5 ounce) can beef broth
1 (15 ounce) can chickpeas
(garbanzo beans), drained
2 ounces spaghetti, broken into
pieces

Directions

In a large saucepan, cook bacon and ground beef until well done, breaking up the beef as it cooks. Drain off the grease and add carrots, garlic, onion and celery. Season with the bay leaf, basil, rosemary and red pepper flakes. Cook for about 5 minutes or until the onions are translucent. Stir in tomatoes and beef stock.

Simmer for about 20 minutes then put in the chickpeas and broken spaghetti. Cook covered, for about 10 minutes or until spaghetti is al dente. Remove the bay leaf before serving.

Spicy Roast Beef Sandwiches

Ingredients

2 teaspoons butter, softened
2 Kaiser rolls, split
1/2 pound thinly sliced deli roast beef
2 slices Monterey Jack cheese
1 teaspoon canned diced jalapeno pepper

Directions

Spread butter over the cut sides of rolls. Layer beef, cheese and peppers on the bottom halves; replace tops. Wrap each sandwich in foil; place on an ungreased baking sheet. Bake at 350 degrees F for 10-15 minutes or until the cheese is melted.

Corned Beef and Cabbage II

Ingredients

1 (5 1/2 pound) corned beef brisket
2 tablespoons pickling spice
1 large orange, sliced in rounds
2 stalks celery, sliced
1 large onion, sliced
1/2 cup cold water
6 tablespoons margarine, divided
1 large head cabbage, cored and sliced
1 cup Golden Delicious apples, cored and quartered with peel
1/4 cup cold water

Directions

Preheat the oven to 300 degrees F (150 degrees C). Line a 9x13 inch roasting pan with aluminum foil, leaving enough extra extending over the sides to cover and seal in the roast.

Rinse the brisket, and pat dry. Rub with pickling spice, and place in the prepared roasting pan. Arrange celery, orange and onion slices on and around the roast. Pour in 1/2 cup of water, and wrap aluminum foil up over the roast tightly, making sure the ends are sealed.

Bake for about 4 hours in the preheated oven, or until meat is tender.

About 45 minutes before the roasts time is up, heat 3 tablespoons of margarine and 1/4 cup of water in a large pot. Add cabbage and apples, cover, and simmer over low heat for about 30 minutes. Occasionally shake the pot so that nothing sticks to the bottom. Serve with remaining margarine and sliced corned beef.

Mandarin Beef Skillet

Ingredients

1 pound ground beef
1 small onion, sliced
1 (11 ounce) can mandarin oranges
1 1/2 cups water, divided
1/4 cup soy sauce
3/4 teaspoon ground ginger
2 tablespoons cornstarch
3 celery ribs, sliced
1 small green pepper, chopped
1 (8 ounce) can sliced water chestnuts, drained
1 (4 ounce) can mushroom stems and pieces, drained
Hot cooked rice

Directions

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Drain the oranges, reserving syrup. Add syrup to the meat mixture; set oranges aside. Stir in 1 cup of water, soy sauce and ginger. Cover and simmer for 5 minutes. Combine cornstarch and remaining water until smooth; stir into meat mixture. Bring to a boil; cook and stir for 2 minutes or until thickened. Add the celery, pepper, water chestnuts and mushrooms. Cover and cook over low heat for 5-7 minutes or until heated through. Serve over rice. Garnish with the oranges.

Beef Pupusas and Curtido Slaw

Ingredients

1 1/2 pounds beef flank steak
1/4 cup fresh cilantro, chopped (optional)
B
Marinade:
3/4 cup fresh cilantro, chopped
1/2 cup chopped fresh mango
1/2 cup chopped fresh pineapple
1/3 cup fresh lime juice
1/3 cup olive oil
2 tablespoons achiote paste
2 cloves garlic, chopped
1/4 teaspoon pepper
B
Slaw:
1 (16 ounce) package coleslaw mix
1 small red onion, thinly sliced
1 1/2 cups chopped fresh mangoes
1 1/2 cups chopped fresh pineapple
B
Pupusas:
2 cups instant corn masa
1 1/2 cups warm water, divided
1/2 teaspoon salt
1/4 teaspoon pepper
1 cup shredded Monterey Jack cheese

Directions

Place Marinade ingredients in food processor or blender container. Cover; process until almost smooth. Cover and refrigerate 3/4 cup for dressing. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Combine Slaw ingredients and reserved 3/4 cup marinade in large bowl; toss to coat. Season with salt, as desired. Cover and refrigerate until ready to serve.

Prepare Pupusas. Combine corn masa, 1-1/4 cups water, salt and pepper in large bowl until soft dough forms. Gradually add more water, if necessary. Divide dough into 6 equal balls. Make indentation in center of each ball; fill with about 2-1/2 tablespoons cheese. Push dough up and around cheese to completely enclose. Flatten balls with hands or rolling pin into 5-1/2 to 6-inch discs, making sure dough stays sealed. Cover with damp paper towels until ready to cook. Spray large skillet or griddle with nonstick cooking spray; heat over medium-high heat until hot. Place pupusas in skillet in batches; cook 2 to 4 minutes or until lightly browned, turning once. Keep warm.

Meanwhile, remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 18 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning once. Remove; let stand 5 to 10 minutes. Carve steak across the grain into thin slices. Season with salt, as desired.

Place 1 pupusa on each serving plate. Top with slaw and beef. Garnish with cilantro, if desired.

Malaysian Beef Rendang

Ingredients

3/8 pound shallots
3 cloves garlic
15 dried red chile peppers
5 slices fresh ginger root
5 lemon grass, chopped
2 teaspoons coriander seeds
2 teaspoons fennel seeds
2 teaspoons cumin seeds
1 pinch grated nutmeg
1 tablespoon vegetable oil
1 1/4 pounds beef stew meat, cut into 1 inch cubes
1 1/2 tablespoons white sugar
2 cups shredded coconut
5 whole cloves
1 cinnamon stick
1 2/3 cups coconut milk
7/8 cup water
salt to taste

Directions

Heat the coconut in a dry wok, stirring continuously until golden brown. Set aside to cool.

Using a blender or a food processor, blend the shallots, garlic, chilies, ginger, and lemon grass to a thick paste.

Grind the coriander, fennel, cumin and nutmeg.

Using the wok, fry the shallot paste in a little oil for a few minutes. Add the ground coriander, fennel, cumin and nutmeg; cook for 3 to 4 minutes, stirring continuously. Add beef; cook over a medium heat for a further 3 to 4 minutes, or until meat is browned.

Stir in sugar, coconut, cloves, cinnamon stick, coconut milk, and water. Bring to a boil, lower heat, and simmer until most of the liquid has gone and the meat is tender (about 1 hour). Season with salt to taste.

Spaghetti with Corned Beef

Ingredients

8 ounces spaghetti
1 (12 ounce) can corned beef
1 cup spaghetti sauce
1 cube chicken bouillon
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
(optional)
1/2 tablespoon dried minced
onion (optional)

Directions

Dissolve bouillon in boiling water. Cut spaghetti noodles in half and add to boiling water until done.

Over medium heat empty can of corned beef onto a skillet. Add spaghetti sauce to meat. Stir until heated; corned beef will come apart and a thick sauce will form. If desired, add Italian seasoning, garlic powder, dry onion, or any other spices.

Once noodles are done, drain and combine with corned beef sauce.

Beef with Ramen Noodles

Ingredients

1 tablespoon cornstarch
1 cup beef broth, divided
1 (3 ounce) package beef ramen noodles
1/2 pound boneless beef sirloin steak, cut into thin strips
1 tablespoon vegetable oil
1 tablespoon soy sauce
1 (15 ounce) can baby corn, drained and rinsed
1 cup fresh broccoli florets
1/2 cup diced sweet red pepper
1/2 cup grated carrot
2 green onions cut into 1-inch pieces
1/4 cup peanuts

Directions

In a small bowl, combine cornstarch and 2 tablespoons broth until smooth; set aside. Set aside seasoning packet from noodles. Cook noodles according to package directions.

In a skillet, stir-fry beef in oil. Add soy sauce; cook for 3-4 minutes or until liquid has evaporated. Drain noodles; add to beef.

Stir in the corn, broccoli, red pepper, carrot, onions and remaining broth. Sprinkle contents of seasoning packet over all.

Cook for 4-6 minutes or until vegetables are crisp-tender. Stir reserved cornstarch mixture and add to skillet. Bring to a boil; cook and stir for 2 minutes or until thickened. Sprinkle with peanuts.

Insane Oven Beef Ribs

Ingredients

2 pounds beef short ribs
1/3 cup soy sauce
3/4 cup red wine
1/2 cup olive oil
2 tablespoons all-purpose flour
1/4 cup brown sugar
4 cloves garlic, minced
1 pinch curry powder

Directions

Place the ribs in a large pot, and fill with enough water to cover. Bring to a boil, and cook until the meat is no longer pink, about 20 minutes.

Meanwhile, preheat the oven to 425 degrees F (220 degrees C). In a medium bowl, stir together the soy sauce, red wine, olive oil, flour, brown sugar, garlic and curry powder.

Drain the ribs, and coat generously with the sauce. Arrange them on a baking sheet.

Roast for about 30 minutes in the preheated oven, or until fork tender. Pour the remainder of the sauce over the ribs about halfway through.

Beef Tenderloin Salad

Ingredients

1/4 cup fat-free mayonnaise
2 tablespoons Dijon mustard
1 tablespoon fat-free milk
2 teaspoons white wine vinegar or
cider vinegar
1 teaspoon prepared horseradish
1 1/4 teaspoons sugar
3/8 teaspoon salt, divided
1/4 teaspoon pepper, divided
8 cups water
1 pound fresh asparagus, cut into
2 inch pieces
4 (4 ounce) beef tenderloin steaks
1 large clove garlic, peeled and
halved
6 cups torn mixed salad greens
2 large ripe tomatoes, cut into
wedges

Directions

For salad dressing, in a bowl, whisk the mayonnaise, mustard, milk, vinegar, horseradish, sugar, 1/8 teaspoon salt and 1/8 teaspoon pepper. Cover and refrigerate. In a large saucepan, bring water to a boil. Add asparagus; cover and boil for 3 minutes. Drain and immediately place asparagus in ice water; drain and pat dry. Cover and refrigerate.

If grilling the steaks, coat grill rack with nonstick cooking spray before starting the grill. Rub steaks with garlic; discard garlic. Sprinkle with remaining salt and pepper. Grill steaks, covered, over medium heat or broil 4-6 in. from the heat for 6-8 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

On four serving plates, arrange the greens, tomatoes and asparagus. Thinly slice beef; place over salad. Drizzle with dressing.

Beefy Cornbread Casserole

Ingredients

1 pound ground beef *
1 (15 ounce) can red kidney beans, rinsed and drained
1 (10.25 ounce) can Campbell's® Beef Gravy
1/2 cup barbeque sauce
1 (8.5 ounce) package corn muffin mix

Directions

Preheat oven to 375 degrees F. Cook beef in skillet until browned. Add beans, gravy and barbecue sauce. Pour into 2-quart shallow baking dish.

Prepare corn muffin mix according to package directions. Drop by spoonfuls on top of beef mixture. Bake 25 to 30 minutes or until top is golden brown and mixture is bubbling.

Oven Beef Stew

Ingredients

2 tablespoons all-purpose flour
3/4 teaspoon salt
1/8 teaspoon pepper
3/4 pound boneless beef chuck
roast - cut into 1 inch cubes
1 tablespoon vegetable oil
1 (10.75 ounce) can condensed
tomato soup, undiluted
1 1/4 cups water
3/4 cup chopped onion
1/4 teaspoon dried basil
2 medium potatoes, peeled and
diced
2 medium carrots, cut into 1 inch
pieces

Directions

In a resealable plastic bag, combine the flour, salt and pepper. Add beef cubes, a few at a time, and shake to coat. In a Dutch oven, brown meat in oil. Add the soup, water, onion and basil; mix well. Cover and bake at 350 degrees F for 1 hour. Add potatoes and carrots. Bake 1 hour longer or until meat and vegetables are tender.

Creamed Beef with Rice

Ingredients

1 cup uncooked long grain white rice
2 cups water
1 pound beef stew meat
1 dash Worcestershire sauce, or to taste
salt and pepper to taste
1 tablespoon vegetable oil
1 medium onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
1 teaspoon minced fresh ginger root
2 cloves minced garlic
1 cup sliced fresh mushrooms
3 tablespoons heavy cream
1 tablespoon cornstarch, or as needed
fresh parsley, for garnish

Directions

Bring the rice and water to a boil in a pot. Reduce heat to low, cover, and cook 20 minutes.

Place the beef in a bowl, sprinkle with Worcestershire sauce, and season with salt and pepper.

Heat the oil in a skillet over medium heat. Mix in the onion, 1/2 the green bell pepper, 1/2 the red bell pepper, ginger, and garlic. Cook and stir until vegetables are tender.

Transfer beef to the skillet, and cook until evenly brown. Mix in the mushrooms. Reduce heat to low, and simmer 5 minutes. Stir in heavy cream and cornstarch as needed to thicken the sauce. Mix in the remaining green bell pepper and red bell pepper. Remove from heat, and transfer to a large bowl (not the one used to season the beef). Mix cooked rice into the bowl with the beef. Serve garnished with parsley.

Skillet Pasta and Beef Dinner

Ingredients

1 pound ground beef
1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
2 cups water
8 ounces uncooked rotini pasta
1 cup shredded mozzarella cheese

Directions

Brown ground beef in 12-inch skillet; drain.

Stir in Pasta Sauce and water. Bring to a boil over high heat. Stir in uncooked rotini and return to a boil. Reduce heat to medium and cook covered, stirring occasionally, 12 minutes or until rotini is tender. Remove from heat and sprinkle with cheese. Cover and let stand 5 minutes or until cheese is melted.

Ground Beef Wellington

Ingredients

1/2 cup chopped fresh mushrooms
1 tablespoon butter or margarine
2 teaspoons all-purpose flour
1/4 teaspoon pepper, divided
1/2 cup half-and-half cream
1 egg yolk
2 tablespoons finely chopped onion
1/4 teaspoon salt
1/2 pound ground beef
1 (4 ounce) package refrigerated crescent rolls
1 teaspoon dried parsley flakes

Directions

In a saucepan, saute mushrooms in butter until softened. Stir in flour and 1/8 teaspoon pepper until blended. Gradually add the cream. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat and set aside.

In a bowl, combine the egg yolk, onion, 2 tablespoons mushroom sauce, salt and remaining pepper. Crumble beef over mixture and mix well. Shape into two loaves. Separate crescent dough into two rectangles on a baking sheet. Seal perforations. Place meat loaf on each rectangle. Bring edges together and pinch to seal. Bake at 350 degrees F for 24-28 minutes or until a meat thermometer inserted into meat loaf reads 160 degrees F.

Meanwhile, warm remaining sauce over low heat; stir in parsley. Serve sauce with Wellingtons.

Pepper Rice and Confetti Beef

Ingredients

1 1/2 cups chicken broth
1 1/2 cups uncooked white rice
1/2 pound beef sirloin, thinly sliced
1 tablespoon vegetable oil
1/2 red bell pepper, thinly sliced
1/2 yellow bell pepper, thinly sliced
1/2 green bell pepper, thinly sliced
salt and pepper to taste
1/2 cup chopped green onion
2 tablespoons Dijon mustard
2 tablespoons honey

Directions

In a medium saucepan bring chicken broth to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Heat oil in a large skillet over medium heat, and cook the beef, red bell pepper, yellow bell pepper and green bell pepper until beef is evenly browned. Season with salt and pepper. Remove from heat.

Stir Dijon mustard and honey in the beef mixture. Stir green onions into cooked rice. Serve peppers and beef over the rice.

Barbecued Beef Brisket

Ingredients

1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon celery seed
1/4 teaspoon pepper
2 1/2 pounds fresh beef brisket*,
trimmed
SAUCE:
1/2 cup ketchup
1/2 cup chili sauce
1/4 cup packed brown sugar
2 tablespoons cider vinegar
2 tablespoons Worcestershire
sauce
1 teaspoon liquid smoke flavoring
1/2 teaspoon ground mustard

Directions

Combine the first six ingredients; rub over brisket. Place in a slow cooker. In a bowl, combine the sauce ingredients. Pour half over the brisket; set the remaining sauce aside. Cover and cook on high for 4-5 hours or until meat is tender. Serve with the reserved sauce.

Beefy Chinese Dumplings

Ingredients

1 1/2 pounds ground beef
2 cups shredded Chinese cabbage
1 carrot, shredded
1 onion, minced
1 egg
1 teaspoon sugar
1 teaspoon salt
1 tablespoon soy sauce
1 tablespoon vegetable oil
1 (14 ounce) package wonton wrappers

Directions

In a large bowl, mix together beef, cabbage, carrot, and onion. Stir in the egg, sugar, salt, soy sauce, and vegetable oil.

Place a large teaspoonful of filling in the center of a dumpling skin. Moisten the edges of a wonton with a few drops of water. Then fold the dumpling in half, and pinch the edges together to seal. Create a ripple pattern along the pinched edge by pinching and gently pushing together small segments of it. Repeat with remaining dumplings.

Boil the dumplings in water until they float to the top, about 5 minutes.

Asian Pasta Salad with Beef, Broccoli and Bean

Ingredients

Soy-Ginger Dressing:

3 medium garlic cloves, minced
6 tablespoons soy sauce
1 tablespoon rice wine vinegar
1 tablespoon sugar
1 tablespoon sesame oil
1 teaspoon ground ginger
3/4 teaspoon hot red pepper flakes
2 tablespoons mayonnaise
1/4 cup vegetable oil

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Pasta Salad:

2 tablespoons salt
1 pound penne pasta
8 ounces broccoli florets
1 pound rare deli roast beef, sliced 1/8 inch thick and cut into bite-size strips
3 medium carrots, peeled and coarsely grated
1 medium red bell pepper, cut into bite-size strips
2 cups bean sprouts
3 green onions, thinly sliced
1/2 cup chopped roasted (or honey-roasted) peanuts
1/4 cup chopped fresh cilantro

Directions

Mix garlic, soy sauce, vinegar, sugar, sesame oil, ginger, and pepper flakes in a 2-cup Pyrex measuring cup. Whisk in mayonnaise until smooth, then in a slow steady stream, whisk in oil to make an emulsified dressing; keep chilled until ready to toss with salad. Store in a clean jar with lid.

Bring 1 gallon of water and 2 tablespoons of salt to boil in a large soup kettle. Add pasta and, using package times as a guide, boil, stirring frequently and adding broccoli the last 1 minute, until just tender. Drain thoroughly (do not rinse) and dump onto a large, lipped cookie sheet. Set aside while preparing remaining salad ingredients.

Place all salad ingredients (except soy-ginger dressing) in a large bowl or transfer to a gallon-size zipper bag. (Can be covered and refrigerated several hours at this point). When ready to serve, add dressing; toss to coat and serve.

Beef Barley Vegetable Soup

Ingredients

1 (3 pound) beef chuck roast
1/2 cup barley
1 bay leaf
2 tablespoons oil
3 carrots, chopped
3 stalks celery, chopped
1 onion, chopped
1 (16 ounce) package frozen mixed vegetables
4 cups water
4 cubes beef bouillon cube
1 tablespoon white sugar
1/4 teaspoon ground black pepper
1 (28 ounce) can chopped stewed tomatoes
salt to taste
ground black pepper to taste

Directions

In a slow cooker, cook chuck roast until very tender (usually 4 to 5 hours on High, but can vary with different slow cookers). Add barley and bay leaf during the last hour of cooking. Remove meat, and chop into bite-size pieces. Discard bay leaf. Set beef, broth, and barley aside.

Heat oil in a large stock pot over medium-high heat. Saute carrots, celery, onion, and frozen mixed vegetables until tender. Add water, beef bouillon cubes, sugar, 1/4 teaspoon pepper, chopped stewed tomatoes, and beef/barley mixture. Bring to boil, reduce heat, and simmer 10 to 20 minutes. Season with additional salt and pepper to taste.

Cazuela de Vaca (Beef and Pumpkin Stew)

Ingredients

1 1/2 pounds beef roast
1 (32 ounce) carton beef broth
2 cups water
1/4 cup polenta (coarse or fine)
8 red potatoes, cut in half
1 onion, quartered
1 1/2 pounds slice of pumpkin (calabaza)
2 ears corn, cut into thirds
1 carrot, cut into 1/2 inch slices
1 small red bell pepper, seeded and cut into 1 inch pieces
1 stalk celery, cut into chunks
1 leek, split in half, then cut into 1/2-inch pieces
1 teaspoon minced fresh oregano
1/4 teaspoon mild paprika
salt and pepper to taste
1/2 cup coarsely chopped cilantro leaves (lightly packed)

Directions

Cut the piece of beef into 6 large chunks (one per serving). Place the beef into a large saucepan; pour in the beef broth and water. Bring to a boil over high heat, then reduce heat to medium, cover, and simmer until nearly tender, 1 to 1 1/2 hours.

Stir the polenta into the stew along with the potatoes and onion. Cover and simmer for 15 minutes. Cut the pumpkin into 6, serving-sized pieces, and add to the stew along with the corn, carrot, bell pepper, celery, and leek; simmer until the vegetables are tender, adding more water if needed to barely cover. Stir in the oregano and paprika during the last 5 minutes.

Season to taste with salt and pepper. Ladle into serving bowls, and sprinkle with chopped cilantro.

Italian Beef Hoagies

Ingredients

1 (4 pound) boneless sirloin tip roast, halved
2 (.7 ounce) packages Italian salad dressing mix
2 cups water
1 (16 ounce) jar mild pepper rings, undrained
18 hoagie buns, split

Directions

Place roast in a 5-qt. slow cooker. Combine the salad dressing mix and water; pour over roast. Cover and cook on low for 8 hours or until meat is tender. Remove meat; shred with a fork and return to slow cooker. Add pepper rings; heat through. Spoon 1/2 cup meat mixture onto each bun.

Corned Beef 'n' Cabbage Casserole

Ingredients

1 medium head cabbage,
shredded
1 small onion, chopped
1 cup water
1 (15.5 ounce) can white hominy,
rinsed and drained
3/4 pound thinly sliced corned
beef, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon hot pepper sauce

Directions

In a large Dutch oven or saucepan, combine cabbage, onion and water; bring to a boil. Reduce heat; cover and simmer for 15 minutes or until the cabbage is tender. Add remaining ingredients; simmer for 5 minutes.

Crispy Orange Beef

Ingredients

1 1/2 pounds beef top sirloin,
thinly sliced
1/3 cup white sugar
1/3 cup rice wine vinegar
2 tablespoons frozen orange juice
concentrate
1 teaspoon salt
1 tablespoon soy sauce
1 cup long grain rice
2 cups water
1/4 cup cornstarch
2 teaspoons orange zest
3 tablespoons grated fresh ginger
1 1/2 tablespoons minced garlic
8 broccoli florets, lightly steamed
or blanched
2 cups oil for frying

Directions

Lay beef strips out in a single layer on a baking sheet lined with paper towels. Allow to dry in the refrigerator for 30 minutes. In a small bowl, mix together the sugar, rice vinegar, orange juice concentrate, salt and soy sauce. Set aside.

Meanwhile, combine rice and water in a medium saucepan. Bring to a boil, then reduce heat to medium-low and simmer for 20 minutes, or until rice is tender. Add more water at the end if necessary.

Heat oil in a wok over medium-high heat. Toss dried beef in cornstarch to coat. Fry in the hot oil in small batches until crispy and golden brown; set aside. Drain all of the oil from the wok except about 1 tablespoon.

Add orange zest, ginger and garlic to the remaining oil, and cook briefly until fragrant. Add the soy sauce mixture to the wok, bring to a boil, and cook until thick and syrupy, about 5 minutes. Add beef, and heat through, stirring to coat. Serve immediately over steamed rice, and garnish with broccoli.

Irish Canadian Beef Stew

Ingredients

2 1/4 pounds cubed beef stew meat
1 onion, chopped
4 potatoes, peeled and cut into bite-size pieces
4 carrots, peeled and cut into bite-size pieces
1 turnip, peeled and cut into bite-size pieces
1/4 cup all-purpose flour
1 clove garlic, chopped
2 cups beef stock
3 cups vegetable stock
1 1/2 cups Irish stout beer (such as Guinness®) (optional)
1/2 cup pearl barley
2 sprigs fresh thyme
2 bay leaves
1/4 teaspoon salt
1/4 teaspoon black pepper

Directions

Cut any excess fat from the beef, reserving about 2 tablespoons of fat. Place the fat into a large pot over low heat, and cook, stirring occasionally, until the liquid fat renders out, about 15 minutes. Remove and discard any solid bits that remain.

Place the beef into the hot melted beef fat, and brown on all sides over medium heat, stirring often, about 10 minutes. Cook until nearly all the beef juices have evaporated and begun to brown. Stir in the onion, and cook and stir until the onion starts to become translucent, about 2 minutes. Stir in potatoes, carrots, and turnip, and sprinkle on the flour in several batches, cooking and stirring to coat the ingredients with flour. Stir in the garlic, and cook and stir the meat and vegetables for about 2 minutes to remove any raw flour taste.

In a saucepan over medium-low heat, mix the beef stock and vegetable stock together, and heat until hot but not boiling. Pour the stock mixture, Irish stout beer, barley, thyme, bay leaves, salt, and pepper over the beef and vegetables and stir to dissolve any brown flavor bits from the bottom of the pot. Bring the stew to a boil, reduce heat, cover the pot, and simmer until the meat is very tender, about 2 hours. Stir every 30 minutes, and check seasoning after 1 hour of cooking time. The cover can be removed in the last 30 minutes if you want a thicker stew.

Korean Beef Ribs

Ingredients

3 pounds rib roast
1/2 cup vegetable oil
1/2 cup soy sauce
1/4 cup packed brown sugar
4 cloves garlic, peeled and crushed
2 tablespoons curry powder

Directions

Preheat oven to 350 degrees F (175 degrees C).

Trim excess fat from rib roast, place on a medium baking sheet and cover with foil. Bake approximately 30 minutes in the preheated oven.

In a medium bowl, whisk together vegetable oil, soy sauce, brown sugar, garlic and curry powder.

Preheat an outdoor grill for high heat and lightly oil grate.

Drain juices from ribs and cut into 4 separate pieces. Place on the prepared grill. Basting frequently with the vegetable oil mixture and turning often, cook ribs 15 to 20 minutes, or until richly glazed.

Campbell's® Spicy Salsa Mac 'n' Beef

Ingredients

1 pound ground beef
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1 1/3 cups water
2 cups uncooked medium shell-
shaped pasta
1 (10.75 ounce) can Campbell's®
Condensed Cheddar Cheese
Soup
1 cup Pace® Thick & Chunky
Salsa

Directions

Cook beef in skillet over medium-high heat until browned, stirring to separate meat. Pour off fat.

Add broth and water. Heat to a boil. Add pasta. Cook over medium heat 10 minutes or until pasta is done, stirring often.

Add soup and salsa. Heat through.

Corned Beef Hash (Abalos style)

Ingredients

1 tablespoon vegetable oil
4 cloves garlic, chopped
1 onion, diced
1 tomato, chopped
1 large potato, diced
1 (12 ounce) can corned beef
salt and pepper to taste

Directions

Heat oil in a large skillet over medium-high heat. Add onion and garlic, and cook until fragrant. Stir in the tomatoes and potatoes, and cook for 7 to 10 minutes until potatoes are softened. Add the corned beef, and flake into pieces. Cook for another 10 minutes, stirring frequently. Season with salt and pepper, and serve.

Japanese Beef Rolls

Ingredients

1 tablespoon vegetable oil
12 shiitake mushrooms, sliced
24 spears fresh asparagus,
trimmed
8 thin-cut top round steaks
1/4 cup soy sauce
1 bunch green onions, green parts
only

Directions

Heat the oil in a skillet over medium heat. Add the mushrooms, cover and allow them to sweat over low heat until soft. Do not let them brown. Meanwhile, bring a large pot or skillet of water to a boil. Dunk the asparagus into the boiling water, then place into ice water to stop the cooking. Set aside.

Preheat the oven broiler. Grease a broiling pan.

To construct the rolls, lay the steaks out flat. If your steaks are thick, pound them to about 1/4 inch thickness. Brush soy sauce onto the surface, then place a few mushrooms, a couple of green onions and 3 asparagus spears at one end of each steak. Roll up towards the other end to enclose, and secure each bundle with a toothpick. Place the rolls seam side down on the broiling pan.

Roast under the preheated broiler until browned on top, about 3 minutes. Turn the rolls over and brown on the other side, 2 to 3 more minutes. Be careful not to over cook, this could burn the steaks or make them tough to eat.

Beef Bacon Rolls

Ingredients

1 1/2 pounds top sirloin, lean
1 pound bacon
1 cup chopped onion
1 1/3 cups butter

Directions

Cut the beef into strips that are approximately 1 inch wide and the same length or close to the length of the bacon strip, about 1/8 inch thick. Serve hot.

Make the beef bacon rolls by laying a strip of bacon on a strip of beef and rolling the two meats together so that the beef is on the outside when you finish rolling. Insert a toothpick so that it goes in on the bottom left side and comes out the top right side when looked at vertically.

In large skillet, saute onions and butter until onions are tender. Lay a single layer of beef bacon rolls in the skillet. Brown them on medium heat, turning once or twice. Cover the skillet and simmer about 2 hours.

Savory Grilled Beef Kabobs

Ingredients

1 (10.5 ounce) can Campbell'sB®
Condensed Beef Broth
1/4 cup ketchup
1 tablespoon vegetable oil
1 teaspoon dried thyme leaves,
crushed
1/4 teaspoon garlic powder
1/2 teaspoon ground black
pepper
1 boneless beef sirloin steak
12 medium mushrooms
1 large green pepper, cut into 1-
inch pieces

Directions

Stir the broth, ketchup, oil, thyme, garlic powder and black pepper in a shallow, nonmetallic dish or gallon size resealable plastic bag. Add the beef, mushrooms and green pepper and toss to coat. Cover the dish or seal the bag and refrigerate for 30 minutes.

Remove the beef and vegetables from the marinade. Thread the beef, mushrooms and green pepper alternately on 4 skewers.

Lightly oil the grill rack and heat the grill to medium. Grill the kabobs for 20 minutes or until the beef is cooked through and the vegetables are tender, turning and brushing often with the marinade. Discard any remaining marinade.

Serbian Pork and Beef Casserole

Ingredients

1/8 cup olive oil
1 pound ground beef
1/4 cup bacon
4 pork hocks, meat removed
2 onions, chopped
1/4 teaspoon salt
1/4 teaspoon pepper
1 (14.5 ounce) can sauerkraut,
drained
2 cups uncooked short-grain
white rice
4 cups chicken broth

Directions

Preheat oven to 375 degrees F (190 degrees C).

Heat oil in a large skillet over medium heat. Brown ground beef, bacon, pork meat from hocks, and onions. Season with salt and pepper. Stir in sauerkraut and rice. Transfer contents to a casserole, and stir in chicken broth.

Bake, uncovered, in a preheated oven until rice is cooked, about 30 to 45 minutes. Check liquid level periodically; add water if the casserole is drying out.

Easy Vegetable Beef Soup

Ingredients

2 pounds lean ground beef
4 (15 ounce) cans mixed vegetables
4 (16 ounce) cans diced tomatoes
1 onion, chopped
ground black pepper to taste
salt to taste

Directions

In a large soup pot, cook ground meat over medium heat until browned. Drain grease from the pot.

Add chopped onion, mixed vegetables, and tomatoes. Give it a stir. Reduce heat, and simmer for about 3 to 4 hours. Season to taste with salt and pepper.

German Beef Rouladen

Ingredients

1/4 cup Dijon mustard
8 (4 ounce) pieces round steak,
pounded 1/4 inch thick
1/2 cup minced onion
2 teaspoons paprika
2 teaspoons salt
2 teaspoons freshly ground black
pepper
8 slices bacon
3 tablespoons canola oil
1 (12 ounce) can beef broth
1 1/4 cups water
2 tablespoons cornstarch
1 cup warm water
1/4 cup sour cream

Directions

Spread 1/2 tablespoon mustard over one side of each piece of meat. Sprinkle the onion, paprika, salt, and pepper evenly over the steaks. Lay one slice of bacon on each piece. Roll the steaks jelly-roll style and secure with toothpicks.

Heat the canola oil in a skillet over medium heat. Cook meat on all sides until browned. Add the beef broth and water; bring to a boil. Reduce heat to medium low; cover and simmer until tender, about 30 minutes.

Remove the meat rolls. Strain the broth mixture and return liquid to the skillet. Whisk together the cornstarch and 1 cup of water. Slowly pour the cornstarch slurry into the skillet, stirring continually until the sauce has thickened, 2 to 3 minutes. Stir in the sour cream. Return rolls to the sauce; serve immediately.

Spicy Beef Curry Stew for the Slow Cooker

Ingredients

1 tablespoon olive oil
1 pound beef stew meat
salt and pepper to taste
2 cloves garlic, minced
1 teaspoon chopped fresh ginger
1 fresh jalapeno peppers, diced
1 tablespoon curry powder
1 (14.5 ounce) can diced tomatoes with juice
1 onion, sliced and quartered
1 cup beef broth

Directions

Heat the olive oil in a skillet over medium heat, and brown the beef on all sides. Remove from skillet, reserving juices, and season with salt and pepper. Cook and stir the garlic, ginger, and jalapeno in the skillet for 2 minutes, until tender, and season with curry powder. Mix in the diced tomatoes and juice.

Place the onion in the bottom of a slow cooker, and layer with the browned beef. Scoop the skillet mixture into the slow cooker, and mix in the beef broth.

Cover, and cook 6 to 8 hours on Low.

Beefy Tomato Pasta Soup

Ingredients

1 pound ground beef
2 medium green peppers, cut into 1-inch pieces
1 medium onion, cut into chunks
2 garlic cloves, minced
5 cups water
2 (14.5 ounce) cans diced Italian tomatoes, undrained
1 (6 ounce) can tomato paste
1 tablespoon brown sugar
2 teaspoons Italian seasoning
1 teaspoon salt
1/4 teaspoon pepper
2 cups uncooked spiral pasta
Croutons

Directions

In a Dutch oven or soup kettle, cook the beef, green peppers, onion and garlic over medium heat until meat is no longer pink; drain. Add the water, tomatoes, tomato paste, brown sugar, Italian seasoning, salt and pepper. Bring to a boil. Add pasta. Cook for 10-14 minutes or until pasta is tender, stirring occasionally. Serve with croutons if desired.

Spicy Ground Beef Stew

Ingredients

1 pound ground beef
2 (10.75 ounce) cans condensed vegetable beef soup, undiluted
1 (10 ounce) can diced tomatoes and green chilies, undrained

Directions

In a large saucepan, cook the beef over medium heat until no longer pink; drain. Stir in soup and tomatoes; heat through.

Amanda's Big Beef Sauce

Ingredients

1/2 cup mayonnaise
2 tablespoons French dressing
4 teaspoons sweet pickle relish
1 tablespoon minced white onion
1 teaspoon white sugar
1/8 teaspoon salt

Directions

In a small bowl, mix together mayonnaise, French dressing, sweet pickle relish, white onion, white sugar and salt. Cover and refrigerate 6 hours, or overnight, stirring occasionally, before serving.

Quick Asian Beef Noodle Soup

Ingredients

1 pound lean ground beef
1 onion, chopped
1 tablespoon minced garlic
1 teaspoon ground ginger
4 cups water
1 medium head bok choy,
chopped
2 (3 ounce) packages beef
flavored ramen noodles
2 teaspoons vegetable oil
2 tablespoons soy sauce

Directions

Brown meat in a large skillet. Drain off fat, and rinse meat using a colander.

Transfer meat to a large cooking pot. Stir in onion, garlic, and ginger. Add water, and bring soup to a boil. Stir in bok choy. Reduce heat, and simmer for about 3 minutes.

Stir in noodles. Simmer 3 minutes longer, or until bok choy and onions are crisp tender and noodles are soft. Stir in seasoning packets, oil, and soy sauce.

Beef and Brew

Ingredients

- 1 tablespoon butter
- 1 cup sliced fresh mushrooms
- 1 cup beer
- 3/4 cup water, divided
- 1 bay leaf
- 3/4 teaspoon dried thyme
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon salt
- 1 pound round steak - cut into 1 inch strips
- 2 onions, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 2 tablespoons all-purpose flour

Directions

Melt the butter in a large saucepan over medium heat. Add the mushrooms and saute for 5 minutes, or until they are dark brown and tender. Add the beer, 1/2 cup water, bay leaf, thyme, ground black pepper and salt.

Add the meat, onions, green bell pepper and red bell pepper. Simmer for another 20 minutes, or until beef is tender. Remove bay leaf.

In a separate small bowl, combine the flour and remaining 1/4 cup water. Mix well, making sure the flour is completely dissolved. Stir this mixture into the meat mixture. Cook until thickened and bubbly, then cook for 3 minutes more.

Beefy Rice Dinner

Ingredients

1 (6.8 ounce) package beef
flavored rice mix
1/2 pound lean ground beef
1/3 cup chopped celery
1/3 cup chopped green pepper
1/8 teaspoon salt
1/8 teaspoon pepper
1/3 cup shredded Cheddar
cheese

Directions

Prepared rice according to package directions. Meanwhile, in a large skillet, cook beef, celery and green pepper until the meat is browned and vegetables are tender; drain. Add rice, salt and pepper. Transfer to a greased 2-qt. baking dish. Sprinkle with cheese. Bake, uncovered, at 350 degrees F for 10-15 minutes or until heated through and cheese is melted.

Barbecued Beef

Ingredients

1 1/2 cups ketchup
1/4 cup packed brown sugar
1/4 cup red wine vinegar
2 tablespoons prepared Dijon-style mustard
2 tablespoons Worcestershire sauce
1 teaspoon liquid smoke flavoring
1/2 teaspoon salt
1/4 teaspoon ground black pepper
1/4 teaspoon garlic powder
1 (4 pound) boneless chuck roast

Directions

In a large bowl, combine ketchup, brown sugar, red wine vinegar, Dijon-style mustard, Worcestershire sauce, and liquid smoke. Stir in salt, pepper, and garlic powder.

Place chuck roast in a slow cooker. Pour ketchup mixture over chuck roast. Cover, and cook on Low for 8 to 10 hours.

Remove chuck roast from slow cooker, shred with a fork, and return to the slow cooker. Stir meat to evenly coat with sauce. Continue cooking approximately 1 hour.

Beef Brisket with Chipotle Tomatillo Sauce

Ingredients

2 (11 ounce) cans whole tomatillos, drained
1 (7 ounce) can chipotle peppers in adobo sauce
1 (8 ounce) can tomato sauce
1 cup water
2 teaspoons salt
1 teaspoon brown sugar
2 tablespoons olive oil
1 yellow onion, chopped
4 cloves garlic, chopped
1 (3 pound) beef brisket

Directions

Place the tomatillos, chipotle peppers, tomato sauce, water, salt, and brown sugar in the work bowl of a food processor, and blend until smooth. Set the mixture aside.

Heat the olive oil in a pressure cooker with the lid off over medium heat, and cook and stir the onion and garlic until the onions are translucent, about 3 minutes. Drop the brisket into the pressure cooker, and sear it on both sides. Pour the tomatillo mixture over the brisket, bring to a boil, and place the lid on the cooker. When the pressure comes up, set the heat so the cooker develops medium pressure, and cook for 1 hour and 15 minutes.

Allow the cooker to release pressure on its own (without using the quick-release), and remove the brisket. Serve hot, with tomatillo sauce on the side.

Roast Beef Dip

Ingredients

1 (13 ounce) can roast beef,
drained
1 ounce dry onion soup mix
1 (8 ounce) package cream
cheese, softened
1 (8 ounce) container sour cream

Directions

Place roast beef in a medium-size mixing bowl. Blend in soup mix, cream cheese and sour cream. Cover and refrigerate before serving.

Corned Beef Hash Cakes

Ingredients

1 tablespoon vegetable oil
1 small onion, chopped
2 cups leftover mashed potatoes
salt and pepper to taste
1 cup shredded cooked corned beef

Directions

Heat oil in a large skillet over medium heat. Fry onion in oil until translucent. Transfer to a medium bowl, and mix with mashed potatoes and corned beef. Season with salt and pepper. Form into 8 patties. Fry patties in the skillet over medium-high heat until golden brown on both sides.

Pineapple Beef Stir-Fry

Ingredients

1 (20 ounce) can pineapple chunks
1/2 cup minced fresh cilantro
1/4 cup soy sauce
1 tablespoon ground ginger
1 pound boneless beef round steak, cut into thin strips
1 teaspoon cornstarch
2 teaspoons vegetable oil
1 medium sweet red pepper, thinly sliced
1/2 cup cut fresh green beans
1 tablespoon chopped green chilies
2 garlic cloves, minced
2 green onions, sliced
Hot cooked rice

Directions

Drain the pineapple, reserving 1 cup pineapple and 3/4 cup juice. (Cover and refrigerate remaining pineapple for another use.) In a small bowl, combine the cilantro, soy sauce, ginger and reserved pineapple juice; mix well. Remove 3/4 cup; cover and refrigerate. In a large resealable plastic bag, combine the beef and remaining marinade. Seal bag and turn to coat; refrigerate for 30 minutes.

Drain and discard marinade. Combine cornstarch and reserved juice mixture until smooth. In a skillet, stir-fry beef in oil for 5-6 minutes. Remove beef with a slotted spoon and keep warm. Add the red pepper, beans, chilies and garlic in skillet; stir-fry for 5 minutes.

Stir juice mixture; stir into skillet. Bring to a boil; cook and stir for 1 minute or until slightly thickened. Add onions, beef and the reserved pineapple; heat through. Serve over rice.

Mediterranean Garlic Herb Beef Skewers

Ingredients

4 Callisons Mediterranean Garlic Herb Seasoned Skewers
1/2 cup white wine
1 1/4 pounds boneless beef steak, cut into 2-inch chunks
8 medium mushrooms
8 (1 1/2 inch) pieces red onion
Salt and freshly ground black pepper to taste
Olive or salad oil, as needed

Directions

Soak skewers in white wine for 10 to 15 minutes.

Thread onto a skewer in the following order: beef-mushroom-onion, using 1 piece of each. Repeat 1 more time. Repeat with remaining skewers.

Let sit for 10 to 20 minutes in refrigerator.

Lightly brush skewers on each side with olive or salad oil and season to taste with salt and pepper.

Place on a preheated medium-high grill and cook until beef is cooked to desired doneness, about 4 to 5 minutes per side.

Breaded Beef

Ingredients

4 pounds beef rump roast
2 eggs
3 tablespoons water
4 cups dry bread crumbs, or more as needed
1 tablespoon garlic powder
1 tablespoon salt
1/2 cup grated Parmesan cheese
1/2 cup vegetable oil, or as needed

Directions

Place the beef roast into the freezer for several hours, until very firm and almost frozen. Slice the beef about 1/8 inch thick across the grain. You can also ask the butcher to slice it very thinly for you.

Whisk the eggs and water together in a bowl. Spread the bread crumbs out onto a large sheet of aluminum foil, and sprinkle with garlic powder, salt, and Parmesan cheese. Mix all the crumb ingredients together until well combined. Dip each piece of beef into the egg mixture, then thoroughly coat with crumbs. Place the coated slices onto a sheet of foil on a baking sheet, and separate them with waxed paper as you dip and coat the beef.

Heat the vegetable oil in a large, heavy skillet until shimmering, and pan-fry the beef slices until golden brown, about 2 minutes on the first side and 1 minute on the second side. Fry 2 or 3 slices per batch.

Spiced Beef Stew

Ingredients

1/4 cup margarine
2 pounds cubed beef stew meat
1/4 cup all-purpose flour
1 (14 ounce) can beef broth
1 cup beer
1 onion, sliced into thin rings
2 cloves garlic, minced
1 tablespoon packed brown sugar
1 teaspoon dried thyme
1 bay leaf
1 (15 ounce) can mixed vegetables, drained

Directions

Preheat oven to 350 degrees (175 C).

In Dutch oven over medium-high heat, melt butter or margarine. Cook beef in two batches until browned, stirring often. Remove beef from Dutch oven and set aside. Stir in flour.

Add broth, beer, onion, garlic, brown sugar, thyme and bay leaf. Heat to boil. Return beef to dish. Cover and bake at 350 degree F (175 C) for 1 1/2 hours.

Add mixed vegetables. Cover and bake for 1 hour, or until beef is done. Remove bay leaf and serve.

Korean BBQ Beef (Pul-Kogi)

Ingredients

1 pound beef top sirloin, thinly sliced
6 cloves garlic, minced
1/2 pear - peeled, cored, and minced
2 green onions, thinly sliced
4 tablespoons soy sauce
2 tablespoons white sugar
1 tablespoon sesame oil
1 tablespoon rice wine
1 tablespoon sesame seeds
1 teaspoon minced fresh ginger
freshly ground black pepper to taste (optional)

Directions

In a large resealable plastic bag, combine beef with garlic, pear, green onions, soy sauce, sugar, sesame oil, rice wine, sesame seeds, fresh ginger, and ground black pepper. Seal, and refrigerate for 2 to 3 hours.

Preheat grill pan over high heat. Brush oil over grill pan, and add beef. Cook, turning to brown evenly, for 3 to 6 minutes, or until done.

Beef Burgundy II

Ingredients

1/4 cup all-purpose flour
salt and pepper
2 pounds beef stew meat, cut into
1 1/2 inch pieces
7 tablespoons butter
1/4 cup brandy
2 cups Burgundy wine
2 cups beef broth
6 sprigs fresh thyme
4 cloves garlic, minced
3 bay leaves
1/2 teaspoon dried oregano
1 large onion, cut into 12 wedges
4 carrots, cut into 2 inch pieces
4 stalks celery, cut into 2 inch
pieces
1 1/2 pounds red potatoes, peeled
and quartered
1/2 pound fresh mushrooms
1 pinch ground nutmeg

Directions

Place flour in large bowl, and season with salt and pepper. Dredge beef in flour to coat.

Melt 2 tablespoons butter in a heavy Dutch oven over high heat. Working in batches, saute beef until brown on all sides, about 5 minutes per batch.

Return all meat to pot, and add brandy; boil until almost evaporated, about 2 minutes. Add wine, broth, thyme, garlic, bay leaves and oregano. Cover, and simmer until beef is almost tender, about 1 hour.

Meanwhile, melt 1 tablespoon butter in large nonstick skillet over medium-high heat. Saute onions until brown. Using slotted spoon, transfer onion to large bowl. Melt 1 tablespoon butter in same skillet, add carrots and celery, and saute until golden. Transfer to bowl with onions. Melt 2 tablespoons butter in same skillet, add potatoes, and saute until brown on all sides. Transfer to bowl with other vegetables. Melt 1 tablespoon butter in same skillet, add mushrooms, and saute until brown on all sides, about 5 minutes. Transfer to bowl.

Transfer vegetables to pot with beef, and stir in nutmeg. Cover pot and simmer 45 minutes. Uncover pot, and boil liquid until thickened to sauce consistency, about 7 minutes. Season with salt and pepper.

International Beef Stew

Ingredients

3 1/2 pounds cubed beef
3 onions, sliced
6 carrots, sliced
2 1/2 cups cubed potatoes
3 stalks celery, sliced
1/2 pound fresh mushrooms,
quartered
1 (16 ounce) package frozen
mixed vegetables
1 (28 ounce) can crushed
tomatoes
5 cloves garlic, pressed
2 teaspoons dried rosemary
2 teaspoons dried sage
1 tablespoon dried basil leaves
salt and pepper to taste
8 cups water

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a large, ovenproof pot, combine beef, onions, carrots, potatoes, celery, mushrooms, mixed vegetables, tomatoes. Season with garlic, rosemary, sage, basil, salt, pepper. Pour in water. Cover tightly with foil and bake 5 to 6 1/2 hours.

Corned Beef Roll-Ups

Ingredients

1 (8 ounce) package cream cheese, softened
1 tablespoon finely chopped onion
1 teaspoon Worcestershire sauce
1/8 teaspoon salt
1/8 teaspoon pepper
1 dash hot pepper sauce
2 (2.5 ounce) packages deli corned beef
Assorted crackers

Directions

In a large mixing bowl, beat cream cheese until smooth. Add the onion, Worcestershire sauce, salt, pepper and hot pepper sauce; mix well.

Place two slices of corned beef on waxed paper. Spread 2 teaspoons cream cheese mixture over each slice. Stack one slice of corned beef on top of the other. Roll up tightly; wrap in plastic wrap. Repeat with remaining beef and cream cheese mixture. Refrigerate for at least 1 hour or until firm. Cut into 1-in. slices. Serve on crackers.

Pad See Ew (Thai Noodles with Beef and Broccoli)

Ingredients

1 (8 ounce) package wide rice noodles
1 cup bite size broccoli pieces
1 tablespoon vegetable oil
1 teaspoon crushed garlic
1/2 pound rib-eye steak, sliced thin
1/2 cup water
1 tablespoon cornstarch
3 tablespoons oyster sauce
3 tablespoons soy sauce
1 tablespoon fish sauce
1 tablespoon white sugar
1 pinch salt and ground black pepper to taste
1 egg

Directions

Place the dry rice noodles in a bowl, cover with hot water, and let soak until white and soft but not mushy, about 10 minutes. Drain and set aside.

Bring a small pot of water to a boil; cook the broccoli in the boiling water until cooked and still firm, 5 to 7 minutes. Drain and set aside.

Heat the oil in a skillet over medium heat; cook the garlic in the hot oil until fragrant, 3 to 5 minutes. Stir in the sliced steak; cover the skillet and cook until the meat is just turning from pink to grey, 5 to 7 minutes. Whisk the water and cornstarch together in a bowl; pour into the skillet along with the oyster sauce, soy sauce, fish sauce, and sugar. Add the rice noodles and broccoli and stir to mix evenly. Season with salt and pepper. Allow the mixture to simmer while you prepare the egg.

Prepare a small skillet with cooking spray and heat over medium-low heat. Cook the egg in the prepared skillet until cooked through and the yolk is solid. Add the cooked egg to the other skillet and stir to incorporate. Serve hot.

Slow Cooker Beef Barley Soup

Ingredients

1 1/2 pounds boneless lean beef, cubed
3 tablespoons vegetable oil
1 teaspoon salt
1 teaspoon ground black pepper
2 teaspoons garlic powder
3 (10.5 ounce) cans beef broth
6 cups water
4 stalks celery, chopped
6 carrots, chopped
6 green onions, chopped
1/2 cup chopped fresh parsley
1 cup barley
1 teaspoon dried thyme

Directions

In a skillet over medium heat, saute the beef in the oil for 5 minutes, or until browned. Stir in the salt, pepper and garlic powder and place seasoned meat in a slow cooker. Add a little water to the skillet and stir to pick up the browned bits. Add to the slow cooker.

Add the broth, water, celery, carrots, green onions, parsley and barley. Cover and cook on low setting for 6 to 8 hours, or until the vegetables and barley are tender. Add the thyme just before serving.

Thai Beef Noodle Salad

Ingredients

1/2 cup reduced-sodium soy sauce
1/2 cup rice wine vinegar
3 tablespoons orange juice
3 tablespoons canola oil
1 tablespoon sesame oil
2 garlic cloves, minced
2 teaspoons ground ginger
1 teaspoon peanut butter
3/4 teaspoon salt
1/2 teaspoon cayenne pepper
12 ounces uncooked spaghetti
1 cup fresh broccoli florets
1 cup fresh or frozen snow peas, thawed
1 cup julienned sweet red pepper
1 cup julienned zucchini
1/2 cup thinly sliced celery
1 pound boneless beef sirloin steak, cooked and cut into thin strips
2 tablespoons sesame seeds, toasted

Directions

For dressing, combine the first 10 ingredients in a blender; cover and process until blended. Cook spaghetti according to package directions; drain and place in a large bowl. Add the broccoli, peas, red pepper, zucchini, celery and cooked beef. Add dressing and toss to coat. Cover and refrigerate for at least 2 hours. Just before serving, sprinkle with sesame seeds.

Easy Skillet Beef and Hash Browns

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's®
Condensed Cream of Celery Soup
(Regular or 98% Fat Free)
1/2 cup water
1/4 cup ketchup
1 tablespoon Worcestershire
sauce
2 cups frozen hash-brown
potatoes
3 slices process American cheese

Directions

Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat.

Stir the soup, water, ketchup and Worcestershire in the skillet and heat to a boil. Stir in the potatoes. Reduce the heat to low. Cover and cook for 10 minutes or until the potatoes are tender. Top with the cheese.

Curry Beef Soup

Ingredients

2 tablespoons butter
2 onions, chopped
1 pound cubed beef stew meat
6 cups beef stock
2 tablespoons curry powder
2 bay leaves
2 potatoes, sliced
2 tablespoons distilled white vinegar
2 teaspoons salt

Directions

Melt the butter in a large saucepan. Cook onions and beef cubes until beef is browned and onions are tender.

Add the beef stock, curry and bay leaves. Cook over low heat for 30 minutes.

Add the potatoes, vinegar and salt. Simmer for 45 minutes to 1 hour until all is tender. Remove bay leaves, and serve hot.

Beefy Vegetable Soup

Ingredients

10 cups beef broth
1 (15 ounce) can tomato sauce
1 (14.5 ounce) can diced tomatoes
1 1/2 cups diced carrots
1 1/2 cups diced potatoes
1 cup chopped celery
1/2 cup chopped onion
1 cup frozen corn kernels
1 cup chopped fresh green beans
1/4 tablespoon ground black pepper
1/2 teaspoon salt
1 1/2 cups seashell pasta
1 cup shredded Cheddar cheese

Directions

In a large saucepan, combine the broth, tomato sauce, chopped tomatoes with juice, carrots, potatoes, celery, onion, corn, green beans, pepper and salt. Bring to a boil over high heat. Reduce heat to medium-low, cover and simmer for 15 minutes.

Stir in pasta and cook for an additional 15 to 25 minutes or until pasta is tender. Adjust seasoning and serve hot with a sprinkle of Cheddar cheese on top.

Beef and Salsa Dip

Ingredients

1 pound ground beef
1 (16 ounce) jar salsa
1 (8 ounce) container sour cream
1/2 head iceberg lettuce - rinsed,
dried, and shredded
1/2 pound shredded Cheddar
cheese

Directions

Place ground beef in a large skillet. Cook and stir over medium heat until browned. Drain off excess fat. Stir in salsa, and simmer over low heat for 10 minutes.

Pat cooked meat into bottom of a pie plate, cover, and refrigerate.

When meat is completely chilled, spread sour cream over meat. Arrange lettuce evenly over sour cream, and top with Cheddar cheese.

Vegetable Beef Chunky Soup

Ingredients

1 1/2 pounds lean ground beef
1 (46 fluid ounce) can tomato-vegetable juice cocktail
1 onion, diced
4 potato, diced
1 (16 ounce) package frozen mixed vegetables
salt and pepper to taste

Directions

In a large saucepan or stockpot, brown and drain ground beef. Add juice, onion, potatoes, and mixed vegetables. Bring to a boil and let simmer until potatoes are tender. Season with salt and pepper to taste.

Campbell's Kitchen Skillet Beef and Macaroni

Ingredients

1 pound ground beef
2 stalks celery, diced
1/2 teaspoon dried oregano
leaves, crushed
1 (10.75 ounce) can
Campbell'sB® Condensed Cream
of Mushroom Soup (Regular or
98% Fat Free)
1 cup PaceB® Picante Sauce
1 (8 ounce) can whole kernel corn,
drained
1 cup elbow macaroni, cooked
and drained
shredded Cheddar cheese

Directions

Cook the beef, celery and oregano in a 10-inch skillet over medium-high heat until the beef is well browned, stirring often to separate meat. Pour off any fat.

Stir the soup, picante sauce, corn and pasta in the skillet. Cook and stir until the mixture is hot and bubbling. Sprinkle with the cheese and cook until the cheese is melted.

Mom's Beef and Beer

Ingredients

1 1/2 pounds cubed beef stew meat
salt and pepper to taste
1/2 cup all-purpose flour for coating
1 tablespoon vegetable oil
1 (12 fluid ounce) bottle beer
1 1/2 cups water
1 tablespoon crushed dried rosemary
1 pinch dried dill weed
2 medium onions, chopped
1 teaspoon minced garlic
1 tablespoon chopped fresh parsley

Directions

Season the beef with salt and pepper, then dredge in flour to coat. Heat the oil in a large pot over medium-high heat. When the oil is hot, add the meat, and cook until browned on all sides, turning as needed. Remove the meat from the pot, and set aside.

Add the onion and garlic to the pot; cook and stir until clear and starting to brown. Return the meat to the pot, and pour in the beer and water making sure to loosen any bits of food from the bottom of the pan. Season with rosemary, dill and parsley.

Bring to a boil, then simmer over low heat for 1 1/2 hours.

Beef Mushroom Spaghetti

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (15 ounce) can tomato sauce
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted
1/4 cup water
1 (7 ounce) package thin
spaghetti, cooked and drained

Directions

In a skillet, cook beef and onion over medium heat until the meat is no longer pink; drain. Stir in tomato sauce, soup and water. Add spaghetti; mix well. Place in a greased 8-in. square baking dish. Cover and freeze for up to 3 months. To bake: Thaw in the refrigerator. Cover and bake at 350 degrees F for 35-40 minutes or until heated through.

Hearty Beef Stew

Ingredients

1 pound cubed beef stew meat
1/4 cup all-purpose flour
1 tablespoon paprika
salt and pepper to taste
2 cups beef broth
1 1/2 tablespoons teriyaki sauce
1 onion, chopped
3 carrots, sliced
1 stalk celery, sliced
2 potatoes, cubed
1/2 pound mushrooms, quartered
2 cloves garlic, minced
1 bay leaf

Directions

Place beef stew meat into a slow cooker. In a small bowl, mix together flour, paprika, salt, and pepper; sprinkle over beef stew meat, stirring to coat. Stir in beef broth, teriyaki sauce, onion, carrots, celery, potatoes, mushrooms, garlic and bay leaf.

Cover, and cook on Low 6 hours, stirring occasionally.

Sesame Beef Bites

Ingredients

2 tablespoons sesame oil
1 tablespoon rice vinegar
1 green onion, minced
1 clove garlic, minced
2 teaspoons hoisin sauce
1/4 teaspoon chili garlic sauce
1 pound beef tenderloin, cut into
3/4 inch cubes

1/4 cup teriyaki sauce
1/2 teaspoon sesame seeds

Directions

Whisk together the sesame oil, vinegar, green onion, garlic, hoisin sauce, and chile garlic sauce in a large glass or ceramic bowl. Add the beef tenderloin cubes and toss to evenly coat. Cover the bowl with plastic wrap and marinate at room temperature for 10 minutes, or in the refrigerator up to 8 hours.

Preheat the oven's broiler and set the oven rack about 6 inches from the heat source. Line a baking sheet with aluminum foil.

Spread the beef cubes onto the prepared baking sheet. Bake in the preheated oven until cooked to your desired degree of doneness, about 8 minutes for medium-well. Transfer to a bowl and toss with teriyaki sauce. Skewer each piece of beef with a toothpick and place onto a serving platter. Sprinkle with sesame seeds to serve.

Aunt Jinny's Tangy Beef Brisket

Ingredients

2 pounds beef brisket
15 gingersnap cookies, crushed
2 (1 ounce) packages dry onion soup mix
2 cups water
1 (12 fluid ounce) can or bottle chili sauce
1 pound baby carrots
15 small red potatoes, cubed
1 onion, chopped
2 cups water

Directions

Preheat oven to 350 degrees F (175 degrees C).

Place brisket in a 10x15 inch roasting pan. Add the crushed ginger snaps around the brisket. In a separate small bowl, combine the onion soup mix with the water. Mix well and pour over the brisket. Then pour the chili sauce over the brisket.

Bake at 350 degrees F (175 degrees C) for 1 hour. Add the carrots, potatoes and onion to the roasting pan around the brisket.

Bake at 350 degrees F (175 degrees C) for 1 more hour, adding water as needed when done to thin the sauce in the bottom of the pan.

Mushroom-Smothered Beef Burgers

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular or 98% Fat Free)
1 pound ground beef
1/3 cup Italian-seasoned dry bread crumbs
1 small onion, finely chopped
1 egg, beaten
1 tablespoon vegetable oil
1 tablespoon Worcestershire sauce
2 tablespoons water
1 1/2 cups sliced mushrooms

Directions

Thoroughly mix 1/4 cup soup, beef, bread crumbs, onion and egg in a large bowl. Shape the beef mixture firmly into 4 (1/2-inch-thick) burgers.

Heat the oil in a 10-inch skillet over medium-high heat. Add the burgers and cook until they're well browned on both sides. Pour off any fat.

Add the remaining soup, Worcestershire, water and mushrooms to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the burgers are cooked through.

Beef Cabbage Stew

Ingredients

1 1/2 pounds beef stew meat, cut into 1 inch pieces
2 beef bouillon cubes
1 cup hot water
1 large onion, chopped
1/4 teaspoon pepper
1 bay leaf
2 medium potatoes, peeled and cubed
2 celery ribs, sliced
4 cups shredded cabbage
1 carrot, sliced
1 (8 ounce) can tomato sauce
salt to taste

Directions

In a large saucepan or Dutch oven, brown stew meat; drain. Meanwhile, dissolve bouillon cubes in water; add to beef. Add onion, pepper and bay leaf. Cover; simmer 1-1/4 hours or until tender. Add potatoes, celery, cabbage and carrot. Cover and simmer 30 minutes or until vegetables are tender. Stir in tomato sauce and salt. Simmer, uncovered, 15-20 minutes more. Remove bay leaf before serving.

Oven Beef Stew

Ingredients

1 pound beef stew meat, cut into
1 inch cubes
2 cups cubed potatoes
2 cups chopped carrots
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.5 ounce) can condensed
French onion soup
1 3/4 cups water
1 cup frozen green peas

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a 2 to 3 quart casserole dish, combine the stew meat, potatoes, carrots, mushroom soup, French onion soup and water. Mix together well.

Bake, uncovered, for 4 to 5 hours, stirring occasionally. Mix in the peas 15 minutes before serving.

Thai Grilled Beef Salad

Ingredients

1 pound beef flank steak
1/4 cup fish sauce
1/4 cup lime juice
1 tablespoon kecap manis
3 tablespoons minced garlic
3 tablespoons minced fresh ginger root
3 tablespoons chopped fresh cilantro
1 tablespoon sesame oil
1 tablespoon chili oil
1/4 cup chopped green onions
1/4 cup chopped shallots
1/4 cup thinly sliced onion
2 tomatoes, cut into wedges
1/4 cup sliced cucumber
1/4 cup Thai chili peppers, sliced

Directions

Preheat grill for medium-high heat.

Grill beef to desired doneness, and allow to cool.

While beef is cooling, stir together fish sauce, lime juice, kecap manis, garlic, ginger, cilantro, sesame oil, and chili oil; mix in the green onions and shallots. Adjust seasoning to your taste.

Cut beef into bite-sized pieces. In a large bowl, toss with onion, tomatoes, cucumber, and chili peppers. Pour in the dressing, and toss to coat.

Vietnamese Beef Noodle Soup

Ingredients

4 ounces dried rice noodles
6 cups cold water
3 (10.5 ounce) cans condensed beef broth
1 teaspoon chopped fresh ginger root
1/2 teaspoon kosher salt
1 Thai chile, chopped
1/2 pound boneless top round steak, sliced very thin
1/4 pound fresh basil
4 tablespoons snipped fresh cilantro
1/4 pound mung bean sprouts
4 green onions, thinly sliced
4 wedges lime
hot pepper sauce (optional)
oyster sauce (optional)

Directions

Soak noodles in cold water for 30 minutes. Drain. Bring water to a boil in large pot. Add noodles, and boil 3 to 5 minutes - don't overcook. Drain, and rinse with cold water. Set aside.

Meanwhile, combine beef broth, ginger, salt, and Thai pepper in a saucepan. Bring to a boil, and simmer for 15 minutes.

Place equal portions of noodles into 4 large soup bowls, and place raw beef on top. Ladle hot broth over noodles and beef. Garnish with lime wedges, basil leaves, cilantro, mung beans, and green onions, and serve with hot pepper sauce and oyster sauce.

Slow Cooker Mongolian Beef

Ingredients

1 pound flank steak, cut into bite-size pieces
1/4 cup cornstarch

2 teaspoons olive oil
1 onion, thinly sliced
1 tablespoon minced garlic
3 large green onions, sliced diagonally into 1/2 inch pieces
1/2 cup soy sauce
1/2 cup water
1/2 cup brown sugar
1/2 teaspoon minced fresh ginger root
1/2 cup hoisin sauce

Directions

Place flank steak and cornstarch into a resealable plastic bag. Shake the bag to evenly coat the flank steak with the cornstarch. Allow to steak rest for 10 minutes.

Heat olive oil in a large skillet over medium-high heat. Cook and stir steak until evenly browned, 2 to 4 minutes. Place onion, garlic, flank steak, green onions, soy sauce, water, brown sugar, ginger, and hoisin sauce in a slow cooker. Cook on Low setting for about 4 hours.

Beef Enchiladas

Ingredients

1 pound ground beef
1 cup cottage cheese
1 (4.25 ounce) can chopped ripe olives, drained
2 tablespoons minced fresh parsley
1/2 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
8 (6 inch) flour tortillas
SAUCE:
1 medium onion, chopped
1/2 medium green pepper, chopped
1 tablespoon cooking oil
1 (15 ounce) can tomato sauce
1 (4 ounce) can chopped green chilies
2 teaspoons chili powder
1 teaspoon sugar
1/2 teaspoon garlic powder
1 cup shredded Cheddar cheese

Directions

In a skillet, brown the ground beef. Drain. Combine with cottage cheese, olives, parsley, garlic powder, salt and pepper. Place about 1/3 cup filling on each tortilla; roll up. Place tortillas, seam side down, in an ungreased 13-in. x 9-in. x 2-in. baking dish. For sauce, saute the onion and green pepper in oil until tender. Add tomato sauce, green chilies, chili powder, sugar and garlic powder. Pour over tortillas. Cover and bake at 350 degrees F for 30 minutes. Sprinkle with cheese and return to the oven for 5 minutes or until cheese melts.

Corned Beef Roast

Ingredients

1 (5 1/2 pound) corned beef
brisket with spice packet
7 small potatoes, peeled and
diced
4 carrots, peeled and diced
3 cloves garlic, chopped
1 medium onion, diced

Directions

Preheat the oven to 300 degrees F (150 degrees C).

Place the brisket in the center of a roasting pan. Arrange the potatoes and carrots around the sides. Place the onion and garlic on top of the roast, and season with salt and pepper. Empty the seasoning packet over the roast, and pour enough water into the pan to almost cover the potatoes. Cover with a lid or heavy aluminum foil.

Roast for 5 to 6 hours in the preheated oven, until the roast is so tender it can be flaked apart with a fork.

Curried Beef a la Tim

Ingredients

2 tablespoons vegetable oil
1 pound stew beef, cubed
1 1/2 teaspoons curry powder
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons tomato paste
1/4 cup water
1 onion, chopped
2 stalks celery, chopped
1/2 cup raisins
1 apple - peeled, cored and chopped

Directions

Heat the oil in a large skillet over medium heat. Place the meat in the hot oil and saute until well browned on all sides. Sprinkle the curry powder, salt, and ground black pepper over the meat and stir well.

In a small bowl, mix together tomato paste and water, then stir mixture into skillet. Stir in onion, celery, and raisins, then reduce heat to low and simmer for thirty minutes, or until beef is tender.

Stir apple into skillet and simmer for 5 more minutes, or until apple is tender and sauce has thickened.

Peanutty Beef Skewers

Ingredients

1/4 cup chopped green onions
1/4 cup peanut butter
2 tablespoons lemon juice
2 tablespoons reduced-sodium soy sauce
4 1/2 teaspoons brown sugar
1 tablespoon water
4 garlic cloves, minced
1 teaspoon ground coriander
1/8 teaspoon cayenne pepper
3/4 pound boneless beef sirloin cut into 1/2 inch cubes

Directions

In a bowl, combine the first nine ingredients; mix well. Pour 6 tablespoons marinade into a large resealable plastic bag; add the beef. Seal bag and turn to coat; refrigerate for at least 2 hours or overnight, turning occasionally. Cover and refrigerate remaining marinade for basting.

Drain and discard marinade from beef. Thread beef onto four metal or soaked wooden skewers. Grill, uncovered, over medium heat or broil 4 in. from the heat for 5 minutes on each side or until meat reaches desired doneness, basting frequently with reserved marinade.

Hearty Beef Enchiladas

Ingredients

1 pound ground beef
1 medium onion
1 (15.5 ounce) can chili beans,
undrained
1 (10 ounce) can enchilada sauce,
divided
1/2 cup salsa, divided
vegetable oil
7 (8 inch) flour tortillas
1 cup shredded Cheddar cheese
2 tablespoons sliced ripe olives

Directions

In a large saucepan, cook beef and onions over medium heat until meat is no longer pink; drain. Stir in the beans, 2/3 cup enchilada sauce and 2 tablespoons salsa; set aside.

In a skillet, heat 1/4 in. of oil. Dip each tortilla in hot oil for 3 seconds on each side or just until limp; drain on paper towels.

Top each tortilla with 2/3 cup beef mixture. Roll up and place seam side down in four 11-in. x 7-in. x 2-in. baking dish. Drizzle with remaining enchilada sauce and salsa. Sprinkle with cheese and olives. Bake, uncovered, at 350 degrees F for 20-25 minutes or until bubbly.

Slow Cooker Beef Stroganoff II

Ingredients

2 tablespoons vegetable oil
1 1/2 pounds round steak, cubed
1/4 cup all-purpose flour for coating
2 (10.75 ounce) cans condensed golden mushroom soup
3 1/2 cups water
3 cubes beef bouillon
1 cup sour cream
1 (16 ounce) package egg noodles

Directions

Heat oil in a large skillet over medium high heat. Roll the beef in flour and saute in the hot oil until well browned, about 5 minutes.

Transfer the meat to the slow cooker and top with the soup, water and bouillon.

Cook on high setting for 8 hours. Stir in the sour cream during the last 30 minutes.

Cook the egg noodles according to package directions. Serve the meat over the noodles.

Glazed Corned Beef with Lentils

Ingredients

2 quarts water
4 pounds corned beef brisket
1 large onion
1 large carrot
1 stalk celery
2 cloves garlic
1 tablespoon pickling spice
1/4 cup packed brown sugar
1/2 teaspoon ground ginger
3 tablespoons Dijon-style prepared mustard
1/4 cup honey
1/4 cup red chile sauce (optional)
2 cups dry lentils (optional)
1 tablespoon chopped fresh parsley

Directions

Tie pickling spice in a square of cheesecloth. In a large stew pot, combine water, brisket, whole vegetables, garlic, and pickling spices. Bring to a boil, reduce heat, and simmer for 3 hours.

Place a cooking rack in a shallow baking dish or pan. Remove brisket from cooking liquid, and place fat side up on rack. Reserve cooking liquid. Mix together brown sugar, ginger, mustard, and honey. Spoon glaze over meat.

Bake, uncovered, in a preheated oven at 350 degrees F (175 degrees C) for 30 to 40 minutes.

Meanwhile, prepare the lentils. In a medium saucepan, combine 3 cups cooking liquid from the brisket, and chili sauce. Bring to a boil. Add lentils, return to a boil, and reduce heat to simmer. Continue cooking for 30 to 40 minutes, or until lentils are tender. Sprinkle with parsley, and serve with brisket.

Pepperidge Farm® Beef Wellington

Ingredients

1 (2 pound) beef tenderloin
Ground black pepper (optional)
1 sheet Pepperidge Farm® Puff Pastry
1 egg
1 tablespoon water
1 tablespoon butter
2 cups finely chopped mushrooms
1 medium onion, finely chopped

Directions

Place the beef in a lightly greased roasting pan. Season with the black pepper, if desired. Roast at 425 degrees F for 30 minutes or until a meat thermometer reads 130 degrees F. Cover the pan and refrigerate for 1 hour.

Thaw the pastry sheet at room temperature for 40 minutes or until it's easy to handle. Heat the oven to 425 degrees F. Stir the egg and water in a small bowl with a fork.

Heat the butter in a 10-inch skillet over medium-high heat. Add the mushrooms and onion and cook until the vegetables are tender and all the liquid is evaporated, stirring often.

Unfold the pastry sheet on a lightly floured surface. Roll the pastry sheet into a rectangle 4 inches longer and 6 inches wider than the beef. Brush the pastry sheet with the egg mixture. Spoon the mushroom mixture onto the pastry sheet to within 1-inch of the edges. Place the beef in the center of the mushroom mixture. Starting at the long sides, fold the pastry over the beef. Place seam-side down on a baking sheet. Tuck the ends under to seal. Brush the pastry with the egg mixture.

Bake for 25 minutes or until the pastry is golden and a meat thermometer reads 140 degrees F. Slice and serve warm.

Super-Simple, Super-Spicy Mongolian Beef

Ingredients

- 1/4 cup soy sauce
- 1 tablespoon hoisin sauce
- 1 tablespoon sesame oil
- 2 teaspoons white sugar
- 1 tablespoon minced garlic
- 1 tablespoon red pepper flakes (optional)
- 1 pound beef flank steak, thinly sliced
- 1 tablespoon peanut oil
- 2 large green onions, thinly sliced

Directions

Whisk together soy sauce, hoisin sauce, sesame oil, sugar, garlic, and red pepper flakes in a bowl. Toss beef with marinade, cover, and refrigerate 1 hour to overnight.

Heat peanut oil in a wok or large, nonstick skillet over high heat. Add the green onions, and cook for 5 to 10 seconds before stirring in the beef. Cook and stir until the beef is no longer pink and is beginning to brown, about 5 minutes.

Irish Roast Beef with Guinness Au Jus

Ingredients

2 pounds boneless beef chuck roast
1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
1 tablespoon olive oil
1/2 teaspoon dried rosemary
1/2 teaspoon ground thyme
1/2 teaspoon steak seasoning
1/2 teaspoon ground black pepper
4 cloves garlic, minced
1 pound small round red potatoes
salt and ground black pepper to taste

Directions

Place the beef in a roasting pan and pour the beer over the meat. Cover the pan with plastic wrap, and marinate in the refrigerator overnight, turning once.

Preheat an oven to 250 degrees F (120 degrees C).

Remove the roast from the stout and pat dry. Heat the olive oil in a large frying pan over medium-high heat. Brown the roast on all sides. Set the browned roast on plate.

Crush the rosemary, thyme, steak seasoning, and pepper in a mortar and pestle. Add the minced garlic and stir to make a paste. Spread the paste over the outside of the roast. Place the roast back into the roasting pan with the stout and cover loosely with foil. Bake in the preheated oven for 2 hours. Add the potatoes to the roasting pan and leave off the foil to let the roast get a crispy coating.

Bake to your desired degree of doneness, or an internal temperature of 145 degrees F (65 degrees C) for medium, about another hour. Remove from the oven, cover with a doubled sheet of aluminum foil, and allow to rest in a warm area 20 minutes before slicing.

Pour the pan juices into a pot and bring to a boil over medium heat. Simmer until the juices have reduced and thickened, about 10 minutes. Season to taste with salt and pepper. Strain the juices and serve with the beef and roasted potatoes.

Cheesy Corned Beef Hash Casserole

Ingredients

1 (12 ounce) package egg noodles
1 (10.75 ounce) can condensed cream of mushroom soup
1/3 cup milk
1 (15 ounce) can corned beef hash
1 small onion, diced
salt and pepper to taste
1/4 pound processed cheese, cubed

Directions

Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain. Meanwhile, preheat oven to 375 degrees F (190 degrees C).

Preheat oven to 375 degrees F (190 degrees C). Lightly grease an 8x8 inch casserole dish.

In a large bowl, mix together soup, milk, corned beef hash, onion, salt, pepper and noodles. Spoon into prepared casserole and sprinkle with cubed cheese.

Bake in preheated oven for 30 minutes or until cheese is bubbly.

Beef Bulgogi

Ingredients

1 pound flank steak, thinly sliced
5 tablespoons soy sauce
2 1/2 tablespoons white sugar
1/4 cup chopped green onion
2 tablespoons minced garlic
2 tablespoons sesame seeds
2 tablespoons sesame oil
1/2 teaspoon ground black pepper

Directions

Place the beef in a shallow dish. Combine soy sauce, sugar, green onion, garlic, sesame seeds, sesame oil, and ground black pepper in a small bowl. Pour over beef. Cover and refrigerate for at least 1 hour or overnight.

Preheat an outdoor grill for high heat, and lightly oil the grate.

Quickly grill beef on hot grill until slightly charred and cooked through, 1 to 2 minutes per side.

Belgium Beef Stew

Ingredients

2 pounds beef stew meat, cut into 1 inch cubes
3/8 cup all-purpose flour
1/4 cup butter
4 onions, diced
1 2/3 cups water
1 sprig fresh thyme
2 bay leaves
salt and ground black pepper to taste
1 (12 fluid ounce) can or bottle brown beer
1 slice bread
1 tablespoon prepared mustard
2 carrots, cut into 1 inch pieces
1 tablespoon white wine vinegar
2 tablespoons brown sugar

Directions

Dredge the meat in the flour. In a Dutch oven, melt the butter over medium heat. Brown meat in butter, then add the onions and fry until glazed. Stir in water and vinegar. Season with thyme, bay leaves, and salt and pepper to taste. Cover, and simmer for 30 minutes.

Mix in the beer. Spread mustard over bread, then add the bread and the carrots to the meat. Cover, and simmer for 30 minutes. Mix in the brown sugar (two tablespoons is a minimum! A lot of people prefer more).

Beef and Cheese Ball

Ingredients

1 (8 ounce) package cream cheese, softened
5 ounces dried beef
1 small white onion, chopped
1 small finely chopped green bell pepper
1 tablespoon Worcestershire sauce
1 teaspoon onion juice

Directions

In a medium-sized mixing bowl, combine cream cheese, 2/3 of the beef, onion, green bell pepper, Worcestershire sauce, and onion juice. Mix well and shape mixture into a ball. Using the reserved beef, coat the rest of the ball with beef.

Hot Beef Dip

Ingredients

2 (8 ounce) jars dried chipped beef

1 green bell pepper, finely chopped

1 onion, finely chopped

2 (8 ounce) packages cream cheese, softened

1 (8 ounce) package shredded Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a small baking dish, mix the dried chipped beef, green bell pepper, onion, cream cheese and Cheddar cheese.

Bake uncovered 45 minutes in the preheated oven, or until center is bubbly and edges are lightly browned.

Corn Chowder with Beef

Ingredients

1 pound ground beef
1 onion, chopped
5 potatoes, cubed
1 (15 ounce) can creamed corn
1 (15.25 ounce) can whole kernel corn
2 cups milk

Directions

In a medium skillet over medium-high heat, cook beef with onions until brown.

In a large stock pot cook potatoes, until tender, in as little water as possible, about 20 minutes.

Add creamed corn, undrained corn, milk and beef mixture to potatoes. Simmer for 30 minutes and serve.

Roast Beef with Coffee

Ingredients

4 pounds chuck roast
5 cloves garlic, minced
1 1/2 cups prepared strong coffee
2 tablespoons cornstarch
1/2 cup water

Directions

Preheat slow cooker to low setting OR preheat oven to 350 degrees F (175 degrees C).

Using a sharp knife, make 5 or 6 deep slits around the top and side of the roast. Push the whole cloves of garlic down into the slits. Place the meat in a slow cooker OR a 10x15 inch roasting pan and pour the coffee over the meat.

Cook in slow cooker on low setting for 6 to 8 hours OR bake at 350 degrees F (175 degrees C) for 2 to 3 hours.

When roast is done, remove from slow cooker OR oven, and pour the drippings into a small saucepan over medium low heat. In a separate small bowl, combine the cornstarch and water. Mix well and add slowly to the drippings, stirring constantly. Simmer until thickened.

Scrumptious Beef and Potato Casserole

Ingredients

2 tablespoons shortening
2 pounds beef stew meat, cut into
3/4 inch pieces
1 large onion, thinly sliced
1 cup water
1 (10.75 ounce) can condensed
cream of mushroom soup
1 cup sour cream
1 1/4 cups milk
1 teaspoon salt
1/4 teaspoon ground black
pepper
4 large potatoes, peeled and
chopped
1 cup shredded Cheddar cheese
1 1/4 cups whole wheat flake
cereal, crumbled

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large skillet over high heat, melt the shortening and quickly brown the ground beef with the onion. Stir in water and bring to a boil. Cover, reduce heat to low and simmer for 30 minutes.

In a medium bowl, thoroughly mix the condensed cream of mushroom soup, sour cream, milk, salt and pepper. Set aside.

Pour meat mixture into a 9x13 inch baking dish. Arrange potatoes over the meat. Pour soup mixture over the potatoes. Sprinkle with Cheddar cheese. Top with whole wheat flake cereal.

Bake in preheated oven, uncovered, for 1 1/2 hours.

Beef 'N' Bean Pockets

Ingredients

- 2 pounds ground beef
- 1 small onion, chopped
- 1 (16 ounce) can refried beans
- 1 (8 ounce) can tomato sauce
- 2 teaspoons chili powder
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon paprika
- dash cayenne pepper
- 2 (1 pound) loaves frozen white bread dough, thawed
- 1 cup shredded Cheddar cheese

Directions

In a skillet, brown beef and onion; drain. Add the next eight ingredients; bring to a boil. Reduce heat; cover and simmer for 15 minutes. Cool. Roll each loaf of dough into a 16-in. x 8-in. rectangle, about 1/4 in. thick. Cut each into eight 4-in. squares; top each with 1/4 cup filling and 1 tablespoon cheese. Bring the four corners together up over filling; pinch seams to seal. Place on greased baking sheets. Cover and let rise for 15 minutes. Bake at 350 degrees F for 20-25 minutes or until browned. Serve immediately, or freeze and reheat in microwave at 50% power for 1-1/2 minutes each.

Greek Pasta and Beef

Ingredients

1 (16 ounce) package elbow macaroni
1 pound ground beef
1 large onion, chopped
1 garlic clove, minced
1 (8 ounce) can tomato sauce
1/2 cup water
1 teaspoon salt
1/2 teaspoon ground cinnamon
1/4 teaspoon ground nutmeg
1/4 teaspoon pepper
1 egg, lightly beaten
1/2 cup grated Parmesan cheese
SAUCE:
1 cup butter
1/4 cup all-purpose flour
1/4 teaspoon ground cinnamon
3 cups milk
2 eggs, lightly beaten
1/3 cup grated Parmesan cheese

Directions

Cook macaroni according to package directions. In a large skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the tomato sauce, water and seasonings. Cover and simmer for 10 minutes, stirring occasionally. Drain macaroni.

In a large bowl, combine the macaroni, egg and Parmesan cheese; set aside. For sauce, in a large saucepan, melt butter; stir in flour and cinnamon until smooth. Gradually add milk. Bring to a boil over medium heat; cook and stir for 2 minutes or until slightly thickened. Remove from the heat. Stir a small amount of hot mixture into eggs; return all to pan, stirring constantly. Stir in cheese.

In a greased 3-qt. baking dish, spread half of the macaroni mixture. Top with beef mixture and remaining macaroni mixture. Pour sauce over the top. Bake, uncovered, at 350 degrees F for 45-50 minutes or until bubbly and heated through. Let stand for 5 minutes before serving.

English Roast Beef

Ingredients

5 pounds beef round roast
salt and pepper to taste
2 tablespoons butter
1/2 cup water
1/2 teaspoon dried sage
1/2 teaspoon dried mint
1 medium onion, sliced (optional)
1 clove garlic, minced (optional)
1/8 teaspoon seasoning salt (optional)
1/8 teaspoon red pepper flakes (optional)

1 tablespoon butter
1 tablespoon all-purpose flour
1/2 cup cold water
1/4 teaspoon dried sage
1/4 teaspoon dried mint

Directions

Preheat the oven to 350 degrees F (175 degrees C). Season the roast with salt and pepper to taste. Melt 2 tablespoons butter in a Dutch oven over medium-high heat. Brown the outside of the roast on all sides in the butter. After the roast is browned, add 1/2 cup water to the pan, and sprinkle 1/2 teaspoon of sage, and 1/2 teaspoon of mint onto the roast. Place onion and garlic into the pan if desired, and season with seasoning salt and red pepper flakes, if using.

Cover the pot, and place the roast in the oven for 2 to 3 hours depending on how well done you prefer the meat to be. 2 hours for rare, and 3 for well done. Remove finished roast to a pan to keep warm.

Melt 1 tablespoon of butter in a medium skillet. Whisk flour into melted butter until smooth. Remove from heat, and stir in 1/2 cup cold water. Mix until a smooth paste is formed. Return to medium heat, and season with remaining sage and mint. Stir in the liquid from the roasting pan, and boil, stirring constantly until the gravy is thickened. Remove from heat. Slice the roast and serve with gravy poured over the meat.

Jim Goode's BBQ Beef Rub

Ingredients

2 1/2 tablespoons dark brown sugar
2 tablespoons paprika
2 teaspoons mustard powder
2 teaspoons onion powder
2 teaspoons garlic powder
1 1/2 teaspoons dried basil
1 teaspoon ground bay leaves
3/4 teaspoon ground coriander seed
3/4 teaspoon ground savory
3/4 teaspoon dried thyme
3/4 teaspoon ground black pepper
3/4 teaspoon ground white pepper
1/8 teaspoon ground cumin
salt to taste

Directions

In a small bowl, mix together the brown sugar, paprika, mustard powder, onion powder, garlic powder, basil, bay leaves, coriander, savory, thyme, black pepper, white pepper, cumin, and salt. Store in an airtight jar at room temperature until ready to use.

Corned Beef Dip

Ingredients

1 (12 ounce) can canned corned
beef
1 (1 ounce) envelope dry onion
soup mix
1 (16 ounce) container sour cream

Directions

Mix all ingredients in a bowl, cover, and chill for 1 hour.

Lover's Beef Burgundy Filet

Ingredients

4 cups Burgundy wine
1 1/2 cups canola oil
1 1/2 cups soy sauce
2 cups oyster sauce
1 tablespoon garlic, minced
1 1/2 teaspoons dried oregano

8 (6 ounce) fillets filet mignon

1/2 cup butter, softened
1 teaspoon Burgundy wine
1 tablespoon minced shallots
1 tablespoon minced green onions
1 teaspoon ground white pepper

Directions

In a medium saucepan, mix together Burgundy wine, canola oil, soy sauce, oyster sauce, garlic and oregano. Bring to a boil, and then remove from heat. Place in the refrigerator 1 hour, or until chilled.

Place filet mignon filets in a 9x13 inch baking dish, and pour the chilled marinade over them. Cover tightly with foil, and refrigerate for a minimum of 5 hours.

In a medium bowl, cream butter and 1 teaspoon of Burgundy wine with a hand mixer. Mix in shallots, green onions and white pepper by hand; cover tightly, and refrigerate.

Preheat an outdoor grill for high heat, and lightly oil grate. Preheat oven to 200 degrees F (95 degrees C).

Grill marinated filets to desired doneness, turning once. Place filets in a clean 9x13 inch baking dish. Dollop with the Burgundy butter mixture, and place in the preheated oven for a minute, or until butter is melted.

Beef Fondue with Sauces

Ingredients

CURRY SAUCE:

1/2 cup mayonnaise
2 tablespoons curry powder
2 tablespoons milk
1/2 teaspoon hot pepper sauce

MUSTARD SAUCE:

1/4 cup mayonnaise
1/4 cup Dijon mustard
1 teaspoon hot pepper sauce
1 garlic clove, minced

ONION-HORSERADISH SAUCE:

1/4 cup finely chopped onion
1/4 cup mayonnaise
1 tablespoon prepared horseradish
2 teaspoons water
1/4 teaspoon hot pepper sauce

FONDUE:

1 1/2 pounds beef tenderloin, cut into 3/4-inch cubes
3 cups vegetable oil

Directions

In three separate bowls, combine the curry sauce, mustard sauce and onion-horseradish sauce ingredients. Pat meat dry with paper towels. Heat oil in a fondue pot to 375 degrees F. Use fondue forks to cook meat in oil until it reaches desired doneness. Serve with sauces.

Beefy Hash Brown Bake

Ingredients

4 cups frozen shredded hash brown potatoes
3 tablespoons vegetable oil
1/8 teaspoon pepper
1 pound ground beef
1 cup water
1 (.75 ounce) packet dry brown gravy mix
1/2 teaspoon garlic salt
2 cups frozen mixed vegetables
1 (2.8 ounce) can French-fried onions, divided
1 cup shredded Cheddar cheese, divided

Directions

In a bowl, combine the potatoes, oil and pepper. Press into a greased 8-in. square baking dish. Bake, uncovered, at 350 degrees F for 15-20 minutes or until potatoes are thawed and set.

Meanwhile, in a saucepan over medium heat, cook the beef until no longer pink; drain. Stir in water, gravy mix and garlic salt. Bring to a boil; cook and stir for 2 minutes. Add vegetables; cook and stir for 5 minutes. Stir in half of the onions and cheese.

Pour over potatoes. Bake for 5-10 minutes. Sprinkle with remaining onions and cheese; bake 5 minutes longer or until cheese is melted.

Asian Ground Beef and Pepper Saute

Ingredients

1 cup dry jasmine rice
2 cups water
1 pound lean ground beef
1 tablespoon olive oil
1 red bell pepper, chopped
1 green bell pepper, chopped
1/4 cup chopped fresh parsley
2 large cloves garlic, thinly sliced
2 tablespoons minced fresh ginger root
1/4 teaspoon crushed red pepper
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/4 cup beef stock
1 tablespoon low-sodium soy sauce
1 teaspoon chile paste
1/2 teaspoon Worcestershire sauce

Directions

In a medium saucepan, bring the rice and water to a boil. Cover, reduce heat, and simmer 20 minutes.

In a skillet over medium heat, cook and stir the ground beef until evenly browned. Drain, and set aside.

Heat the olive oil in the skillet over medium heat. Stir in the red bell pepper, green bell pepper, parsley, garlic and ginger. Season with red pepper, salt, and pepper. Cook and stir until tender.

Return the beef to the skillet. Mix in the beef stock, soy sauce, chile paste, and Worcestershire sauce. Cook and stir until thickened and heated through. Serve over the cooked rice.

Spicy Chunks of Stewed Beef Soup

Ingredients

1 cup dry mixed beans
1 1/2 pounds cubed beef stew meat
5 cups beef broth
1 cup red wine
1 (28 ounce) can whole peeled tomatoes
4 large carrots, cut into 2 inch pieces
3 stalks celery, cut into 2 inch pieces
3 potatoes, peeled and cubed
3 cloves garlic, minced
4 green onions, chopped
1 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon ground cayenne pepper
1/2 teaspoon crushed red pepper flakes
1 tablespoon dried oregano
1 tablespoon ground dry mustard
1 dash hot sauce

Directions

Rinse and pick through beans and place in a medium saucepan with water to cover by 2 inches. Bring to a boil for 10 minutes, then remove from heat, cover and let soak 2 hours. Drain and rinse.

In a 5 quart slow cooker, combine beans, stew meat, broth, wine, tomatoes, carrots, celery, potatoes, garlic and onions. Season with salt, pepper, cayenne, red pepper flakes, oregano, mustard and hot sauce. Cover and cook on low 10 to 12 hours.

Beef 'n' Cheese Macaroni

Ingredients

1/2 pound ground beef
1 (7 ounce) package elbow macaroni
2 tablespoons butter or margarine
1 cup cubed process American cheese
1/4 cup milk
1/4 teaspoon salt

Directions

In a skillet, cook beef over medium heat until no longer pink.

Meanwhile, in a saucepan, cook macaroni according to package directions; drain and set aside. In the same pan, melt butter. Add the cheese, milk and salt; cook and stir until the cheese is melted. Drain beef. Stir beef and macaroni into cheese sauce; heat through.

Glazed Corned Beef

Ingredients

4 1/2 pounds corned beef, rinsed
1 cup water
1 cup apricot preserves
1/4 cup brown sugar
2 tablespoons soy sauce

Directions

Preheat oven to 350 degrees F (175 degrees C).

Coat a large pan with non-stick cooking spray. Place corned beef in dish and add water. Cover tightly with aluminum foil and bake for 2 hours; drain liquid.

In a small bowl combine apricot preserves, brown sugar, and soy sauce. Spread the apricot mixture evenly over the corned beef.

Bake uncovered at 350 degrees F (175 degrees C) 25 to 30 more minutes, or until the meat is tender; basting occasionally with pan drippings.

Slice corned beef across grain and serve.

Beef Stew with Ale

Ingredients

2 pounds beef brisket, trimmed and cut into 2-inch pieces
salt and black pepper to taste
2 tablespoons all-purpose flour
5 tablespoons canola oil
2 cups diced portobello mushroom caps
1 1/2 cups red pearl onions, peeled
1 cup diced carrot
1 cup diced celery root (celeriac)
1 cup diced turnip
2 cloves garlic, minced
2 (12 fluid ounce) cans or bottles brown lager beer
2 cups beef broth
1 cup diced potato
1 tablespoon malt vinegar
4 sprigs fresh thyme, chopped
2 sprigs fresh rosemary, chopped

Directions

Place the brisket cubes into a mixing bowl, and season with salt and pepper. Sprinkle with flour, and toss until evenly coated. Heat the canola oil in a Dutch oven or large pot over high heat. Cook the meat in small batches until browned on all sides; about 5 minutes per batch. Set the meat aside as the batches are done.

Once the meat has been browned and set aside, stir in the portobello mushrooms, and cook until browned, about 5 minutes. Remove the mushrooms, and set aside. Stir the pearl onions, carrot, celery root, and turnips into the pot. Cook and stir until the onions begin to turn light brown, about 5 minutes. Add the garlic, and continue cooking until the onions are golden brown, about 3 minutes more. Remove the vegetables and set aside.

Return the beef to the pot, and pour in the beer. Bring to a boil, and cook until the beer has reduced to 1/3 of its original volume, about 8 minutes. Pour in the beef broth and return to a boil. Reduce heat to medium-low, cover, and simmer until the meat starts to become tender, about 1 hour. Return the browned vegetables to the pot along with the potatoes, recover, and cook 1 hour more.

Stir in the reserved mushrooms, malt vinegar, thyme, and rosemary. Simmer a few minutes until heated through. Season to taste with salt and pepper before serving.

Slow Cooker Beef and Mushrooms

Ingredients

1 1/2 pounds cubed beef stew meat
1 (10.75 ounce) can condensed golden mushroom soup
1 (4.5 ounce) can sliced mushrooms, undrained
1 (1 ounce) package dry onion soup mix
1/4 cup red wine (optional)
1 pinch black pepper to taste
1 cup uncooked white rice
2 cups water

Directions

Combine the stew meat, mushroom soup, mushrooms with their liquid, and onion soup mix in the crock of a slow cooker. Pour in red wine, if desired. Season with pepper.

Cook on Low for 8 to 10 hours, or on High for 4 to 6 hours.

In the last half hour of cooking time, bring the rice and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the rice is tender, and the liquid has been absorbed, 20 to 25 minutes.

Beef Stew with Dumplings

Ingredients

1 1/2 pounds cubed beef stew meat
1/4 cup all-purpose flour
1/4 cup butter
1 cup sliced onion
2 cloves garlic, minced
2 cups water
1/4 cup chopped fresh parsley
1 teaspoon salt
1/8 teaspoon pepper
1 bay leaf
2 cups cubed potatoes
1 1/2 cups diced carrots
1 cup sliced celery
1/2 cup chopped green pepper
1 cup sliced fresh mushrooms
1 1/2 cups biscuit baking mix
1/2 cup milk
3 tablespoons butter, melted

Directions

In a bowl, toss cubed beef with flour to coat.

Heat 4 tablespoons butter in a heavy skillet over medium-high heat. Place flour in a bag or bowl, and add beef cubes. Toss to coat with flour. Place coated cubes in the skillet and fry until well-browned on all sides; remove from pan and set aside.

Cook onion and garlic in same pan until tender. Return meat to pan with water, parsley, salt, pepper, and bay leaf. Reduce heat to low, cover, and simmer 1 hour, stirring occasionally and adding more water if needed. Stir in potatoes, carrots, celery, and green pepper, and continue cooking another 15 minutes. Remove the bay leaf, and stir in mushrooms.

In a small bowl, mix together baking mix, 3 tablespoons melted butter, and milk until just blended. Drop dough by the tablespoonful into stew. Simmer, uncovered, approximately 10 minutes. Cover, and simmer 10 minutes more, or until dumplings are cooked through, but not dry.

Beef Fajitas

Ingredients

1 tablespoon vegetable oil
1 pound thinly sliced beef
1 cup thinly sliced onions
1 cup thinly sliced red bell pepper
1 cup thinly sliced green bell pepper
1 (14.5 ounce) can COLLEGE INN® Beef Broth French Onion Style
1 (1.27 ounce) packet fajita seasoning

Directions

In a skillet over medium-high heat, heat oil. Add beef and saute until no longer pink, about 5 minutes. Add onions and peppers and cook until peppers are tender, about 3 minutes. Add broth and heat to boil, simmer uncovered 15 minutes to reduce. Stir in fajita seasoning, mixing well. Bring to a boil. Serve over rice or in a warmed flour tortilla.

Slow Cooker Beef Vegetable Soup

Ingredients

1 pound cubed beef stew meat
1 (15.25 ounce) can whole kernel corn, undrained
1 (15 ounce) can green beans
1 (15 ounce) can carrots with juice
1 (15 ounce) can sliced potatoes with juice
1 (28 ounce) can crushed tomatoes
1 (1.25 ounce) package beef with onion soup mix
salt and pepper to taste

Directions

Place meat, corn, green beans, carrots, potatoes, tomatoes, soup mix, and salt and pepper to taste into the slow cooker; stir to combine.

Cook on LOW for at least 6 hours. Add water if necessary.

Beef Stew III

Ingredients

1 1/2 pounds cubed beef stew meat
2 tablespoons vegetable oil
1 onion, finely diced
1/4 cup all-purpose flour
4 cups diced potatoes
2 cups diced carrots
1 (10.75 ounce) can beefy mushroom soup
2 tablespoons cornstarch
1/2 cup cold water
salt and pepper to taste

Directions

Using a large stock pot, brown stewing meat in oil. Add onions and sprinkle flour into stock pot, stirring until flour is well incorporated.

Fill stock pot with water. If you prefer a thick stew fill stock pot only half full, if you prefer a more diluted stew fill your stock pot within one inch of the top. Let meat cook until tender, checking frequently on water level. When water evaporates add more. Cook for 1 1/2 hours.

When beef is tender add potatoes, carrots and beefy mushroom soup. Cook for 30 to 45 minutes, or until tender.

In a separate bowl mix cornstarch and cold water. Stir into soup and simmer. If not to desired thickness add another mixture of cornstarch and cold water. Heat through, season with salt and pepper, and serve.

Stir-Fried Beef on Lettuce

Ingredients

1/3 cup reduced-sodium soy sauce
1/3 cup white wine or chicken broth
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips
1 teaspoon cornstarch
1/2 pound fresh mushrooms, sliced
2 cups fresh snow peas
4 teaspoons canola oil, divided
4 cups shredded lettuce

Directions

In a small bowl, combine the soy sauce and wine or broth. Reserve 1/4 cup. Place beef in a resealable plastic bag. Add remaining soy sauce mixture; seal and mix. Refrigerate for 15 minutes. Place cornstarch in a small bowl. stir in reserved soy sauce mixture until smooth; set aside.

In a nonstick skillet, stir-fry mushrooms and snow peas in 2 teaspoons hot oil for 3-4 minutes or until snow peas are crisp-tender. Remove and keep warm. Drain and discard marinade from beef. In the same skillet, stir-fry beef in remaining oil for 2 minutes. Stir cornstarch mixture; add to skillet. Bring to a boil; cook and stir for 1-2 minutes or until slightly thickened. Place lettuce on four serving plates. Top with beef mixture and snow pea mixture.

T Bird's Beef Jerky

Ingredients

- 4 pounds round steak
- 4 tablespoons onion powder
- 1 1/3 teaspoons black pepper
- 1 1/3 teaspoons garlic powder
- 2 pinches salt
- 1 teaspoon dry Italian-style salad dressing mix
- 1 cup Worcestershire sauce
- 1 cup soy sauce
- 1 teaspoon hot pepper sauce

Directions

Cut meat into strips no thicker than 1/4 inch. In a large bowl, mix together onion powder, pepper, garlic powder, salt and Italian seasoning. Stir in Worcestershire sauce, soy sauce and pepper sauce. Place meat into a container, and combine with marinade. Cover, and refrigerate 24 hours.

Place oven rack on the highest level. Place aluminum foil on bottom of oven to catch drips. Preheat oven to 150 degrees F (65 degrees C).

Insert round toothpicks through the tops of the strips of meat, and hang them from the oven rack. Bake in preheated oven for 4 hours, or until dried to desired consistency.

Mile High Shredded Beef

Ingredients

1 (3 pound) boneless beef chuck roast
1 (14.5 ounce) can beef broth
1 medium onion, chopped
1 celery rib, chopped
3/4 cup ketchup
1/4 cup packed brown sugar
2 tablespoons white vinegar
1 teaspoon salt
1 teaspoon ground mustard
1 teaspoon Worcestershire sauce
1 garlic clove, minced
1 bay leaf
1/4 teaspoon garlic powder
1/4 teaspoon paprika
3 drops hot pepper sauce
12 hoagie buns

Directions

Place the roast in a Dutch oven; add broth, onion and celery. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 to 3 hours or until the meat is tender.

Remove roast and cool slightly; shred meat with two forks. Strain vegetables and set aside. Skim fat from cooking liquid and reserve 1-1/2 cups. return the meat, vegetables and reserved cooking liquid to the pan.

Stir in the ketchup, brown sugar, vinegar, salt, mustard, Worcestershire sauce, garlic, bay leaf, garlic powder, paprika and hot pepper sauce. Bring to a boil. Reduce heat; cover and simmer for 30 minutes. Discard bay leaf. Serve beef on buns.

Campbell's Kitchen Beef Teriyaki

Ingredients

1 pound boneless beef sirloin
steak or beef top round steak
2 tablespoons cornstarch
1 3/4 cups SwansonB® Beef
Broth (regular, Lower Sodium or
Certified Organic)
2 tablespoons soy sauce
1 tablespoon packed brown sugar
1/4 teaspoon garlic powder
4 cups fresh or frozen broccoli
flowerets
Hot cooked rice

Directions

Slice beef into very thin strips. Mix cornstarch, broth, soy, brown sugar and garlic powder until smooth. Set aside.

Stir-fry beef in nonstick skillet over medium-high heat until browned and juices evaporate.

Add broccoli and cook 1 minute. Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Serve over rice.

Slow Cooker Italian Beef

Ingredients

1 pound thinly sliced roast beef
1 (.7 ounce) package dry Italian-style salad dressing mix
1 (16 ounce) jar pepperoncini, sliced
1 (10.5 ounce) can beef broth

Directions

Combine roast beef, dry dressing mix, pepperoncini and beef broth in a slow cooker. Cook over medium-high heat until hot, about 1 hour

Beef and Noodle Bake

Ingredients

1 pound ground beef
2 cups elbow macaroni
4 cups spaghetti sauce
12 ounces processed cheese food
(eg. Velveeta), sliced

Directions

Preheat oven to 375 degrees F (190 degrees C).

Brown the ground beef in a large skillet over medium high heat; set aside. Cook macaroni according to package directions, drain and set aside.

In a 9x13 inch baking dish, layer the macaroni, ground beef, tomato sauce and cheese, repeating two times.

Bake at 375 degrees F (190 degrees C) for 30 minutes, or until top layer of cheese is bubbly.

Braised Beef Rolls

Ingredients

2 pounds London broil or flank steak rolls
1/2 teaspoon salt
1/4 teaspoon pepper
2 tablespoons vegetable oil
1 3/4 cups water, divided
1/2 cup packed brown sugar
1/2 cup raisins
1 medium onion, cut into wedges
2 tablespoons vinegar
2 tablespoons lemon juice
1 teaspoon ground mustard
1 bay leaf
2 tablespoons all-purpose flour
Hot cooked rice

Directions

Sprinkle meat with salt and pepper. In a Dutch oven over medium heat, brown the meat on both sides in oil; drain. Combine 1-1/2 cups of water, brown sugar, raisins, onion, vinegar, lemon juice, mustard and bay leaf if desired in a saucepan. Bring to a boil. Combine flour and remaining water until smooth; stir into raisin sauce. Bring to a boil; cook and stir for 2 minutes or until thickened. Pour over the meat rolls. Cover and bake at 325 degrees F for 1-1/2 hours or until the meat is tender. Discard bay leaf. Serve over rice.

Mushroom Slow Cooker Roast Beef

Ingredients

1 pound sliced fresh mushrooms
1 (4 pound) standing beef rib roast
1 (1.25 ounce) envelope onion
soup mix
1 (12 fluid ounce) bottle beer
ground black pepper

Directions

Place the mushrooms in the bottom of a slow cooker; set the roast atop the mushrooms; sprinkle the onion soup mix over the beef and pour the beer over everything; season with black pepper. Set slow cooker to LOW; cook 9 to 10 hours until the meat is easily pulled apart with a fork.

Beef Tips

Ingredients

3 tablespoons vegetable oil
1 onion, chopped
2 pounds cubed beef stew meat
2 cups water
1/4 cup soy sauce
1/4 cup Worcestershire sauce
1 teaspoon garlic powder
1 teaspoon salt
1 teaspoon ground black pepper
1 (.75 ounce) packet dry brown
gravy mix
1 cup water

Directions

In a large skillet heat oil over high heat. Saute the onion until almost translucent.

Add the stew meat and cook on high heat until meat is browned on all sides; about 3 to 5 minutes.

Pour 2 cups water, soy sauce, and Worcestershire sauce into the skillet. Stir in garlic powder, salt and pepper. Bring to a boil and reduce heat. Cover and simmer for 1 1/2 to 2 hours.

Meanwhile combine the gravy mix with 1 cup water. Mix thoroughly and stir into the meat mixture. Bring to a boil stirring frequently until slightly thickened.

Saucy Beef and Vegetable Casserole

Ingredients

1 pound ground beef
1 cup shredded zucchini
1 small onion, chopped
1 clove garlic, minced
1/2 teaspoon dried marjoram
1/2 cup salsa
1 (10.75 ounce) can condensed tomato soup
1 (15 ounce) can whole kernel corn, drained
1 teaspoon salt
2 cups all-purpose flour
1 tablespoon baking powder
2 teaspoons white sugar
1/2 teaspoon cream of tartar
1/2 teaspoon salt
1/8 teaspoon garlic powder
1/2 cup butter
1/2 cup shredded Cheddar cheese
1/2 cup sour cream
1 cup milk

Directions

Preheat oven to 375 degrees F (190 degrees C). Lightly grease a 9x13 inch baking dish.

In a large skillet over medium heat, brown the ground beef. Drain the beef, and mix in the zucchini, onion, garlic, and marjoram. Cook and stir until vegetables are tender. Mix in the salsa, tomato soup, and corn. Season with 1 teaspoon salt. Transfer to the prepared baking dish.

In a medium bowl, mix the flour, baking powder, sugar, cream of tartar, 1/2 teaspoon salt, and garlic powder. Cut in the butter until the mixture resembles coarse crumbs. Stir in the Cheddar cheese, sour cream, and milk. Spread over the beef mixture in the baking dish.

Bake covered in the preheated oven 25 minutes, or until the topping is golden brown and a toothpick inserted in the center comes out clean.

Beef and Broccoli

Ingredients

1 pound boneless beef sirloin
steak or beef top round steak
1 tablespoon vegetable oil
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
3 tablespoons soy sauce
1 tablespoon vinegar
1 teaspoon garlic powder
1/4 teaspoon crushed red pepper
3 cups fresh or frozen broccoli
flowerets
4 cups hot cooked rice

Directions

Slice beef into very thin strips.

Heat oil in skillet. Add beef and stir-fry until browned and juices evaporate.

Add soup, soy, vinegar, garlic powder and pepper. Heat to a boil. Add broccoli and cook until tender-crisp. Serve over rice.

Pauline Werner's Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds lean beef, cut into 1-1/2 inch cubes
2 tablespoons all-purpose flour
1 pinch salt
1 pinch ground black pepper
1 onion, diced
1 bay leaf
1 (8 ounce) can tomato sauce
2 potatoes, peeled and cut into large chunks
4 carrots, cut into large chunks
3 stalks celery, thickly sliced

Directions

Heat the oil in a large pot over medium heat. Place the meat in a bowl, sprinkle with flour, and toss to coat. Transfer meat to pot, season with salt and pepper, and brown meat on all sides.

Fill the pot with enough water to cover the meat, and mix in onion, bay leaf, and tomato sauce. Bring to a boil, reduce heat to low, cover, and simmer for an hour or until the meat is tender.

Stir in the potatoes, carrots, and celery. Continue cooking over low heat for 45 minutes, until vegetables are tender. Remove bay leaf before serving.

Bok Choy Beef Soup

Ingredients

1 tablespoon olive oil
1 clove garlic, minced
1/2 onion, chopped
1 pound beef sirloin tips
1 teaspoon salt
1 teaspoon ground black pepper
1 (10.5 ounce) can chicken broth
2 1/2 cups water
2 tablespoons lime juice
1 jalapeno pepper, chopped
1 head bok choy, chopped
2 tablespoons chile-garlic sauce
(such as Sriracha®), or to taste

Directions

Heat the olive oil in a large pot over medium heat. Stir in the garlic and onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef, and continue cooking until the beef is evenly browned. Season with salt and pepper. Add the chicken broth, water, lime juice, and jalapeno. Increase heat to medium-high, and bring to a boil. Stir in bok choy, and simmer until tender, about 5 minutes. Mix in chile-garlic sauce.

Awesome Roast Beef

Ingredients

3 pounds rump roast
1 (10.75 ounce) can condensed
cream of mushroom soup
1 (10.5 ounce) can condensed
beef broth

Directions

Place rump roast in a slow cooker. Pour in condensed cream of mushroom soup and condensed beef broth. Cook on LOW for about 8 hours.

One-Dish Beef Stroganoff

Ingredients

1 tablespoon vegetable oil
1 pound boneless beef sirloin
steak, 3/4-inch thick, cut into thin
strips
2 tablespoons chopped onions
3 cloves garlic, minced
1/8 teaspoon dried parsley flakes
1 3/4 cups Swanson® Beef Broth
(Regular, 50% Less Sodium or
Certified Organic)
2 cups sliced mushrooms
3 cups uncooked medium egg
noodles
1/2 cup sour cream
Chopped fresh parsley

Directions

Heat the oil in a 12-inch nonstick skillet over medium-high heat. Add the beef and cook until it's well browned, stirring often. Add the onion, garlic and parsley and cook until the onion is tender-crisp.

Stir the broth and mushrooms in the skillet and heat to a boil. Stir in the noodles. Reduce the heat to low. Cover and cook for 10 minutes or until the noodles are tender.

Stir the sour cream in the skillet and cook until the mixture is hot. Garnish with the parsley.

Roast Beef and Avocado Wraps

Ingredients

1 (4 ounce) package cream cheese, softened
1 teaspoon ground cumin
1 clove garlic, minced
1/8 teaspoon dried red pepper flakes
6 tomato and oregano tortillas
6 lettuce leaves - rinsed and dried
12 slices deli sliced roast beef
1 avocado, cubed
1 tomato, seeded and chopped
1 cup shredded Colby-Monterey Jack cheese

Directions

Mix the cream cheese, cumin, garlic, and chili flakes in a bowl until well blended.

Spread a thin layer of the cream cheese mixture over each tortilla, dividing evenly. Place a lettuce leaf on each tortilla, and top with two roast beef slices. Sprinkle evenly with avocado, tomatoes, and cheese. Starting at one end, gently roll up each tortilla into a tight tube. Slice in half diagonally and place two pieces on 6 serving plates.

Triple-Batch Beef

Ingredients

4 pounds beef chuck roast, cut into 3/4 inch cubes
2 medium onions, chopped
4 garlic cloves, minced
2 tablespoons vegetable oil
1 1/2 cups water
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a Dutch oven, cook beef, onions and garlic in oil; drain. Stir in water, salt and pepper. Bring to a boil. Reduce heat; cover and simmer for 1-3/4 to 2 hours or until meat is tender. Cool. Divide beef and cooking liquid between three freezer containers; cover and freeze. May be frozen for up to 3 months.

Beef Barley Soup

Ingredients

1/2 cup chopped carrot
1/2 cup chopped celery
1/2 cup chopped onion
1 tablespoon butter or margarine
4 cups beef broth
4 cups water
2 cups chopped cooked roast beef
1 (14.5 ounce) can diced tomatoes, undrained
1 cup quick-cooking barley
1 1/2 teaspoons salt
1/2 teaspoon pepper
1/2 teaspoon dried basil
1/2 teaspoon dried oregano
1/2 cup frozen peas

Directions

In a soup kettle or Dutch oven, saute carrot, celery and onion in butter until tender, about 5 minutes.

Add the broth, water, beef, tomatoes, barley, salt, pepper, basil and oregano; bring to a boil. Reduce heat; cover and simmer for 20 minutes, stirring occasionally. Add the peas. Simmer, uncovered, for 5 minutes.

Dried Beef Cheese Spread

Ingredients

3 (8 ounce) packages cream cheese, softened
2 1/2 teaspoons lemon juice
1 1/2 teaspoons garlic powder
1 (4 ounce) jar dried beef, finely chopped
4 green onions, chopped
Assorted crackers

Directions

In a small mixing bowl, beat the cream cheese, lemon juice and garlic powder until smooth. Beat in beef and onions. Serve with crackers.

Autumn Beef Stew

Ingredients

12 small red potatoes, halved
1 pound carrots, cut into 1-inch pieces
1 large onion, cut into wedges
2 pounds lean beef stew meat, cut into 1-inch cubes
1/3 cup butter or stick margarine
1 tablespoon all-purpose flour
1 cup water
1 teaspoon salt
1 teaspoon dried parsley flakes
1/2 teaspoon celery seed
1/2 teaspoon dried thyme
1/8 teaspoon pepper

Directions

Place potatoes, carrots and onion in a 5-qt. slow cooker. In a large skillet, brown beef in butter. Transfer beef to slow cooker with a slotted spoon.

Stir flour into the pan drippings until blended; cook and stir until browned. Gradually add water. Bring to a boil; cook and stir for 2 minutes or until thickened. Add salt, parsley, celery seed, thyme and pepper; pour over beef. Cover and cook on low for 8-9 hours or until meat and vegetables are tender.

Fried Beef Ribs

Ingredients

3 quarts peanut oil for frying
2 tablespoons salt
3 tablespoons coarse ground black pepper
2 tablespoons cayenne pepper
2 tablespoons garlic salt
2 tablespoons onion salt
2 cups all-purpose flour
6 eggs, beaten
6 pounds beef ribs, cut into single rib pieces

Directions

Heat the oil in a deep-fryer to 375 degrees F (190 degrees C).

In a medium bowl, mix together the salt, black pepper, cayenne pepper, garlic salt, and onion salt. Place the flour in a separate bowl or plate. Whisk eggs in a large bowl. Rub the spice mixture onto all of the ribs. Dip each rib in egg, then in flour, then egg, then flour again.

Place the ribs in a fryer basket so they are not crowded, try 4 or 5 at a time depending on the size of your fryer. Cook for about 8 minutes. Remove to paper towels to drain. Continue with remaining ribs.

Stew Beef Sauerbraten

Ingredients

2 tablespoons shortening
2 pounds cubed beef stew meat
5 cups water
1 cup white vinegar
1 teaspoon browning sauce
3 bay leaves
salt and pepper to taste
1/2 cup water
2 tablespoons all-purpose flour

Directions

Melt the shortening in a pressure cooker pot over medium-high heat. Add the stew beef; cook, turning occasionally, until the outside is browned. Pour in the water, vinegar and browning sauce. Add the bay leaves and season with salt and pepper to taste.

Close the lid on the pressure cooker and bring to full pressure. Adjust the heat as needed. Once the pot comes to full pressure, cook for 15 minutes. Remove from the heat and release the pressure according to the manufacturer's instructions. While the pressure is releasing, mix together the flour and 1/2 cup of water in a cup. Pour this into the pressure cooker, and cook over medium-high heat, stirring frequently, until thickened.

Ajiaco (Beef and Pepper Stew)

Ingredients

2 tablespoons canola oil
1 cup thickly sliced shallots
2 tablespoons minced garlic
2 red bell peppers, cut into 1 inch pieces
1 1/2 teaspoons chipotle chile powder, or to taste
2 teaspoons ground cumin
3 cups cubed cooked roast beef
1 pound baby red potatoes, cut in half
2 cups water
1 quart beef broth
1/2 teaspoon dried oregano
Salt and pepper to taste
1/4 cup chopped parsley
2 hard-cooked eggs, sliced 1/4 inch thick

Directions

Heat the canola oil in a Dutch oven over medium heat. Stir in shallots, garlic, and red pepper; cook until the shallot has softened and turned translucent, about 4 minutes. Sprinkle in the chipotle powder and cumin; cook 30 seconds until fragrant.

Add the roast beef and red potatoes, pour in the water and beef broth. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the potatoes are tender, about 30 minutes. Stir in the oregano, and season to taste with salt and pepper.

Stir in chopped parsley before serving. Garnish each bowl with a few slices of hard-cooked egg.

Beef N Olive Sandwiches

Ingredients

1 (8 ounce) package cream cheese, softened
2 tablespoons whipping cream
1/2 teaspoon white pepper
1/4 cup chopped dried beef
3 tablespoons sliced stuffed olives
3 tablespoons chopped walnuts
8 slices bread

Directions

In a mixing bowl, combine the cream cheese, cream and pepper; mix well. Stir in beef, olives and walnuts. Spread on four slices of bread; top with remaining bread. Freeze. Remove from the freezer at least 4 hours before serving. May be frozen for up to 2 months.

Easy Vegetable Beef Soup

Ingredients

1 pound ground beef
2 quarts water
1 (14.5 ounce) can diced tomatoes
1 onion, chopped
4 potatoes, peeled and cubed
1 (16 ounce) package frozen mixed vegetables
8 cubes beef bouillon, crumbled
1/2 teaspoon ground black pepper

Directions

In a large pot over medium heat, cook beef until brown; drain.

In a large pot over medium heat, combine cooked beef, water, tomatoes, onion, potatoes, mixed vegetables, bouillon and pepper. Bring to a boil, then reduce heat and simmer 45 minutes.

Flavorful Beef Stir-Fry

Ingredients

2 tablespoons cornstarch
2 teaspoons sugar
6 tablespoons soy sauce
1/4 cup white wine, apple juice or water
1 pound boneless beef round steak, cut into thin strips
3 cups broccoli florets
2 medium carrots, thinly sliced
1 (6 ounce) package frozen pea pods, thawed
2 tablespoons chopped onion
2 tablespoons vegetable oil, divided
1 (8 ounce) can sliced water chestnuts, undrained
Hot cooked rice

Directions

In a bowl, combine cornstarch, sugar, soy sauce and wine, apple juice or water until smooth. Add beef and toss to coat; set aside. In a large skillet, stir-fry broccoli, carrots, pea pods and onion in 1 tablespoon oil for 1 minute. Stir in water chestnuts. Cover and simmer for 4 minutes; remove and keep warm. In the same skillet, stir-fry beef in remaining oil until meat reaches desired doneness. Return vegetables to pan; toss. Serve over rice.

Beef Nacho Casserole

Ingredients

1 pound ground beef
1 1/2 cups chunky salsa
1 (10 ounce) can whole kernel corn, drained
3/4 cup creamy salad dressing (e.g. Miracle Whip)
1 teaspoon chili powder
2 cups crushed tortilla chips
2 cups Colby cheese

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Place ground beef in a large skillet over medium-high heat. Cook, stirring to crumble, until evenly browned. Drain grease. Remove from the heat, and stir the salsa, corn, mayonnaise and chili powder into the beef. In a 2 quart casserole dish, layer the ground beef mixture, tortilla chips and cheese twice, ending with cheese on top.

Bake for 20 minutes uncovered in the preheated oven, until cheese is melted and dish is thoroughly heated.

Roasted Garlic Beef Stew with Pepperidge

Ingredients

2 pounds beef stew meat, cut into 1-inch pieces
Ground black pepper
1 cup all-purpose flour
1/2 cup olive oil
1 large onion, finely diced
6 large carrots, cut into 1-inch pieces
2 medium potatoes, cut into 1-inch pieces
3 cups PregoB® Roasted Garlic & Herb Italian Sauce
1 3/4 cups SwansonB® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
16 ounces uncooked egg noodles
1/4 cup butter
1 (11.25 ounce) package Pepperidge FarmB® Texas Toast Garlic

Directions

Season the beef with the black pepper. Coat the beef with the flour.

Heat 1/4 cup oil in an 8-quart saucepot over medium-high heat. Add the beef and cook until it's well browned, stirring often. Pour off any fat. Remove the beef from the saucepot.

Heat the remaining oil in the saucepot over medium heat. Add the onions and carrots and cook until the vegetables are tender. Return the beef to the saucepot. Stir in the potatoes, sauce and broth and heat to a boil. Reduce the heat to low. Cover and cook for 45 minutes or until the beef is fork-tender.

Cook and drain the egg noodles according to the package directions. Add the butter to the hot noodles and toss to coat.

Meanwhile, preheat the oven to 425 degrees F for the bread. Bake the bread according to the package directions.

Place the noodles into a serving platter. Spoon the beef mixture over the noodles. Serve with the bread.

Savory Vegetable Beef Stew

Ingredients

3 pounds beef stew meat, cut into 1 inch cubes
1/3 cup Italian salad dressing
2 cups water
2 teaspoons beef bouillon granules
1 (14.5 ounce) can diced tomatoes, undrained
1 (10.5 ounce) can condensed beef broth, undiluted
1 (8 ounce) can tomato sauce
1 garlic clove, minced
1 bay leaf
1 teaspoon salt
1 teaspoon dried oregano
1/2 teaspoon pepper
6 small potatoes, quartered
6 medium carrots, cut into 1 inch pieces
1 medium green bell pepper, cut into 1/2 inch pieces
1 medium onion, chopped
3 tablespoons all-purpose flour
3 tablespoons cold water

Directions

In a Dutch oven, brown meat in salad dressing over medium heat. Add the next 10 ingredients; bring to a boil. Reduce heat; cover and simmer for 1-1/2 hours or until meat is tender. Add the potatoes, carrots, green pepper and onion. Cover and simmer for 45 minutes or until vegetables are tender. Combine flour and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened. Discard bay leaf before serving.

Honeyed Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
1 large onion, chopped
1 green bell pepper, chopped
3 strips celery, chopped
2 large carrots, peeled and sliced
2 tablespoons honey
2 tablespoons fresh lemon juice
2 teaspoons yellow mustard
1/4 cup ketchup
2 cups water
salt to taste
freshly ground pepper, to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

In a large pot over medium/high heat, heat the olive oil and quickly brown the beef pieces on all sides. Place the onion, green pepper, celery, and carrots into the pot and fry for 5 minutes; stirring occasionally. Remove from heat.

In a mixing bowl, combine the honey, lemon juice, mustard, ketchup, water, salt and pepper. Mix thoroughly.

Transfer the meat and vegetables to a 2 quart casserole dish. Pour the ketchup mixture over the meat and vegetables.

Bake in a preheated oven for 2 to 2 1/2 hours or until meat is tender.

Veggie Beef Bundles

Ingredients

2 cups julienned uncooked potatoes
1 pound lean ground beef
1 envelope onion soup mix
1/4 cup water
1 cup sliced fresh mushrooms
1 (9 ounce) package frozen cut green beans, thawed

Directions

Coat four pieces of heavy-duty foil (about 12 in. square) with nonstick cooking spray. Place 1/2 cup potatoes on each square. Shape beef into four patties; place over potatoes. Combine soup mix and water; spoon half over patties. Top with mushrooms, green beans and remaining soup mixture.

Fold foil around meat and vegetables and seal tightly. Place on a baking sheet. Bake at 375 degrees F for 25-30 minutes or until meat is no longer pink and potatoes are tender.

Shank Beef Soup

Ingredients

3 pounds beef shank
2 cups dried split peas
2 cups chopped sweet potato
2 cups chopped taro (eddoes)
2 cups all-purpose flour
1/2 cup cornmeal
1 onion, chopped
1 clove garlic, minced
3 stalks celery, chopped, with leaves
2 teaspoons chopped fresh thyme
2 teaspoons white sugar
2 tablespoons cider vinegar
salt and pepper to taste

Directions

In large stock pot soak peas in 2 cups water for 1 hour. Cook peas over medium heat, continually checking to see if more water needs to be added. When peas are half way done, (approximately 40 minutes) add sweet potatoes and eddoes.

Pressure cook beef shank with garlic until tender.

In a separate mixing bowl combine flour, cornmeal, and enough water to form a workable dough. Knead to a non-sticky consistency, adding more flour if dough is sticking. Roll dough out to a 1/4 of an inch thickness and cut into 1 inch by 1 inch strips.

Once split peas and potatoes are cooked through add celery, onion, shank and dumplings. Season with thyme, sugar, vinegar, salt and pepper. Let simmer until dumplings are floating and then serve.

Slow Cooker Vegetable Beef Soup

Ingredients

- 1 pound ground beef
- 2 cloves garlic, minced
- 1 small onion, diced
- 1 green bell pepper, diced
- 3 stalks celery, diced
- 1 (29 ounce) can Italian-style stewed tomatoes, drained
- 1 (15 ounce) can mixed vegetables, drained
- 2 quarts beef broth
- 3 tablespoons soy sauce
- 2 tablespoons Worcestershire sauce
- 3/4 teaspoon paprika
- salt and pepper to taste
- 6 ounces dry fusilli pasta

Directions

Place the beef in a skillet over medium heat. Mix in garlic, onion, and green bell pepper. Cook and stir until beef is evenly brown and vegetables are tender. Drain grease, and transfer to a slow cooker.

Mix celery, Italian-style stewed tomatoes, and mixed vegetables into the slow cooker. Pour in beef broth, soy sauce, and Worcestershire sauce. Season with paprika, salt, and pepper.

Cover, and cook 7 hours on High. Mix pasta into the slow cooker during the last 15 minutes of cook time.

Cream Cheese and Smoked Beef

Ingredients

1 (8 ounce) package cream cheese with chives
1/2 cup creamy salad dressing, e.g. Miracle Whip
1 pinch garlic powder
1 teaspoon lemon juice concentrate
1 (16 ounce) package thinly sliced smoked beef

Directions

In a medium-size mixing bowl, combine cream cheese, salad dressing, garlic powder, lemon juice and smoked beef. Mix well. Cover and refrigerate for at least one hour to let all of the flavors mix.

Ground Beef Stroganoff

Ingredients

1 pound ground beef
1/2 cup chopped onion
1 (4.5 ounce) can mushrooms,
drained
1/2 teaspoon garlic powder
1/2 teaspoon mustard powder
1/2 cup sour cream
1/2 cup mayonnaise
1/2 cup beef broth
1 (8 ounce) package wide egg
noodles

Directions

Break up ground meat into a large skillet, and add onion, mushrooms, garlic powder, and mustard powder. Cook and stir over medium heat until the meat is browned and onion is tender. Drain off excess fat.

In a small bowl, combine sour cream, mayonnaise, and beef broth. Stir into beef mixture, and cook over low heat for 10 to 15 minutes. Do not stir too much.

Meanwhile, cook pasta in a large pot of boiling water until done. Drain. Serve sauce over hot noodles.

Ground Beef Noodle Casserole

Ingredients

1 (.75 ounce) packet dry brown
gravy mix
1 cup cold water
1 pound ground beef
1 small onion, diced
3 garlic cloves, minced
1 (14 ounce) jar spaghetti sauce
1/2 cup half-and-half cream
1 1/2 teaspoons Italian seasoning
1/2 teaspoon dried rosemary,
crushed
salt and pepper to taste
8 ounces wide egg noodles,
cooked and drained
2/3 cup grated Parmesan cheese,
divided

Directions

In a small bowl, combine gravy mix and water until smooth; set aside. In a large skillet, cook the beef, onion and garlic over medium heat until meat is no longer pink; drain. Add spaghetti sauce, cream, seasonings and gravy; bring to a boil. Reduce heat; cover and simmer 15 minutes.

Add the noodles and 1/3 cup of Parmesan cheese; mix well. Transfer to a greased 3-qt. baking dish; sprinkle with remaining Parmesan. Cover and bake at 350 degrees F for 30 minutes or until heated through.

Portuguese Beef - Cacoila

Ingredients

2 pounds beef stew meat, cut into
1 inch cubes
3 oranges, juiced
1/4 cup white wine
1 teaspoon hot pepper sauce
1 teaspoon vegetable oil
2 bay leaves
2 cloves garlic, crushed
1 teaspoon paprika
1/4 teaspoon ground allspice
salt and ground black pepper to
taste

Directions

Rinse beef, and place in large bowl. Pour in orange juice, wine, oil and pepper sauce. Season with bay leaves, garlic, paprika, allspice, salt and pepper. Mix, to coat beef. Cover, and refrigerate overnight.

Heat a heavy skillet over medium heat. Cook beef and marinade until beef shreds easily, about 1 hour. Add water as needed.

Beef and Bean Chimichangas

Ingredients

1 pound lean ground beef
3/4 cup chopped onion
3/4 cup diced green bell pepper
1 1/2 cups whole kernel corn
2 cups taco sauce
2 teaspoons chili powder
1 teaspoon garlic salt
1 teaspoon ground cumin
1 (16 ounce) can refried beans
8 (12 inch) flour tortillas
1 (16 ounce) package shredded Monterey Jack cheese
1 tablespoon butter, melted
shredded lettuce
1 tomato, diced

Directions

Preheat the oven to 350 degrees F (175 degrees C).

Brown the ground beef in a skillet over medium-high heat. Drain excess grease, and add the onion, bell pepper, and corn. Cook for about 5 more minutes, or until vegetables are tender. Stir in the taco sauce, and season with chili powder, garlic salt and cumin, stirring until blended. Cook until heated through, then remove from heat, and set aside.

Open the can of beans, and spread a thin layer of beans onto each of the tortillas. Spoon the beef mixture down the center, and then top with as much shredded cheese as you like. Roll up the tortillas, and place them seam-side down onto a baking sheet. Brush the tortillas with melted butter.

Bake for 30 to 35 minutes in the preheated oven, or until golden brown. Serve with lettuce and tomato.

No Peek Irish Beef Stew

Ingredients

2 pounds cubed stew meat
6 carrots, chopped
2 onions, chopped
2 cups cubed potatoes
1 tablespoon brown sugar
3 tablespoons tapioca flour
1 cup tomato-vegetable juice
cocktail

Directions

Preheat oven to 250 degrees F (120 degrees C).

In a roasting pan, combine the meat, carrots, onions and potatoes. In a separate bowl, combine the sugar, tapioca flour and juice cocktail and mix well. Pour this mixture over the meat and vegetables and cover tightly with foil.

Bake in the preheated oven for 5 hours.

Braised Beef Short Ribs

Ingredients

1/2 cup all-purpose flour for coating
2 teaspoons salt
1 pinch ground black pepper
4 pounds beef short ribs
2 tablespoons vegetable oil
1 cup water
1 cup stewed tomatoes
1 clove garlic, minced
6 potatoes, peeled and cubed
3 onions, chopped
6 carrots, chopped
1 1/2 tablespoons all-purpose flour
4 tablespoons water

Directions

In a bowl, combine the 1/2 cup flour, salt and ground black pepper. Roll the ribs in the seasoned flour.

In a large pot, heat the oil and brown the ribs well on all sides. Pour in 1 cup boiling water, tomatoes, and garlic. Reduce heat to low, cover, and simmer for 1 1/2 hours, adding more water if necessary.

Place the potatoes, onions, and carrots in the pot. Continue to simmer for another 30 minutes to 1 hour, or until all vegetables are tender. Remove the meat and vegetables to a serving platter.

In a separate small bowl, dissolve 1 1/2 tablespoons flour and 2 tablespoons water for every one cup liquid remaining in the pot. Add this to the pot and stir well until thickened. Pour over meat and vegetables.

Spinach Beef Stir-Fry

Ingredients

1/4 cup reduced-sodium soy sauce
1 pound boneless beef sirloin steak, cut into 1/8-inch-thick strips
2 teaspoons cornstarch
1/2 teaspoon beef bouillon granules
1/2 teaspoon Chinese five-spice powder
1/2 cup water
2 tablespoons canola oil, divided
1 cup sliced fresh carrots
1 medium green pepper, julienned
1 cup sliced celery
1 cup sliced fresh mushrooms
1 (8 ounce) can sliced water chestnuts, drained
1/2 cup sliced green onions
6 cups torn fresh spinach
Hot cooked rice

Directions

Place soy sauce in a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for up to 2 hours. Drain and discard soy sauce.

In a bowl, combine the cornstarch, bouillon, five-spice powder and water until smooth; set aside. In a large nonstick skillet or wok, stir-fry beef in batches in 1 tablespoon hot oil until beef is no longer pink. Remove from skillet and set aside.

Stir-fry carrots in remaining oil for 2 minutes. Add the green pepper, celery and mushrooms; stir-fry for 3 minutes. Add the water chestnuts and onions; stir-fry for 2 minutes or until vegetables are crisp-tender. Stir cornstarch mixture and add to the pan. Bring to a boil; cook and stir for 2 minutes. Add spinach and beef; cook and stir until spinach is wilted and beef is heated through. Serve over rice if desired.

Easy Barbeque Beef Tenderloin Steak

Ingredients

2 (2 inch thick) steaks beef
tenderloin
1 tablespoon olive oil
2 cloves crushed garlic
1 teaspoon meat tenderizer

Directions

Rub meat with olive oil and crushed garlic. Sprinkle with tenderizer. Cover, and refrigerate for 30 minutes.

Preheat grill for medium high heat.

Brush grate with oil, and place steaks on the grill. Cook for 5 to 7 minutes per side, or until done.

Beef Brisket My Way

Ingredients

1 (5 pound) beef brisket
salt and pepper to taste
1/4 cup Merlot wine
1/4 cup balsamic vinegar
1/2 cup beef stock
1 (15 ounce) can stewed tomatoes
1 large onion, sliced into rings
2 stalks celery, with leaves
3 large carrots
4 large cloves garlic, diced
2 teaspoons dried thyme
2 teaspoons dried rosemary

Directions

Season the beef brisket with salt and pepper and place into a shallow baking dish or large resealable bag. Combine the Merlot and balsamic vinegar; pour in with the steak. Seal or cover, and marinate in the refrigerator for at least 2 hours.

Preheat the oven to 300 degrees F (150 degrees C).

Arrange onion rings in the bottom of a roasting pan. Season with garlic, thyme, and rosemary. Pour the marinade into the bottom of the pan along with the beef stock and stewed tomatoes, and lay the roast on top of the onions so they form a roasting rack. Cover tightly with a lid or aluminum foil.

Bake for 3 hours in the preheated oven, then peel back the aluminum foil and add carrots and celery to the pan. Cover again and continue roasting for an addition 1 to 2 hours, or until the brisket can be pulled apart with a fork.

Black Pepper Beef and Cabbage Stir Fry

Ingredients

2 tablespoons vegetable oil
4 cloves garlic, chopped
1/2 pound ground beef
1/2 small head cabbage,
shredded
1 red bell pepper, cut into strips
2 tablespoons soy sauce
1 teaspoon cornstarch
1/2 cup water
1 teaspoon ground black pepper

Directions

Heat a wok or large skillet over medium-high heat, and add oil. Saute garlic for about 5 seconds, then add ground beef. Stir-fry until beef is evenly brown. Stir in cabbage and pepper, and cook until vegetables are tender, and beef is fully cooked. Stir in soy sauce. Mix together cornstarch and water, and stir in. Season with pepper. Cook, stirring, until sauce has thickened.

Red Wine Flavored Beef

Ingredients

1 cup red wine
1 cup water
4 pounds beef roast
1/2 (1 ounce) envelope dry onion
soup mix

Directions

Place the red wine, water, and beef roast in a slow cooker. Season with dry onion soup mix.

Cover, and cook 5 hours on Low.

Beef Noodle Soup

Ingredients

1 pound cubed beef stew meat
1 cup chopped onion
1 cup chopped celery
1/4 cup beef bouillon granules
1/4 teaspoon dried parsley
1 pinch ground black pepper
1 cup chopped carrots
5 3/4 cups water
2 1/2 cups frozen egg noodles

Directions

In a large saucepan over medium high heat, saute the stew meat, onion and celery for 5 minutes, or until meat is browned on all sides.

Stir in the bouillon, parsley, ground black pepper, carrots, water and egg noodles. Bring to a boil, reduce heat to low and simmer for 30 minutes.

Solianka or Russian Beef Soup

Ingredients

2 ounces dried mushrooms
3/4 cup water
1/2 cup unsalted butter
3 onions, chopped
1 cup cooked diced veal
1 cup diced ham
1/4 pound kielbasa sausage, cut into 1 inch pieces
2 quarts beef stock
3 bay leaves
10 black peppercorns
2 dill pickles, diced
2 tablespoons capers
12 marinated mushrooms
1 (28 ounce) can Italian-style whole peeled tomatoes
2 tablespoons tomato paste
1 1/2 tablespoons all-purpose flour
12 kalamata olives
1/3 cup chopped fresh dill weed
1/4 teaspoon dried marjoram
3 cloves garlic, minced
1/4 cup dill pickle juice
1 teaspoon Hungarian sweet paprika
salt to taste
ground black pepper to taste

Directions

Soak mushrooms in 3/4 cup water until tender, 20 to 30 minutes. Set aside.

Melt half the butter and saute the onions, meats, and rehydrated mushrooms. Add the stock and liquid from the mushrooms and bring to a boil. Make a bouquet garni by tying the bay leaves and peppercorns tightly in cheesecloth. Lower the heat and add the bouquet garni, pickles, capers, and marinated mushrooms. Simmer 10-15 minutes.

Melt remaining butter in a skillet and cook the tomatoes and tomato paste for a few minutes, then add the flour and saute for another few minutes. Add a cup of the soup to the skillet and stir in well, then return pan ingredients to the soup pot.

Add the olives, dill, marjoram, garlic, pickle juice, and paprika. Adjust soup's seasoning with salt and pepper; simmer another 10-15 minutes.

Remove pot from heat and remove bouquet garni. Adjust seasonings and serve with sour cream and lemon.

Shredded Beef Chimichangas

Ingredients

2 pounds boneless beef chuck
roast, trimmed of fat
1/4 cup water
1 1/2 cups beef broth
3 tablespoons red wine vinegar
2 tablespoons chili powder
1 teaspoon ground cumin
4 (8 inch) flour tortilla
3 tablespoons butter, melted
1 1/2 cups shredded Monterey
Jack cheese
1 cup sour cream
1 cup salsa

Directions

Place beef in a Dutch oven over medium heat. Pour in water. Cover, and cook for 30 minutes. Remove cover, and cook until liquid has evaporated, and beef is well browned, about 10 minutes. In a medium bowl, combine beef broth, red wine vinegar, chili powder and cumin. Pour over beef. Cover, and cook until meat is very tender, and pulls apart easily, about 2 hours. Allow to cool, then shred and mix with pan juices.

Preheat oven to 500 degrees F (260 degrees C).

Brush both sides of each tortilla with melted butter. Spoon shredded beef filling down center of each tortilla. Fold ends over filling, then fold sides to center to make a packet. Place chimichangas, seam side down, in a 9- by 13-inch baking pan.

Bake in preheated oven for 8 to 10 minutes, or until golden brown. Serve with shredded cheese, sour cream and salsa.

Tangy Grilled Beef

Ingredients

1 (10.75 ounce) can Campbell's® Condensed Tomato Soup
2 tablespoons packed brown sugar
2 tablespoons lemon juice
2 tablespoons vegetable oil
1 tablespoon Worcestershire sauce
1 teaspoon garlic powder
1/4 teaspoon dried thyme leaves, crushed
1 1/2 pounds boneless beef sirloin steak, 3/4-inch thick

Directions

Stir the soup, sugar, lemon juice, oil, Worcestershire, garlic powder and thyme in a medium bowl.

Lightly oil the grill rack and heat the grill to medium. Grill the steak for 10 minutes for medium-rare or until desired doneness, turning the steak over halfway through cooking and brushing it often with some of the soup mixture. Let it stand for 10 minutes before slicing.

Pour the remaining soup mixture into a 1-quart saucepan. Heat over medium-high heat to a boil. Serve the sauce with the steak.

SwansonB® Steakhouse Beef and Pepper Stir-Fry

Ingredients

2 cups SwansonB® Beef Stock
3 tablespoons cornstarch
1 tablespoon soy sauce
1/2 teaspoon garlic powder
1 pound boneless beef sirloin
steak, 3/4-inch thick, cut into thin
strips
2 cups fresh or frozen green or red
pepper strips
4 cups hot cooked regular long-
grain white rice

Directions

Stir the stock, cornstarch, soy and garlic powder in a small bowl until smooth.

Stir-fry the beef in a 10-inch nonstick skillet over medium-high heat until it's well browned. Add the peppers to the skillet and stir-fry until tender-crisp.

Reduce the heat to medium. Add the stock mixture to the skillet. Cook and stir until the mixture boils and thickens, stirring constantly. Serve over the rice.

Beef Pinwheels II

Ingredients

1 egg
1 1/2 pounds ground beef
1/8 teaspoon cayenne pepper
1 cup corn flakes cereal, coarsely crushed
1 onion, finely chopped
2 teaspoons salt
1/4 teaspoon ground black pepper
1/2 teaspoon chopped fresh parsley
B
3 cups all-purpose flour
1 1/2 teaspoons baking powder
3/4 teaspoon salt
1 1/8 tablespoons white sugar
3/8 cup shortening
1 cup milk

Directions

Preheat an oven to 375 degrees F (190 degrees C). Grease two baking sheets.

Beat the egg in a bowl until smooth. Add the ground beef, cayenne pepper, crushed cereal, onion, salt, black pepper, and parsley. Mix until evenly combined; set aside. Stir together the flour, baking powder, salt, and sugar in a separate bowl. Cut in the shortening with a pastry blender until no lumps of shortening remain and the mixture takes on a sandy appearance. Stir in the milk until a dough forms.

Roll the dough out to a 10x15-inch rectangle on a well-floured surface. Spread the meat mixture evenly over the entire surface of the dough. Roll the dough into a cylinder from one of the wide ends to form a 15-inch long log. Cut the log into 3/4-inch slices and place on to the prepared baking sheets.

Bake in the preheated oven until dark golden brown, 30 to 45 minutes. Serve hot.

Campbell's Kitchen Beef Stir-Fry

Ingredients

1 pound boneless beef sirloin
steak or beef top round steak
2 tablespoons cornstarch
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
2 tablespoons soy sauce
2 tablespoons vegetable oil
3 cups cut-up vegetables**
1/4 teaspoon garlic powder
Hot cooked rice

Directions

Slice beef into very thin strips. Mix cornstarch, broth and soy until smooth. Set aside.

Heat oil in skillet. Add beef and stir-fry until browned and juices evaporate. Push beef to one side of skillet.

Add vegetables and garlic powder and stir-fry until tender-crisp.

Stir cornstarch mixture and add. Cook and stir until mixture boils and thickens. Serve over rice.

Slow Cooker Beef Stew

Ingredients

2 pounds beef stew meat, diced into 1 inch pieces
1 tablespoon Worcestershire sauce
1 teaspoon no salt herb seasoning
5 potatoes
4 carrots
1 yellow onion
3/4 cup tomato juice
1 (14.5 ounce) can stewed tomatoes
2 fresh jalapeno peppers, sliced into rings

Directions

The night before, cut up potatoes and carrots and slice onions. Put all the vegetables in a plastic container filled with water overnight.

Also the night before, marinate the stew meat with Worcestershire sauce and herb seasoning in a plastic storage bag. Place in the refrigerator.

In the morning, put the raw beef in the bottom of your slow cooker. Drain the vegetables, and pour in on top of the beef. Pour in the stewed tomatoes and tomato juice. If you like your stew a little spicy, add a chopped jalapeno pepper or two.

Turn the slow cooker on high for 1 hour. Then, set your slow cooker to low for 6-8 hours. The beef will cook completely, and will be very tender.

Party Corned Beef Puffs

Ingredients

2 1/2 cups finely chopped deli corned beef
2 tablespoons chopped onion
2 tablespoons Dijon mustard
1 tablespoon mayonnaise
1/4 teaspoon prepared horseradish
1 cup beer
1/2 cup butter
1 cup flour
1/4 teaspoon salt
4 eggs

Directions

Mix together the corned beef, onion, mustard, mayonnaise, and horseradish. Cover and refrigerate.

Preheat an oven to 450 degrees F (230 degrees C).

In a large pot, bring beer and butter to a rolling boil. Stir in flour and salt until the mixture forms a ball. Transfer the dough to a large mixing bowl. Using a wooden spoon or stand mixer, beat in the eggs one at a time, mixing well after each. Drop by teaspoonfuls onto a lightly greased baking sheet.

Bake for 10 minutes in the preheated oven. Reduce temperature to 350 degrees F (175 degrees C) and bake an additional 10 minutes until golden brown. Centers should be dry.

When the shells are cool, split the puffs and fill with the corned beef mixture. Refrigerate until ready to serve.

Herbed and Spiced Roasted Beef Tenderloin

Ingredients

2 tablespoons fresh rosemary
2 tablespoons fresh thyme leaves
2 bay leaves
4 cloves garlic
1 large shallot, peeled and quartered
1 tablespoon grated orange zest
1 tablespoon coarse salt
1 teaspoon freshly ground black pepper
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
2 tablespoons olive oil
2 (2 pound) beef tenderloin roasts, trimmed

Directions

In a food processor, combine rosemary, thyme, bay leaves, garlic, shallot, orange zest, salt, pepper, nutmeg, and cloves. Run machine while adding oil; process until smooth. Spread mixture evenly over all sides of tenderloins. Place beef in a large glass baking dish. Cover with foil, and refrigerate for at least 6 hours.

Preheat oven to 400 degrees F (200 degrees C). Place tenderloins on a rack in a large roasting pan.

Roast beef in preheated oven until meat thermometer registers 140 degrees when inserted into center of beef, about 35 minutes. Remove from oven, and cover loosely with foil; let stand for 10 minutes. Slice beef, and serve.

Mongolian Beef

Ingredients

1/4 cup chicken stock
1 1/2 tablespoons cornstarch
3 tablespoons hot chili oil
2 tablespoons hoisin sauce
1 tablespoon oyster sauce
1 tablespoon dry sherry
2 teaspoons sugar
2 teaspoons soy sauce
2 teaspoons crushed red pepper flakes
1 pound flank steak, thinly sliced
(see Cook's Note)

2 tablespoons peanut oil
2 tablespoons chopped garlic
1 bunch Swiss chard - rinsed,
stems removed and cut into 1/2
inch slices
2 green onions, cut into thin
slivers about 2 inches long
1 teaspoon salt
1/4 teaspoon black pepper

Directions

Whisk the chicken stock and cornstarch in a freezer safe bowl until smooth; whisk in the hot chili oil, hoisin sauce, oyster sauce, sherry, sugar, soy sauce, and crushed red pepper flakes. Place the beef into the sauce, stir to coat well. Cover and freeze until frozen, about 1 hour. Remove from the freezer and allow to defrost, about 30 minutes.

Heat a wok over high heat until very hot, and pour in the peanut oil. Immediately add garlic, cook and stir in the hot oil until fragrant, about 15 seconds. Mix in the Swiss chard and green onions; cook and stir the vegetables until they turn bright green, about 3 minutes, and then remove from the wok.

Pour the defrosted beef mixture into the hot wok; cook and stir until the meat browns and the sauce forms a glaze, 3 to 5 minutes. Return the cooked vegetables to the wok, sprinkle with salt and pepper, mix to combine well; serve hot.

Ground Beef and Rice with Cheese

Ingredients

1 cup white rice
1 cup water
1 pound ground beef
3 (10.75 ounce) cans condensed tomato soup
3 tablespoons chili powder
8 slices processed cheese food (such as Velveeta®)

Directions

Bring the rice and water to a boil in a saucepan. Reduce heat to medium-low; cover, and simmer until the rice is tender and the liquid has been absorbed, 20 to 25 minutes.

Preheat an oven to 400 degrees F (200 degrees C). Grease a 1-quart baking dish.

While the rice is cooking, heat a large skillet over medium-high heat and stir in the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease. Stir in the condensed tomato soup and chili powder; cook until heated through.

Spread 1/3 of the rice into the bottom of the prepared baking dish and cover with 1/3 of the ground beef mixture. Place 2 slices of processed cheese over the meat, then cover with 2 more layers of rice and meat. Arrange the remaining 6 slices of cheese over the top.

Bake in the preheated oven until the casserole has heated through and the cheese is bubbly and browned, about 20 minutes.

Beef 'N' Bean Starter

Ingredients

2 1/2 pounds beef stew meat, cut into 1 inch cubes
2 (14.5 ounce) cans diced tomatoes with oil, garlic and onions, undrained
1 (16 ounce) can kidney beans, rinsed and drained
1 (15.5 ounce) can great northern beans, rinsed and drained
1 teaspoon salt
1/2 teaspoon pepper

Directions

In a slow cooker, combine all ingredients; mix well. Cover and cook on low for 8-9 hours or until beef is tender. Cool. Transfer to two freezer bags or containers, 4 cups in each. May be frozen for up to 3 months.

Macaroni and Cheese with Ground Beef, Salsa

Ingredients

1 recipe Creamy Macaroni and Cheese
1 pound lean ground beef
1/8 teaspoon Salt and black pepper to taste
1 tablespoon chili powder
1 cup salsa (your choice of hotness)
1 (4.5 ounce) can chopped green chilies
1/4 cup minced fresh cilantro

Directions

Follow basic recipe for Creamy Macaroni and Cheese, but use pepper Jack cheese, not cheddar.

Heat a 10-inch skillet over medium-high heat. Cook ground beef, seasoning lightly with salt and pepper, until most of the liquid evaporates, about 5 minutes. Stir in chili powder, salsa and chilies; simmer, 2 to 3 minutes. Add cilantro, then stir mixture into macaroni. Serve hot.

Baked Corn Beef Hash

Ingredients

1 tablespoon vegetable oil
1 onion, sliced
1 (14 ounce) can baked beans
1 (12 ounce) can corned beef,
chopped
2 tablespoons tomato puree
1 dash Worcestershire sauce
2 cups mashed potatoes
1 cup shredded extra-sharp
Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C).

Heat the vegetable oil in a skillet over medium heat. Add the onion, and cook until the onion has softened and turned translucent, about 5 minutes. Meanwhile, spread the baked beans in a casserole dish. Toss the corned beef with the tomato puree and Worcestershire sauce in a bowl and sprinkle over the beans. Spread the onions ovetop, followed by the mashed potatoes. Finally, sprinkle with the shredded Cheddar cheese.

Bake in preheated oven for 30 minutes until the casserole is hot and bubbly.

Vegetable Beef Soup II

Ingredients

1 1/2 pounds ground sirloin
1 cup chopped onion
2 (14.5 ounce) cans stewed tomatoes
5 cups water
1 tablespoon salt
2 cubes beef bouillon cube
2 carrots, chopped
2 stalks celery, chopped
1 russet potato, chopped
1/4 teaspoon dried thyme
1 bay leaf
1/4 teaspoon dried basil

Directions

In a large stock pot brown sirloin and onion. Drain grease and add tomatoes, water, salt, beef bouillon, carrots, celery, potatoes, thyme, bay leaf and basil. Cover and cook until vegetables are tender, approximately 45 minutes.

Beef Potpie

Ingredients

1 tablespoon butter or margarine
1 teaspoon dried minced onion
1 tablespoon all-purpose flour
1/8 teaspoon pepper
2/3 cup beef stock
1 cup frozen mixed vegetables,
thawed
1/2 cup cubed cooked roast beef
CRUST:
1 egg
2 tablespoons milk
1/2 cup biscuit/baking mix

Directions

In a small saucepan, melt butter. Add onion and cook for 1 minute. stir in flour and pepper until blended. Gradually whisk in broth. Bring to a boil; cook and stir for 2 minutes or until thickened. Stir in vegetables and beef; heat through. Transfer to two greased 10-oz. custard cups.

In a bowl, combine egg and milk. Stir in biscuit mix until smooth. Spoon evenly over meat mixture. Place on an ungreased baking sheet. Bake at 400 degrees F for 25-30 minutes or until bubbly and top is golden brown.

Easy Beef Pot Pie

Ingredients

1 refrigerated pie crust
2 cups diced cooked potatoes
1 (10 ounce) package frozen mixed vegetables, thawed
1 1/2 cups diced cooked beef
1 (10.75 ounce) can Campbell's® Condensed Golden Mushroom Soup
1/3 cup water
1 teaspoon Worcestershire sauce
1 teaspoon dried thyme leaves, crushed

Directions

Heat the oven to 400 degrees F. Let the pie crust stand at room temperature for 15 minutes or until it's easy to handle.

Put the potatoes, vegetables and beef in a 9-inch deep-dish pie plate or 1 1/2-quart baking dish.

Stir the soup, water, Worcestershire and thyme in a medium bowl. Pour the soup mixture over the beef mixture. Gently put the pie crust over the beef mixture. Crimp or roll the edges to seal it to the dish. Cut slits in the crust with a knife.

Bake for 35 minutes or until hot and the crust is golden brown.

Beef Goulash Soup

Ingredients

2 pounds boneless beef sirloin steak, cut into 1/2 inch cubes
1 large onion, chopped
1 large green pepper, chopped
2 tablespoons olive or vegetable oil
3 medium potatoes, peeled and cubed
3 medium carrots, chopped
4 cups beef broth
1 cup water
2 tablespoons paprika
1 tablespoon sugar
1 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon cayenne pepper
2 bay leaves
1 (28 ounce) can crushed tomatoes
1 (6 ounce) can tomato paste
2 tablespoons caraway seeds
Sour cream

Directions

In a Dutch oven over medium-high heat, cook and stir the beef, onion and green pepper in oil until meat is browned on all sides; drain. Stir in the next 10 ingredients. bring to a boil. Reduce heat; cover and simmer for 25-30 minutes or until potatoes are tender.

Stir in the tomatoes, tomato paste and caraway seeds. Cover and simmer 25-30 minutes longer or until meat is tender. Discard bay leaves. Top each serving with a dollop of sour cream.

Ground Beef and Sausage in Red Beans and Rice

Ingredients

6 cups uncooked white rice
1 pound kielbasa sausage
1 teaspoon ground cayenne pepper
2 pounds lean ground beef
1/4 onion, minced
2 (15 ounce) cans kidney beans, drained
1 (15 ounce) can pinto beans, drained
1 (15 ounce) can pork and beans

Directions

Prepare the rice in a large pot according to package directions.

Cut the kielbasa into 1-inch chunks and quarter the chunks. Place in a large skillet over medium-high heat for about 5 to 10 minutes, or until lightly browned. Season with cayenne pepper to taste. Transfer this to the pot with the rice, reserving the grease in the skillet.

In the same skillet over medium-high heat, saute the ground beef for 5 minutes. Stir in the rice, and onion; reduce heat to medium and saute for 5 more minutes. Drain well and add to the pot. Stir the kidney beans, pinto beans, and pork and beans into the pot. Add a little water, if necessary, and simmer over low heat until ready to serve.

Spicy Orange Beef

Ingredients

2 tablespoons vegetable oil
1 pound round steak, cut into thin strips on the diagonal
1/4 cup orange peel, cut into slivers
1 clove garlic, minced
1/2 teaspoon ground ginger
2 tablespoons cornstarch
1 cup beef broth
1/4 cup soy sauce
1/4 cup sherry
1/4 cup orange marmalade
1/2 teaspoon crushed red pepper flakes

Directions

In a wok or skillet, heat oil over medium-high heat. Add beef strips 1/3 at a time. Stir-fry for 3 minutes or until browned, removing the done pieces to a plate lined with paper towels.

Return all the beef to the wok. Stir in orange peel, garlic, and ginger; stir-fry 1 minute.

In a medium bowl, combine cornstarch, broth, soy sauce, sherry, marmalade, and red pepper. Pour this mixture into the beef, stirring constantly. Bring to a boil over medium heat and cook for 1 minute. Serve hot.

Serbian Ground Beef, Veggie, and Potato Bake

Ingredients

- 1 pound ground beef
- 1 tablespoon olive oil
- 1 green bell pepper, chopped
- 1 onion, chopped
- 1 carrot, shredded
- 2 celery stalks, chopped
- 1/2 tablespoon paprika
- 1/2 teaspoon salt
- 3/4 teaspoon black pepper
- 1/4 teaspoon crushed red pepper
- 1 pinch ground cinnamon
- 1 pinch ground cloves
- 1/4 cup water
- 1/8 cup red wine
- 1 cube beef bouillon
- 2 tablespoons half-and-half
- 2 potatoes, peeled and sliced

Directions

Preheat oven to 400 degrees F (200 degrees C). Lightly grease a casserole dish.

In a skillet over medium heat, cook the beef until evenly brown. Remove beef from skillet, reserving juices, and set aside. Mix in the olive oil, and saute the green pepper, onion, carrot, and celery until tender.

Return beef to the skillet, and season with paprika, salt, black pepper, red pepper, cinnamon, and cloves. Stir in the water and red wine until heated through. Dissolve the beef bouillon cube into the mixture. Remove skillet from heat, and mix in the half-and-half.

Layer the bottom of the prepared casserole dish with enough potato slices to cover. Place the beef and vegetable mixture over the potatoes, and top with remaining potatoes.

Cook, covered, 45 minutes in the preheated oven, or until the potatoes are tender.

Beef with Green Onion

Ingredients

1 1/2 tablespoons dry sherry
3 tablespoons oyster sauce
1/2 teaspoon white sugar
2 teaspoons cornstarch
2 tablespoons peanut oil
1 pound flank steak, thinly sliced
6 green onions, cut into 1/2-inch pieces

Directions

In a small bowl, mix the sherry, oyster sauce, sugar, and cornstarch.

Heat the oil in a skillet, and cook the flank steak about 3 minutes. Stir in sherry sauce mixture. Add the green onions, and continue cooking 10 minutes, or until the flank steak is evenly brown and the green onions are tender.

Beef Stew V

Ingredients

3 pounds beef stew meat, cut into 1 inch cubes
2 teaspoons salt, divided
1 teaspoon ground black pepper, divided
1/4 cup all-purpose flour
1/4 cup butter
1 tablespoon vegetable oil
1 onion, chopped
1 (8 ounce) can whole peeled tomatoes
3 cups water
2 cubes beef bouillon
2 cloves garlic, minced
2 tablespoons chopped parsley
1/8 teaspoon dried thyme
1 cup red wine
6 carrots, chopped
6 stalks celery, chopped
6 potatoes, cubed
2 cups pearl onions

Directions

Season the stew meat with some of the salt and pepper and coat with flour. In a large skillet over medium-high heat, Sautee the beef and onions in the butter and oil until browned on the outside. Transfer the beef and onions to a stockpot and stir in the tomatoes, water and bouillon cubes. Season with garlic, parsley, thyme and remaining salt and pepper. Stir in the red wine.

Cover soup and simmer for 1 1/2 hours before adding carrots, celery potatoes and pearl onions. Continue to simmer until potatoes are tender, about 1 hour.

Beef Wellingtons

Ingredients

3 cloves garlic, crushed
1/2 onion, thinly sliced
1/4 teaspoon freshly ground black pepper
2 1/2 cups heavy cream
1 sheet frozen puff pastry, thawed
1 tablespoon Worcestershire sauce
3 (4 ounce) beef tenderloin filets
salt to taste
3 fresh thyme leaves

Directions

Combine the garlic, onion and pepper in a saucepan over medium-low heat. Whisk in cream 1/2 cup at a time while stirring constantly. Cook and stir until cream has thickened slightly and vegetables are warm. Cover, and set aside. Keep warm.

Preheat a grill for high heat. It can be an indoor grill, or your oven's broiler. Make a 1 inch slit in the center of each beef fillet. Grill each fillet for 1 to 2 minutes per side just to sear.

Preheat the oven to 350 degrees F (175 degrees C). Roll out the puff pastry sheet to 1/3 inch thickness, and cut into three 8 inch squares. You may have some scraps left over. Place a fillet onto the center of each square, and spoon some of the cream mixture over the top. Pull pastry up around the sides, and pinch together at the top. Place onto a baking sheet.

Bake for about 40 minutes in the preheated oven, until the pastry is nicely browned. The beef should be medium well by then, you may check with a meat thermometer to see that it is 145 to 150 degrees F (62 to 65 degrees C) for medium rare or medium doneness. Halfway through baking, drizzle the Worcestershire sauce over the pastries.

To serve, place each pastry on a serving plate. Cut a 1 inch slit through the top of each one, and insert a thyme leaf.

Roast Beef Hash Casserole

Ingredients

- 1 pound boneless beef roast
- 2 cups water
- 3 drops Worcestershire sauce
- 2 cups milk
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1/2 cup shredded Cheddar cheese
- 2 cups frozen hash brown potatoes
- 1 tablespoon curry powder
- 1 tablespoon salt
- 1 teaspoon garlic powder
- 1 teaspoon seasoned salt
- 1/4 teaspoon paprika
- 1 pinch ground black pepper

Directions

Place the beef roast in a slow cooker with water and Worcestershire sauce. Cover, and cook 6 to 7 hours on Low. Remove beef from slow cooker, and shred.

Preheat oven to 375 degrees F (190 degrees C).

Mix milk and soup in a saucepan, and bring to a boil. Stir Cheddar cheese into the mixture until melted. Remove from heat, and mix in shredded beef and hash browns. Season with curry powder, salt, garlic powder, seasoned salt, paprika, and pepper. Transfer to a casserole dish.

Bake 35 minutes in the preheated oven. Let stand 5 minutes before serving.

Curry Beef Stir-Fry

Ingredients

1 tablespoon cornstarch
1 tablespoon reduced-sodium soy sauce
6 tablespoons cold water, divided
2 tablespoons vegetable oil, divided
1 pound boneless sirloin steak, cut into thin strips
1 garlic clove, minced
1/8 teaspoon ground ginger
1 small onion, cut into 1/2-inch wedges
1 cup sliced celery
1 medium green pepper, cut into 1-inch pieces
3 medium tomatoes, cut into 1/2-inch wedges
SAUCE:
1 tablespoon cornstarch
1/2 cup cold water
3 tablespoons ketchup
1 tablespoon reduced-sodium soy sauce
1 teaspoon curry powder
Hot cooked rice

Directions

In a large bowl, combine cornstarch, soy sauce, 2 tablespoons water and 1 tablespoon oil until smooth; add beef and toss to coat.

In a large skillet or wok, stir-fry beef, garlic and ginger in remaining oil until meat reaches desired doneness. Remove meat with a slotted spoon and keep warm. Add the onion, celery, green pepper and remaining water to the skillet. Cover and cook for 2 minutes. Add tomatoes and beef.

For sauce, combine the cornstarch, water, ketchup, soy sauce and curry until smooth; add to the skillet. Bring to a boil; cook and stir for 2 minutes. Serve over rice.

Oriental Beef Ribbons

Ingredients

3/4 pound beef flank steak
2 tablespoons teriyaki sauce
1 1/2 teaspoons vegetable oil
1 garlic clove, minced
1/4 teaspoon ground ginger
1/8 teaspoon crushed red pepper flakes
1/2 teaspoon toasted sesame seeds

Directions

Slice meat across the grain into 1/4-in. strips. In a resealable plastic bag, combine the teriyaki sauce, oil, garlic, ginger and red pepper flakes; add meat. Seal bag and turn to coat; refrigerate for 8 hours or overnight, turning several times.

Drain and discard marinade. Weave meat onto metal or soaked wooden skewers. Grill, covered, over medium heat or broil 4 in. from heat for 2-4 minutes on each side or until desired doneness. Remove from grill or broiler and sprinkle with sesame seeds.

Spicy Beef Brisket

Ingredients

- 2 pounds beef brisket
- 1 (10.5 ounce) can beef broth
- 1/4 cup white wine
- 2 tablespoons olive oil
- 2 teaspoons seasoning salt, or to taste
- 1 teaspoon ground allspice
- 2 tablespoons whole black peppercorns
- 5 cloves garlic, minced
- 1/4 cup dried onion flakes
- 1 tablespoon red pepper flakes
- 1 bay leaf
- 2 tablespoons cornstarch
- 1/4 cup cold water

Directions

Trim the brisket of most of the visible fat, and place in a slow cooker. Pour in beef broth, white wine and olive oil. Season with seasoning salt, allspice, peppercorns, garlic, onion flakes, red pepper flakes and the bay leaf. Cover, and cook on Low for 3 to 4 hours or until the roast is fork tender.

Remove the roast to a serving platter. Stir together the cornstarch and cold water; mix into the juices in the slow cooker. Set to High, and cook for just a few minutes until thickened. Remove bay leaf, and serve as a gravy over the roast.

Beef and Mushroom Stuffed Peppers

Ingredients

1 pound ground beef
1 cup fresh mushrooms, sliced
1/2 white onion, diced
2 cups beef gravy
salt and pepper to taste
3 small red bell peppers, halved
and seeded
3/4 cup shredded Monterey Jack
cheese

Directions

Preheat oven to 375 degrees F (190 degrees C).

Brown beef in a large skillet over medium-high heat. Halfway through browning, add mushrooms and onion. Continue cooking until meat is fully browned; drain fat from skillet. Stir in enough gravy to bond mixture without making it soupy. Season with salt and pepper, and set aside.

Meanwhile, heat a medium saucepan of water until boiling. Place peppers in water, and boil for 2 to 3 minutes, until just tender; remove from water. Place peppers, hollow side up, in a 9x13 inch baking dish, and fill each with beef mixture.

Bake in preheated oven for 15 to 20 minutes, until bubbling. Top with cheese, and bake for an additional 5 to 10 minutes. Serve in a small pool of gravy.

Slow Cooker Beef Au Jus

Ingredients

3 pounds boneless beef rump roast
1 large onion, sliced
3/4 cup reduced-sodium beef broth
1 (1 ounce) package au jus gravy mix
2 cloves garlic, halved
1/4 teaspoon pepper

Directions

Cut roast in half. In a large nonstick skillet coated with nonstick cooking spray, brown meat on all sides over medium-high heat. Place onion in a 5-qt. slow cooker. Top with meat. Combine the broth, gravy mix, garlic and pepper; pour over meat. Cover and cook on low for 6-7 hours or until meat and onion are tender.

Remove meat to a cutting board. Let stand for 10 minutes. Thinly slice meat and return to the slow cooker; serve with pan juices and onion.

Beef Sirloin Kabobs with Roasted Red Pepper

Ingredients

1 1/2 pounds boneless beef top sirloin steak, cut 1 inch thick
2 teaspoons coarse grind black pepper
3/4 teaspoon salt
3/4 teaspoon sweet paprika
2 cloves garlic, minced

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Dipping Sauce:

1 tablespoon olive oil
1 medium onion, finely chopped
3 cloves garlic, minced
2 (7 ounce) jars roasted red peppers, rinsed, drained, finely chopped
1/2 cup dry white wine
2 tablespoons tomato paste
3/4 teaspoon dried thyme leaves, crushed
1 cup ready-to-serve beef broth
2 teaspoons cornstarch

Directions

Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.

Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. Stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Keep warm.

Meanwhile cut beef steak into 1-1/4 x 1-1/4 x 1-inch pieces. Combine pepper, salt, paprika and 2 cloves minced garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between pieces.

Place kabobs on grid over medium, ash-covered coals. Grill, covered, about 7 to 9 minutes for medium rare (145 degrees F) to medium (160 degrees F) doneness, turning once. Serve with dipping sauce.

Beefy Tomato Soup

Ingredients

1 pound ground beef
1 quart tomato juice
3 cups water
3/4 cup uncooked elbow
macaroni
1 envelope onion soup mix
1/4 teaspoon chili powder

Directions

In a large saucepan, cook beef over medium heat until no longer pink; drain. Add the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15-20 minutes or until macaroni is tender.

Beef and Barley Soup II

Ingredients

2 quarts beef stock
1 cup diced cooked beef
1 (12 ounce) package barley
ground black pepper to taste

Directions

In a large stock pot bring beef stock to a gentle boil. Add beef and barley, reduce to simmer, cover and cook at least 1 hour.

Check the barley, as to how soft it is. You may need to add more beef stock if too much evaporates.

Add ground pepper to taste. Cook until soup reaches desired thickness.

Beef Summer Sausage

Ingredients

5 pounds ground beef
4 tablespoons monosodium glutamate (MSG)
2 teaspoons cayenne pepper
2 teaspoons ground black pepper
3 teaspoons garlic powder
3 teaspoons brown sugar
2 1/2 teaspoons mustard powder
2 teaspoons whole black peppercorns
4 teaspoons liquid smoke flavoring

Directions

In a large bowl, combine the beef, meat tenderizer, cayenne pepper, ground black pepper, garlic powder, brown sugar, mustard powder and peppercorns and mix well. Pour the liquid smoke over the mixture, but do not mix. Cover and place in the refrigerator for at least 24 hours.

Preheat oven to 150 degrees F (65 degrees C).

Remove the beef mixture from refrigerator and mix well. Roll into 1 1/2x9 inch logs and place in a 9x13 inch baking dish.

Bake at 150 degrees F (65 degrees C) for 4 hours. Remove from oven and let cool.

Mom's Beef Stew

Ingredients

2 pounds meaty beef soup bones
(beef shanks or short ribs)
6 cups water
5 medium potatoes, peeled and
cubed
5 medium carrots, chopped
1 medium onion, chopped
1/2 cup medium pearl barley
1 (28 ounce) can plum tomatoes,
undrained
1 teaspoon salt
1/2 teaspoon pepper
2 garlic cloves, minced
1 bay leaf
3 tablespoons cornstarch
1/2 cup cold water

Directions

Place soup bones and water in a soup kettle or Dutch oven. Slowly bring to a boil. Reduce heat; cover and simmer for 2 hours. Set beef bones aside until cool enough to handle. Remove meat from bones; discard bones and return meat to broth. Add the potatoes, carrots, onion, barley, tomatoes, salt, pepper, garlic and bay leaf if desired. Cover and simmer for 50-60 minutes or until vegetables and barley are tender. Discard bay leaf. Combine cornstarch and cold water until smooth; stir into stew. Bring to a boil; cook and stir for 2 minutes or until thickened.

Spicy Beefstick

Ingredients

4 pounds ground beef
1 pound spicy pork sausage
2 1/2 teaspoons mustard seed
2 1/2 teaspoons liquid smoke
flavoring
1 tablespoon Worcestershire
sauce
1 tablespoon garlic powder
5 tablespoons curing salt
1 tablespoon cracked black
pepper
1 tablespoon caraway seed
(optional)
2 teaspoons cayenne pepper
2 teaspoons paprika
2 teaspoons chili powder
2 teaspoons red pepper flakes

Directions

In a large bowl, mix together the ground beef, pork sausage, mustard seed, liquid smoke, Worcestershire sauce, garlic powder, curing salt, black pepper, caraway seed, cayenne pepper, paprika, chili powder and red pepper flakes. Cover, and refrigerate overnight.

For the next three days, knead the meat for 5 minutes, then return to the refrigerator. On the fourth day, knead, then form into 6 equal logs. Wrap each log in aluminum foil, and poke a few holes in the foil.

Preheat the oven to 200 degrees F (95 degrees C). Place the logs onto a broiler pan to catch the grease. Bake for 6 hours in the preheated oven. Turn off the oven, and leave the logs in for another 3 hours after baking. Refrigerate until chilled, then slice and serve.

Slow Cooker Beef Stew II

Ingredients

2 pounds stew meat, trimmed and cubed
3 (10.75 ounce) cans condensed cream of chicken soup
1 (16 ounce) package egg noodles

Directions

Spray the inside of a slow cooker with the vegetable cooking spray. Add the meat and the soups to the slow cooker.

Cook on low setting for 8 to 10 hours.

Prepare noodles according to package directions.

When stew is ready, pour over the noodles and serve hot.

Oven Barbecued Beef Brisket I

Ingredients

4 pounds beef brisket
salt to taste
1 teaspoon freshly ground black pepper
1 teaspoon garlic powder
1 cup barbecue sauce
1 cup water

Directions

Preheat oven to 325 degrees F (160 degrees).

Sprinkle both sides of brisket with salt, pepper and garlic powder. Place in a large covered roasting pan.

Cook covered with no water at 325 degrees F (160 degrees C) allowing 1 hour per pound.

Before last hour of cooking, remove brisket and slice. Return slices to pan and add barbecue sauce mixed with water. Cover meat with sauce, cover, and cook 1 hour longer.

Tender Beef Brisket

Ingredients

1 (3 pound) beef brisket*, trimmed and cut in half
1 cup ketchup
1 small onion, chopped
2 tablespoons cider vinegar
1 tablespoon prepared horseradish
1 tablespoon prepared mustard
1 teaspoon sugar
1/2 teaspoon pepper

Directions

Place the brisket in a 3-qt. slow cooker. In a bowl, combine the remaining ingredients. Pour over brisket. Cover and cook on low for 6 hours or until tender.

Remove the beef; set aside. Pour the sauce into a saucepan; cook, uncovered, over low heat for 13-15 minutes or until reduced and thickened, stirring occasionally. Slice the meat across the grain; serve with sauce.

Braised Beef with Garden Vegetables and Herbs

Ingredients

1 pound boneless beef for stew,
cut into 1-inch cubes
Ground black pepper
Vegetable cooking spray
2 medium onions, cut into wedges
2 cloves garlic, minced
1 (18.3 ounce) carton
Campbell's® V8® Butternut
Squash Soup
1 large potato, cut into cubes
2 medium carrots, cut into 2-inch
pieces
Fresh parsley

Directions

Season the beef with the black pepper.

Spray a 6-quart saucepot with the cooking spray and heat over medium-high heat for 1 minute. Add the beef and cook until it's well browned, stirring often. Add the onion and garlic and cook until the onion is tender-crisp.

Stir the soup in the saucepot and heat to a boil. Reduce the heat to low. Cover and cook for 45 minutes.

Add the potato and carrots to the saucepot. Cover and cook for 30 minutes or until the vegetables are tender. Garnish with parsley, if desired.

Slow Cooker Beef Stew I

Ingredients

2 pounds beef stew meat, cut into
1 inch cubes
1/4 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon ground black
pepper
1 clove garlic, minced
1 bay leaf
1 teaspoon paprika
1 teaspoon Worcestershire sauce
1 onion, chopped
1 1/2 cups beef broth
3 potatoes, diced
4 carrots, sliced
1 stalk celery, chopped

Directions

Place meat in slow cooker. In a small bowl mix together the flour, salt, and pepper; pour over meat, and stir to coat meat with flour mixture. Stir in the garlic, bay leaf, paprika, Worcestershire sauce, onion, beef broth, potatoes, carrots, and celery.

Cover, and cook on Low setting for 10 to 12 hours, or on High setting for 4 to 6 hours.

U.S. Navy Minced Beef On Toast

Ingredients

1 1/2 pounds lean ground beef
2 onions, chopped
salt and pepper to taste
5 tablespoons all-purpose flour
2 (8 ounce) cans peeled and diced tomatoes with juice
1 (5.5 ounce) can tomato juice
2 cups hot water
1/2 teaspoon ground nutmeg
1/2 teaspoon granulated sugar

Directions

In a large skillet over medium heat, cook the ground beef and onions until beef is evenly browned; do not drain. Season with salt and pepper to taste. Stir in flour 1 tablespoon at a time, until beef juices have been absorbed.

Stir in tomatoes, tomato juice, and water. Simmer on low heat to thicken.

Stir in nutmeg and sugar; simmer until flavors are blended well.

Hawaiian Beef Casserole

Ingredients

2 tablespoons cooking oil
1 onion, chopped
1 pound ground beef
1 (19 ounce) can kidney beans with liquid
1 (19 ounce) can pineapple chunks with juice
1 cup ketchup
1/2 cup brown sugar
1 tablespoon cornstarch
2 teaspoons ground mustard
1 teaspoon salt

Directions

Preheat an oven to 350 degrees F (175 degrees C).

Heat the oil in a skillet over medium heat; cook the onion in the hot oil until softened, about 5 minutes. Crumble the ground beef into the skillet and cook and stir until completely browned, 5 to 7 minutes. Drain.

Stir the kidney beans with liquid, pineapple with juice, ketchup, brown sugar, cornstarch, mustard, and salt together in a large bowl. Add the ground beef and onions to the mixture and stir to coat. Pour into a large casserole dish.

Bake in the preheated oven until completely heated through, about 45 minutes.

Beef Tenderloin Stuffed with Lobster

Ingredients

- 3 whole lobster tails
- 4 pounds beef tenderloin filet
- 1 cup butter
- 2 teaspoons lemon juice
- 1 teaspoon garlic powder
- 3 cups white wine
- 1/4 cup olive oil
- 1 tablespoon cracked black pepper
- 1 teaspoon garlic salt

Directions

Preheat oven to 425 degrees F (220 degrees C).

Bring a large pot of water to a boil. Add lobster tails, and cook for 5 to 6 minutes. Remove from water, rinse and remove shells. Cut tail meat in half lengthwise. Cut tenderloin lengthwise, to within 3/4 inch of the bottom. Fill center of meat with lobster tails.

In a saucepan, melt butter with lemon juice, garlic powder and 1 cup of the wine. Drizzle about 1/4 of the butter mixture over the lobster. Tie the tenderloin with kitchen string. Rub tenderloin with olive oil and place in a roasting pan. Pour remaining wine in bottom of pan. Sprinkle with cracked pepper.

Bake in preheated oven for 45 minutes to 1 hour. Stir garlic salt into remaining butter mixture, and serve with slices of roast.

PDQ Hot Beef Sandwiches

Ingredients

1 tablespoon vegetable oil
1 (4 pound) beef chuck roast
1 cup chili sauce
1/2 cup water
1/2 cup white vinegar
1 tablespoon chili powder
salt and pepper to taste
1 teaspoon garlic powder, or to taste
2 teaspoons white sugar

Directions

Heat vegetable oil in a large Dutch oven over medium-high heat. Place the roast in the pan, and brown on all sides.

Reduce heat to medium-low, and pour in the chili sauce, water, and vinegar. Season with chili powder, salt, pepper, garlic powder and white sugar. Simmer over medium-low heat for 3 hours, or until meat is fork tender. Remove beef, and refrigerate overnight. Reserve sauce, and refrigerate.

Slice or shred beef, and place in a large pot on the stove with the sauce. Heat through, and serve alone, or on your favorite sandwich buns.

Ground Beef 'n' Biscuits

Ingredients

- 1 1/2 pounds ground beef
- 1/2 cup chopped celery
- 1/2 cup chopped onion
- 2 tablespoons all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon dried oregano
- 1/8 teaspoon pepper
- 2 (8 ounce) cans tomato sauce
- 1 (10 ounce) package frozen peas
- 1 (7.5 ounce) package refrigerated buttermilk biscuits
- 1 cup shredded Cheddar cheese

Directions

In a large skillet over medium heat, cook the beef, celery and onion until meat is no longer pink and celery is tender; drain. Stir in the flour, salt, oregano and pepper until blended. Add tomato sauce and peas; simmer for 5 minutes.

Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Separate biscuits; arrange over beef mixture. Sprinkle with cheese. Bake, uncovered, at 350 degrees F for 20 minutes or until biscuits are golden and cheese is melted.

Mongolian Beef and Spring Onions

Ingredients

2 teaspoons vegetable oil
1 tablespoon finely chopped garlic
1/2 teaspoon grated fresh ginger root
1/2 cup soy sauce
1/2 cup water
2/3 cup dark brown sugar
1 pound beef flank steak, sliced 1/4 inch thick on the diagonal
1/4 cup cornstarch
1 cup vegetable oil for frying
2 bunches green onions, cut in 2-inch lengths

Directions

Heat 2 teaspoons of vegetable oil in a saucepan over medium heat, and cook and stir the garlic and ginger until they release their fragrance, about 30 seconds. Pour in the soy sauce, water, and brown sugar. Raise the heat to medium-high, and stir 4 minutes, until the sugar has dissolved and the sauce boils and slightly thickens. Remove sauce from the heat, and set aside.

Place the sliced beef into a bowl, and stir the cornstarch into the beef, coating it thoroughly. Allow the beef and cornstarch to sit until most of the juices from the meat have been absorbed by the cornstarch, about 10 minutes.

Heat the vegetable oil in a deep-sided skillet or wok to 375 degrees F (190 degrees C).

Shake excess cornstarch from the beef slices, and drop them into the hot oil, a few at a time. Stir briefly, and fry until the edges become crisp and start to brown, about 2 minutes. Remove the beef from the oil with a large slotted spoon, and allow to drain on paper towels to remove excess oil.

Pour the oil out of the skillet or wok, and return the pan to medium heat. Return the beef slices to the pan, stir briefly, and pour in the reserved sauce. Stir once or twice to combine, and add the green onions. Bring the mixture to a boil, and cook until the onions have softened and turned bright green, about 2 minutes.

Phil and Tony's Killer Caraway Beef Tenderloin

Ingredients

1 (6 ounce) fillet beef tenderloin
filet
garlic powder to taste
onion powder to taste
coarsely ground black pepper to
taste
2 teaspoons caraway seed
kosher salt to taste

Directions

Preheat an outdoor grill for high heat and lightly oil grate.

Place tenderloin filet on a flat dish and sprinkle both sides with garlic powder, onion powder and black pepper to taste. Sprinkle on the caraway seeds on both sides as well. Next, sprinkle on the kosher salt. Press all of the seasonings into the meat, so that it all sticks well. Rub the filet all over the plate to pick up any loose seasoning.

Grill the filet on both sides, about 2 minutes each side, to sear in the flavors and bring out the nutty flavor of the caraway seeds. After searing, lower the temperature of your grill to medium heat and cook for about 6 minutes each side, depending on the thickness of your filet.

As your filet is cooking at the lower temperature, sprinkle on more kosher salt and caraway seed to taste. Cook to desired doneness.

Beefy Wild Rice Soup

Ingredients

1 pound ground beef
1/2 teaspoon Italian seasoning
6 cups water, divided
2 large onions, chopped
3 celery ribs, chopped
1 cup uncooked wild rice
2 teaspoons beef bouillon granules
1/2 teaspoon pepper
1/4 teaspoon hot pepper sauce
3 (10.75 ounce) cans condensed cream of mushroom soup, undiluted
1 (4 ounce) can mushroom stems and pieces, drained

Directions

In a Dutch oven or soup kettle, cook beef and Italian seasoning over medium heat until meat is no longer pink; drain. Add 2 cups water, onions, celery, rice, bouillon, pepper and hot pepper sauce; bring to a boil.

Reduce heat; cover and simmer for 45 minutes. Stir in the soup, mushrooms and remaining water. Cover and simmer for 30 minutes.

Barbecued Shredded Beef

Ingredients

3 pounds beef roast
2 onions, chopped
2 (12 fluid ounce) cans or bottles
beer
6 teaspoons Worcestershire sauce
2 teaspoons liquid smoke
flavoring
2 teaspoons garlic powder
2 teaspoons ground black pepper
salt to taste
1 (18 ounce) bottle barbecue
sauce
2 cups water

Directions

Preheat oven to 275 degrees (135 degrees C).

Place roast in a large roasting pan and scatter chopped onions over.

In a large bowl, combine Worcestershire sauce, liquid smoke, garlic powder, salt and pepper. Pour in beer, stir and add to roasting pan. Add water to the top of beef.

Cover and cook in oven at 275 degrees F (135 degrees C) for 4 to 5 hours.

When meat is cooked, shred meat with 2 forks, add barbecue sauce and mix well.

Easy Beef and Pasta

Ingredients

1 pound boneless beef sirloin
steak, 3/4 inch thick
1 tablespoon vegetable oil
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
1/2 cup water
1 (16 ounce) bag frozen vegetable
pasta blend

Directions

Slice beef into very thin strips.

Heat oil in skillet. Add beef and cook until browned, stirring often.

Add soup, water and vegetable/pasta blend. Heat to a boil. Cover and cook over low heat 5 minutes or until done.

Beef and Spinach Curry

Ingredients

2 tablespoons ghee (clarified butter)
2 cloves garlic, crushed
1 large onion, finely sliced
2 serrano peppers, thinly sliced
2 whole cloves, bruised
1 teaspoon garam masala
1 teaspoon ground coriander
1/2 teaspoon chile powder
1 teaspoon turmeric
1 1/2 teaspoons ground cumin
1 1/2 pounds beef tenderloin, cubed
1 teaspoon salt
1 cup chopped tomatoes
2/3 cup coconut milk
1 (10 ounce) bag spinach
1 teaspoon lemon juice

Directions

Heat the ghee in a large saucepan over medium heat. Stir in the garlic and onion, and cook until softened, about 5 minutes. Add the serrano, and continue to cook for another 3 minutes. Season with the cloves, garam masala, coriander, chile powder, turmeric, and cumin, cook for 2 to 3 more minutes to release the flavor.

Stir in the beef and salt, cook for 3 minutes more. Add the tomatoes, coconut milk, and spinach. Bring to a simmer, then cover, and cook for 20 minutes, stirring occasionally.

Uncover, then stir in the lemon juice, and cook for 10 more minutes, stirring frequently, until the sauce has thickened.

Cheesy Beef Tetrazzini

Ingredients

1 1/2 pounds ground beef
1 small onion, chopped
1 (15 ounce) can tomato sauce
1/2 teaspoon salt
1/4 teaspoon pepper
1 (8 ounce) package cream cheese, softened
1 cup small curd cottage cheese
1 cup sour cream
1/4 cup thinly sliced green onions
1 (7 ounce) package thin spaghetti, cooked and drained
1/4 cup grated Parmesan cheese

Directions

In a large skillet over medium heat, cook beef and onion until meat is no longer pink; drain. Stir in tomato sauce, salt and pepper; bring to a boil. Reduce heat; simmer, uncovered, for 5 minutes.

In a mixing bowl, beat cream cheese, cottage cheese and sour cream, until blended. Stir in green onions and spaghetti. Transfer to a greased 2-1/2-qt. baking dish. Top with beef mixture. Sprinkle with Parmesan cheese. Bake, uncovered, at 350 degrees F for 30-35 minutes or until bubbly.

Western Style Beef Jerky

Ingredients

3/4 cup beer
3/4 cup teriyaki sauce
1/2 cup Worcestershire sauce
1/3 cup soy sauce
1/3 cup water
3 tablespoons liquid smoke
4 1/2 teaspoons ketchup
1 teaspoon red pepper flakes
1 1/2 teaspoons salt
1/2 teaspoon onion salt
1/4 teaspoon cracked black pepper, or to taste
1/4 teaspoon garlic powder
1 pound beef round steak

Directions

Stir together beer, teriyaki sauce, Worcestershire sauce, soy sauce, water, liquid smoke, and ketchup in a large bowl. Stir in red pepper flakes, salt, onion salt, pepper, and garlic powder until blended.

Cut the round steak into long strips about 1 inch wide by 1/4 inch thick. Toss the meat with the marinade until the strips are well coated. Tightly cover the bowl, and marinate in the refrigerator at least 6 hours.

Prepare jerky in a food dehydrator according to manufacturer's directions.

Jammin' Beef Stew

Ingredients

Crisco® Original No-Stick Cooking Spray
2 pounds beef stew meat, cut into 1-inch pieces
1/4 cup Pillsbury BEST® All Purpose Flour
1 1/2 teaspoons salt
1/4 teaspoon ground black pepper
1 cup chopped yellow onions
3 carrots, cleaned and sliced on a diagonal
2 bay leaves (optional)
1 tablespoon Worcestershire sauce
1 (14.5 ounce) can diced tomatoes
1/2 cup Smucker's® Concord Grape Jam or Reduced Sugar Concord Grape Jam (optional)
1 (14.5 ounce) can beef broth or water
6 new potatoes, quartered
2 tablespoons chopped fresh parsley

Directions

STOVE TOP METHOD: Spray a 4-1/2 quart Dutch oven with no-stick spray.

Place meat in pot. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water. Mix to combine ingredients.

Bring to a boil, then reduce to a simmer. Cover and simmer 1 hour, stirring occasionally. Add potatoes, simmering 30 minutes more or until meat and potatoes are fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

SLOW COOKER METHOD: Spray slow cooker with no-stick spray.

Place meat in cooker. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, grape jam, broth or water and potatoes. Mix to combine ingredients.

Cover and cook on LOW 8 to 10 hours (or on HIGH 5 to 6 hours) or until meat is fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

Japanese Beef Stir-Fry

Ingredients

2 pounds boneless beef sirloin or beef top round steaks (3/4" thick)
3 tablespoons cornstarch
1 (10.5 ounce) can Campbell's® Condensed Beef Broth
1/2 cup soy sauce
2 tablespoons sugar
2 tablespoons vegetable oil
4 cups sliced shiitake mushrooms
1 head Chinese cabbage (bok choy), thinly sliced
2 medium red peppers, cut into 2"-long strips
3 stalks celery, sliced
2 medium green onions, cut into 2" pieces
Hot cooked regular long-grain white rice

Directions

Slice beef into very thin strips.

Mix cornstarch, broth, soy and sugar until smooth. Set aside.

Heat 1 tablespoon oil in saucepot or wok over high heat. Add beef in 2 batches and stir-fry until browned. Set beef aside.

Add 1 tablespoon oil. Add the mushrooms, cabbage, peppers, celery and green onions in 2 batches and stir-fry over medium heat until tender-crisp. Set vegetables aside.

Stir cornstarch mixture and add. Cook until mixture boils and thickens, stirring constantly. Return beef and vegetables to saucepot and heat through. Serve over rice.

Mom's Italian Beef Barley Soup

Ingredients

2 pounds cubed beef chuck roast
5 cups water
4 cubes beef bouillon, crumbled
1/2 onion, chopped
1 (8 ounce) can tomato sauce
3/4 cup uncooked pearl barley
salt and pepper to taste

Directions

In a slow cooker, combine beef, water, bouillon, onion, tomato sauce, barley, salt and pepper.

Cover, and cook on Low for 5 hours.

Cheesy Beef 'n' Rice

Ingredients

1 cup uncooked long grain rice
1 garlic clove, minced
2 tablespoons butter or margarine
3 cups water
2 medium carrots, shredded
2 teaspoons beef bouillon granules
1 teaspoon dried parsley flakes
1/2 teaspoon dried basil
1/2 teaspoon dried minced onion
1 pound ground beef, cooked and drained
1/2 cup shredded Cheddar cheese

Directions

In a large saucepan, saute rice and garlic in butter until golden brown. Stir in water, carrots, bouillon, parsley, salt, basil and onion. Bring to a boil. reduce heat; cover and simmer for 5 minutes. Stir in beef. Transfer to a greased 9-in. square baking dish. Cover and bake at 325 degrees F for 45 minutes, stirring twice. Uncover; sprinkle with cheese. Bake 5 minutes longer or until cheese is melted.

Belgian Beef Stew

Ingredients

1 pound bacon, diced
1 tablespoon butter
20 small boiling onions, peeled
3 cloves garlic, minced
2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
2 tablespoons all-purpose flour
2 teaspoons salt
1/2 teaspoon ground black
pepper
16 ounces dark beer
1/2 bunch fresh parsley, chopped
1 lemon, juiced and zested
1 tablespoon grated lemon zest

Directions

Blanch the bacon for 1 minute in boiling water. Drain.

Place bacon and butter or margarine in a large covered pot or Dutch oven. Cook over medium heat until bacon is browned. Add onions; cook until golden. Add garlic, and cook for 1 or 2 minutes; take care not to burn the garlic. Remove bacon mixture from pot, and set aside.

Add beef to the fat left in the pot, and brown on all sides. When meat is browned, return bacon mixture to the pot. Stir in flour, salt, and pepper. Add enough beer to just barely cover the meat. Bring to a boil, reduce heat to simmer, and cover. Cook for 1 1/2 to 2 hours.

Remove pot from heat, and stir in parsley, lemon zest, and lemon juice. Serve hot.

Hominy Beef Bake

Ingredients

1 pound ground beef
1 small onion, chopped
2 garlic cloves, minced
1 (15.5 ounce) can hominy,
drained
1 (15 ounce) can chili with beans
1 (8 ounce) can tomato sauce
1/2 cup water
3 teaspoons chili powder
salt and pepper to taste
1 (10.5 ounce) bag corn chips,
crushed

Directions

In a large skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Stir in the hominy, chili, tomato sauce, water, chili powder, salt and pepper. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. Sprinkle with corn chips. Bake, uncovered, at 350 degrees F for 30 minutes or until heated through.

Hearty Italian Beef Stew

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt
1/4 teaspoon ground black pepper
2 pounds beef stew meat, cut into 2-inch pieces
1/4 cup olive oil
1 cup chopped onion
1 cup chopped celery
3 cloves garlic, finely chopped
1 (14.5 ounce) can CONTADINA® Recipe Ready Diced Tomatoes with Italian Herbs
1 (6 ounce) can CONTADINA® Italian Paste with Roasted Garlic
1 1/2 cups water
2 beef bouillon cubes
4 cups peeled diced potatoes
4 cups peeled diced carrots

Directions

Combine flour, salt and pepper in medium bowl. Add meat; toss to coat well.

Heat oil in large saucepan over medium-high heat. Add meat, onion, celery and garlic. Cook, stirring frequently, 6 to 8 minutes or until meat is no longer pink and vegetables are tender.

Add undrained tomatoes, tomato paste, water and bouillon. Bring to boil. Reduce heat to low; cover. Simmer, stirring occasionally, 1 hour. Add potatoes and carrots; simmer 20 minutes longer or until meat and vegetables are tender. Sprinkle with parsley, if desired.

Sesame Beef Stir-Fry

Ingredients

5 tablespoons dark soy sauce
8 tablespoons CRISCO® Canola Oil or Vegetable Oil
2 teaspoons honey
2 teaspoons Dijon mustard
1/2 teaspoon red pepper flakes
1 pound flank steak, cut into thin strips
2 cloves garlic, minced
2 teaspoons fresh ginger, minced
1 medium onion, thinly sliced
1 red bell pepper, thinly sliced
1 green pepper, thinly sliced
1 bunch broccoli, cut into flowerets
1 (8 ounce) can sliced water chestnuts

3 tablespoons sesame seeds, toasted
Steamed rice as an accompaniment

Directions

Whisk together soy sauce, 4 tablespoons CRISCO® Oil, honey, mustard and red pepper flakes, in a medium bowl. Add steak and toss. Marinate, covered at room temperature for 15 minutes.

Heat 2 tablespoons CRISCO® Oil over moderately high heat, in a wok or heavy skillet. Heat until hot, but not smoking. Saute garlic, ginger, onion, bell peppers and broccoli, stirring, 5-7 minutes. Transfer mixture to another bowl.

Heat 2 tablespoons CRISCO® Oil in wok over high heat until hot, but not smoking. Saute steak, stirring about 2 minutes.

Stir in sauteed vegetables, water chestnuts and sesame seeds until heated through.

Serve over steamed rice with additional soy sauce.

Granny's Beef Stew

Ingredients

2 tablespoons vegetable oil
2 pounds sirloin steak, cubed
1/4 cup all-purpose flour for coating
2 cups boiling water
1 tablespoon Worcestershire sauce
2 teaspoons garlic powder
salt to taste
ground black pepper to taste
1 onion, chopped
4 carrots, cut into 1 inch pieces
1 (29 ounce) can diced tomatoes
3 potatoes, cubed

Directions

Heat oil in a large pot over medium heat. Coat beef with flour. Place in the pot, and evenly brown on all sides.

Place 2 cups boiling water, Worcestershire sauce, and garlic powder into pot with beef. Season with salt and pepper. Reduce heat to low, and simmer beef for 2 hours, or until tender.

Add onion, carrots, diced tomatoes and potatoes to pot. Continue cooking 30 minutes to 1 hour, until vegetables are soft.

Beef and Potato Nacho Casserole

Ingredients

2 pounds lean ground beef
3/4 cup chopped onion, divided
1 (1.25 ounce) package taco seasoning mix
3/4 cup water
1 (8 ounce) can tomato sauce
1 (4 ounce) can chopped green chilies, drained
1 (16 ounce) can red kidney beans, rinsed and drained
1 (24 ounce) package frozen O'Brien potatoes, thawed
1 (10.75 ounce) can nacho cheese soup, undiluted
1/2 cup milk
1/4 cup chopped green pepper
1/4 teaspoon sugar
1 teaspoon Worcestershire sauce
Paprika

Directions

Brown ground beef and 1/2 cup onion in skillet; drain excess fat. Stir in taco seasoning, water and tomato sauce. Bring to boil and simmer 1 minute. Spread meat mixture into a greased 9-in. x 13-in. baking pan. Top with green chilies, beans and potatoes. In mixing bowl, combine soup, milk, 1/4 cup onions, green pepper, sugar and Worcestershire sauce; pour over potatoes. Sprinkle with paprika. Cover with foil and bake at 350 degrees F for 1 hour. Remove foil and bake another 15 minutes, or until lightly browned. Allow to stand 10 minutes before cutting into squares.

Beef Burgundy I

Ingredients

2 tablespoons olive oil
2 pounds round steak, cut into small pieces
3 tablespoons all-purpose flour
2 cups beef broth
1 1/2 cups dry red wine
1 teaspoon salt
1/2 teaspoon dried marjoram, crushed
1/2 teaspoon dried thyme, crushed
1/4 teaspoon ground black pepper
2 1/2 cups sliced fresh mushrooms
3 onions, sliced

Directions

In a large stock pot over medium/high heat, heat the oil and add the beef pieces. Sprinkle the flour over the beef. Brown the meat on all sides.

Pour in broth and red wine. Sprinkle in salt, marjoram, thyme and black pepper.

Bring to a boil. Cover, and reduce heat. Simmer for 1 1/2 hours or until beef is tender, stirring occasionally.

Add mushrooms and onions to the pot. Liquid should just cover everything. If necessary, add some more wine to cover. Cook until onions are limp.

Beef Bourguignonne

Ingredients

1 pound beef sirloin steak or top round steak, cut into 1-inch pieces
1/4 cup all-purpose flour
1 tablespoon olive oil
2 tablespoons chopped onions
2 cloves garlic, minced
1/8 teaspoon dried parsley flakes
2 cups sliced mushrooms
1 teaspoon dried thyme leaves, crushed
2 cups fresh or frozen whole baby carrots
1 3/4 cups Swanson® Beef Broth (Regular, 50% Less Sodium or Certified Organic)
1/2 cup Burgundy or other dry red wine
Hot cooked orzo pasta

Directions

Place the beef in a large bowl. Add the flour and toss to coat.

Heat the oil in a 12-inch skillet over medium-high heat. Add the beef and cook until it's well browned, stirring often. Add the onion, garlic, parsley, mushrooms and thyme and cook until the mushrooms are tender. Add the carrots, broth and wine to the skillet and heat to a boil. Reduce the heat to low. Cover and cook for 20 minutes or until the beef is cooked through.

Serve the beef mixture over the orzo.

Beefy Rice Salad Sandwiches

Ingredients

1 1/2 cups rice, cooked
1/2 small onion, finely chopped
1/2 red bell pepper, finely chopped
1 tablespoon olive oil
3/4 pound lean ground beef
1/2 teaspoon dried thyme, crushed
1/2 avocado - peeled, pitted and diced
1/4 cup chopped fresh parsley
salt and pepper to taste
3 tablespoons olive oil
3 tablespoons seasoned rice vinegar
3 pita bread rounds, cut in half
lettuce leaves
tomato slices

Directions

Rinse rice in a fine mesh strainer under cold running water until no longer cloudy. Transfer to a medium saucepan and cover with 2 1/2 cups water. Bring to a boil, cover, and reduce heat to low. Simmer for 15 minutes, remove from heat and let stand for at least 10 minutes, or until all liquid has evaporated. Set aside to cool.

Cook onion and bell pepper in 1 tablespoon oil over medium high heat until tender. Add ground beef and thyme, and cook until well browned, stirring occasionally and reducing heat if necessary.

In a bowl, stir together cooked rice, meat mixture, avocado, and parsley. In a separate bowl, whisk together olive oil, rice vinegar, and desired amount of salt and pepper. Pour over rice mixture, and toss lightly. Line each pita half with lettuce and tomato, and fill each with rice mixture. Serve warm or cold. Enjoy!

Alison's Slow Cooker Vegetable Beef Soup

Ingredients

1 1/2 pounds cubed beef stew meat
2 cups water
1 small onion, chopped
1 (28 ounce) can crushed tomatoes
1 (16 ounce) package frozen mixed vegetables
2 potatoes, peeled and cubed
10 cubes beef bouillon, crumbled
2 teaspoons ground black pepper
1 tablespoon salt
1 tablespoon dried basil

Directions

Place beef in a slow cooker. Pour in water. Stir in onion, tomatoes, mixed vegetables and potatoes. Season with bouillon, pepper, salt and basil. Cook on low 8 hours.

Beef and Pita Casserole

Ingredients

5 pita bread, cut into squares
1/4 cup butter, divided
1 1/4 pounds beef sirloin, cut into
thin 2 inch strips
1 (15 ounce) can tomato sauce

Directions

Preheat oven to 325 degrees F (165 degrees C).

Cut the pita bread into squares and saute them with 2 tablespoons of the butter in a large skillet over medium heat, for 5 minutes. Spread into a 9x13 inch baking dish.

In the same skillet, melt the remaining butter and saute the beef strips for 2 to 3 minutes. Pour in the tomato sauce, cover and let simmer until the beef is cooked; about 5 minutes.

Pour the beef mixture over the pita bread cubes. Cover with aluminum foil and bake in preheated oven for 15 minutes or until bubbly.

Garlic Mashed Potatoes and Beef Bake

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom with Roasted Garlic Soup
1 tablespoon Worcestershire sauce
1 (16 ounce) bag frozen vegetable combination (broccoli, cauliflower, carrots), thawed
2 cups water
3 tablespoons margarine or butter
3/4 cup milk
2 cups Idahoan® Original Mashed Potatoes

Directions

Cook beef in skillet until browned. Pour off fat.

Mix beef, 1/2 can soup, Worcestershire and vegetables in 2-quart shallow baking dish.

Mix water, margarine and remaining soup in saucepan. Heat to a boil. Remove from heat. Stir in milk. Slowly stir in potatoes. Spoon potatoes over beef mixture.

Bake at 400 degrees F 20 minutes or until hot.

El Dorado Beef Casserole

Ingredients

1 pound ground beef
1 tablespoon instant minced onion
1/2 teaspoon garlic salt
2 (8 ounce) cans tomato sauce
1 cup chopped black olives
1 cup sour cream
1 cup ricotta cheese
3 (4 ounce) cans diced green chile peppers
6 ounces corn tortilla chips
1 (8 ounce) package shredded Monterey Jack cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly butter a 2 1/2 quart casserole dish.

In a large skillet, brown the ground beef and drain. Stir in instant minced onion, garlic salt, tomato sauce and olives.

In a mixing bowl, combine sour cream, ricotta cheese and green chiles.

Reserve a few chips to use as garnish and crush the remainder. Put half of the crushed chips in the prepared casserole dish and cover with half of the meat mixture. Cover the meat mixture with half of the sour cream mixture, then add half of the Monterey Jack cheese. Repeat layers.

Bake uncovered for 30 to 35 minutes. Garnish with reserved whole tortilla chips.

Shredded Barbecue Beef

Ingredients

1 teaspoon celery salt
1 teaspoon garlic powder
1 teaspoon onion powder
1 (3 pound) fresh beef brisket*, halved
3 tablespoons liquid smoke (optional)
1 tablespoon hot pepper sauce
1 (18 ounce) bottle barbecue sauce
12 sandwich rolls, split

Directions

Combine the celery salt, garlic powder and onion powder; rub over brisket. Place in a 5-qt. slow cooker. Combine liquid smoke if desired and hot pepper sauce; pour over brisket. Cover and cook on low for 6-8 hours or until the meat is tender.

Remove roast and cool slightly. Strain cooking juices, reserving 1/2 cup. Shred meat with two forks; place in a large saucepan. Add the barbecue sauce and reserved cooking juices; heat through. Serve about 1/3 cup meat mixture on each roll.

Corned Beef on Toast

Ingredients

2 tablespoons butter
2 tablespoons all-purpose flour
1/4 tablespoon salt
1 1/2 cups milk
8 ounces corned beef

Directions

In a saucepan over medium heat, melt the butter. Stir continuously while adding the flour and milk. Continue stirring until the mixture thickens slightly. Place the corned beef into the mixture and, stirring continuously, cook five minutes, or until the beef is hot.

Irish Beef Stew

Ingredients

- 2 tablespoons olive oil
- 3 tablespoons all-purpose flour
- 2 pounds beef chuck, cut into 1 1/2-inch cubes
- 1 pound carrots, peeled and cut into 1-inch chunks
- 6 large potatoes, peeled and cut into large chunks
- 1 white onion, cut into large chunks
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 (6 ounce) can tomato paste
- 1 (12 fluid ounce) can or bottle Irish stout beer (e.g. Guinness®)
- 1 tablespoon cold water
- 1 tablespoon cornstarch

Directions

Heat the oil in a large skillet over medium heat. Toss beef cubes with flour to coat, then fry in the hot oil until browned. Place the carrots, potatoes, onion and garlic in a large slow cooker. Place the meat on top of the vegetables. Mix together the beef broth and tomato paste and pour into the slow cooker along with the beer.

Cover and cook on High for 6 hours or Low for 8 hours. During the last hour before serving, dissolve the cornstarch in cold water and then stir into the broth. Simmer on the High setting for a few minutes to thicken.

Beef Asado

Ingredients

1 (4 pound) beef chuck roast, quartered
salt and pepper to taste
2 tablespoons cooking oil
1 onion, diced
2 cloves garlic, crushed
2 large tomatoes, chopped
1 tablespoon whole peppercorns, crushed
1 (5 ounce) jar pitted Manzanilla olives
1 onion, quartered
2 bay leaves
2 beef bouillon cubes
1/2 cup ketchup
1 large red bell pepper, sliced
4 small potatoes, peeled and quartered
1 tablespoon corn flour (optional)
1 teaspoon water (optional)

Directions

Season the beef with salt and pepper; set aside.

Heat the oil in a skillet over medium heat; cook the diced onion and garlic in the hot oil until softened, about 5 minutes. Transfer the onion and garlic to a 6-quart pot. Individually brown the beef chunks on all sides in the skillet and place in the pot. Add the tomatoes, crushed peppercorns, olives with their juice, quartered onion, bay leaves, and bouillon cubes to the pot; bring to a boil. Stir the ketchup into the mixture, reduce heat to medium-low, and simmer 1 hour.

Remove the beef from the pot and set aside. Add the red bell pepper to the mixture and continue simmering another 30 minutes.

While the mixture continues to simmer, heat 2 tablespoons oil in the skillet. Cook the potatoes in the oil until golden brown; immediately add to the simmering mixture.

Slice the meat against the grain and add to the pot; stir. Cook together another 5 minutes before serving. If the sauce is too thin, mix the corn flour and water together and stir into the sauce to thicken.

Layered Beef Salad with Warm Dressing

Ingredients

1/2 cup soy sauce
1/2 cup sukiyaki sauce
1/2 cup water
2 teaspoons grated fresh ginger root
2 teaspoons minced garlic
1 (1 1/2) pound beef sirloin steak, sliced thinly across the grain
2 heads red leaf lettuce, torn into bite-sized pieces
1 onion, sliced thin
1 bunch radishes, sliced into thin rounds
1 English cucumber, thinly sliced
2 tomatoes, sliced
1 jicama, peeled and julienned
6 hard-cooked eggs, sliced
1 cup peanut oil

Directions

Whisk together the soy sauce, sukiyaki sauce, water, ginger, and garlic in a small bowl.

Arrange the sliced steak in the bottom of a shallow baking dish. Pour about 1/2 of the soy sauce mixture over the steak. Allow to marinate 30 minutes.

Build the salad by layering onto a platter the lettuce, onion, radish, cucumber, tomato, jicama, and eggs in that order.

Heat the oil in a skillet over medium-high heat. Cook the marinated steak strips in the hot oil to desired doneness, 3 minutes each side for medium-well.

Barbecued Beef Sandwiches

Ingredients

2 cups thin slices cooked roast
beef
1 (18 ounce) bottle barbecue
sauce
5 Kaiser rolls, split

Directions

In a saucepan, combine beef and barbecue sauce; heat through.
Serve on rolls.

Beef Taco Skillet

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's®
Condensed Tomato Soup
(Regular or 25% Less Sodium)
1/2 cup salsa
1/2 cup water
6 (6 inch) flour tortillas, cut into 1-
inch pieces
1/2 cup shredded Cheddar
cheese

Directions

Cook beef in 10-inch skillet until well browned, stirring to break up meat. Pour off fat.

Stir in soup, salsa, water, tortillas. Heat to a boil. Reduce heat to low and cook for 5 minutes Stir. Top with cheese.

Adrienne's Overnight Barbecued Beef Sandwiches

Ingredients

- 1 large onion, chopped
- 1/2 cup brown sugar
- 1 teaspoon ground black pepper
- 1/4 teaspoon salt
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- 2 cloves garlic, minced
- 1 cup ketchup
- 1/2 cup water
- 1/2 cup white vinegar
- 2 tablespoons canola oil
- 2 tablespoons Worcestershire sauce
- 3 drops liquid smoke flavoring
- 1 (3 pound) beef brisket
- 2 teaspoons cornstarch
- 10 whole-wheat buns

Directions

Combine the onion, brown sugar, pepper, salt, chili powder, paprika, oregano, garlic, ketchup, water, white vinegar, canola oil, Worcestershire sauce, and liquid smoke in a slow cooker; stir. Lay the beef pieces into the sauce. Cook on LOW for 10 hours.

Remove the beef from the sauce, keeping the sauce in the slow cooker, and shred with two forks. Remove 1/4 cup of the sauce from the slow cooker and pour into a bowl. Whisk the cornstarch into the sauce; stir the mixture back into the slow cooker. Add the shredded beef; stir. Serve hot on the whole-wheat buns.

Vegetable Beef Stew

Ingredients

3/4 pound lean beef stew meat,
cut into 1/2-inch cubes
2 teaspoons canola oil
1 (14.5 ounce) can beef broth
1 (14.5 ounce) can stewed
tomatoes, cut up
1 1/2 cups peeled and cubed
butternut squash
1 cup frozen corn, thawed
6 dried apricot or peach halves,
quartered
1/2 cup chopped carrot
1 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon pepper
2 tablespoons cornstarch
1/4 cup water
2 tablespoons minced fresh
parsley

Directions

In a nonstick skillet, brown beef in oil over medium heat. Transfer to a slow cooker. Add the broth, tomatoes, squash, corn, apricots, carrot, oregano, salt and pepper. Cover and cook on high for 5-6 hours or until vegetables and meat are tender.

Combine cornstarch and water until smooth; stir into stew. Cover and cook on high for 30 minutes or until gravy is thickened. Stir in parsley.

Potato Beef Casserole

Ingredients

4 medium potatoes, peeled and sliced
1 pound ground beef, cooked and drained
1 (10.75 ounce) can condensed cream of chicken soup, undiluted
1 (10.75 ounce) can condensed vegetable beef soup, undiluted
1/2 teaspoon salt

Directions

In a large bowl, combine all ingredients. Transfer to a greased 2-qt. baking dish. Cover and bake at 350 degrees F for 1-1/2 hours or until potatoes are tender.

Pink Sauce Beef Tips

Ingredients

2 tablespoons butter
1/2 cup chopped onion
6 ounces fresh mushrooms, sliced
1/4 cup Marsala wine
1 teaspoon garlic powder
1 teaspoon Italian seasoning
4 pounds lean beef stew meat
3 cups water
1 (16 ounce) jar Alfredo-style
pasta sauce
1 (26 ounce) jar spaghetti sauce

Directions

Melt 1 tablespoon of the butter or margarine in a large skillet over medium high heat. Saute onion and mushrooms until soft. Add a sprinkle of the wine, garlic powder and seasoning and stir all together. Remove mixture from skillet. Melt remaining tablespoon of butter or margarine in skillet. Add remaining wine, garlic powder and seasonings. Add beef and saute until browned, about 7 to 10 minutes.

Add water to beef and let simmer over low heat until meat is tender. Drain off skillet liquid and reserve. Return onion/mushroom mixture to skillet; stir in Alfredo sauce and spaghetti sauce. Return 1/4 to 1/2 cup of the reserved liquid to the skillet (do not add too much, as this will make the sauce too watery). Stir all together and serve.

Beef Tenderloin With Roasted Shallots

Ingredients

3/4 pound shallots, halved lengthwise and peeled
1 1/2 tablespoons olive oil
salt and pepper to taste
3 cups beef broth
3/4 cup port wine
1 1/2 teaspoons tomato paste
2 pounds beef tenderloin roast, trimmed
1 teaspoon dried thyme
3 slices bacon, diced
3 tablespoons butter
1 tablespoon all-purpose flour
4 sprigs watercress, for garnish

Directions

Preheat oven to 375 degrees F (190 degrees C). In 9 inch pie pan, toss shallots with oil to coat. Season with salt and pepper. Roast until shallots are deep brown and very tender, stirring occasionally, about 30 minutes.

In a large saucepan, combine beef broth and port. Bring to a boil. Cook over high heat until the volume is reduced by half, about 30 minutes. Whisk in tomato paste. Set aside.

Pat beef dry; sprinkle with thyme, salt and pepper. In a large roasting pan, set over medium heat on the stove top, saute bacon until golden. Using a slotted spoon, transfer bacon to paper towels. Add beef to pan; brown on all sides over medium high heat, about 7 minutes.

Transfer pan to oven. Roast beef until meat thermometer inserted into center registers 125 degrees F (50 degrees C) for medium rare, about 25 minutes. Transfer beef to platter. Tent loosely with foil.

Spoon fat off top of pan drippings in roasting pan. Place pan over high heat on stove top. Add broth mixture, and bring to boil; stir to scrape up any browned bits. Transfer to a medium saucepan, and bring to simmer. Mix 1 1/2 tablespoon butter and flour in small bowl to form smooth paste; whisk into broth mixture, and simmer until sauce thickens. Whisk in remaining butter. Stir in roasted shallots and reserved bacon. Season with salt and pepper.

Cut beef into 1/2 inch thick slices. Spoon some sauce over, and garnish with watercress.

Ground Beef Marsala Sauce

Ingredients

1 pound ground beef
2 tablespoons minced garlic
1/2 cup sliced mushrooms
1/3 cup all-purpose flour
3/4 cup dry Marsala wine
1/2 cup dry sherry
1/2 cup water

Directions

Cook the ground beef with the garlic and mushrooms in a large skillet over high heat until no pink remains, about 10 minutes; do not drain. Add the flour and continue to cook for five minutes.

Pour in the Marsala wine, sherry, and water. Stir and bring to a boil; reduce heat to low and simmer covered for 10 minutes. Serve over the pasta of your choice.

Beef and Vegetable Ragout

Ingredients

3/4 pound beef tenderloin, cut into
1/2 inch strips
1 tablespoon olive oil
1 1/2 cups fresh mushrooms,
sliced
1 medium onion, chopped
2 cloves garlic, minced
2 teaspoons all-purpose flour
1/2 teaspoon salt
1/4 teaspoon black pepper
1 (14.5 ounce) can beef broth
1/4 cup port wine
2 cups sugar snap peas
1 cup cherry tomatoes, cut in half

Directions

Heat olive oil in a large skillet over medium-high heat. Brown meat 2 to 3 minutes. Remove meat to paper towels. Stir in mushrooms, onion, and garlic; cook until onion is soft.

Sprinkle in flour, and stir well to mix. Season with salt and pepper. Stir in broth and wine; cook, stirring occasionally, until sauce is thickened. Stir in peas; cook 2 to 3 minutes more. Return meat to skillet. Stir in tomatoes, and heat through.

Beef and Walnut Stew

Ingredients

2 pounds beef chuck steak, cut into 2 inch strips
2 tablespoons butter
2 tablespoons vegetable oil
1 clove garlic, crushed
1 large red bell pepper, cut into strips
1 large onion, cut in strips
1 1/2 cups walnut pieces
1 cup tomato juice
salt to taste
ground black pepper to taste
1 1/2 pounds fresh mushrooms, sliced

Directions

In a large pan, melt butter in oil over medium heat. Cook meat in hot fat until browned on all sides. Remove with slotted spoon to a warmed dish.

Place garlic, peppers, and onion in remaining oil, and lightly fry until onion is clear. Return meat to pan; lightly mix together. Stir in walnut pieces, and cook and stir for one minute. Stir in tomato juice, and season to taste with salt and pepper. Cover, and bring to a boil. Reduce heat, and simmer for 1 1/2 hours.

Stir in mushrooms; cook for 20 minutes.

Beefy Beef Chili

Ingredients

2 pounds ground beef
1 large onion, chopped
2 (16 ounce) cans chili beans,
drained
1 (64 fluid ounce) bottle tomato
juice
1 (40 ounce) can prepared beef
stew
1 tablespoon chili powder, or to
taste
salt and pepper to taste

Directions

In a 6 quart stock pot over medium-high heat, brown the ground beef with the onion until no longer pink. Drain grease from the pan, and stir in the chili beans, tomato juice, and beef stew. Season with chili powder, salt, and pepper to taste. Cook over medium heat until simmering. Serve hot.

Beef Teriyaki

Ingredients

1 1/2 cups uncooked glutinous white rice
1 2/3 cups water
1 pound boneless beef sirloin steak (3/4 inch thick)
2 tablespoons cornstarch
1 (14 ounce) can beef broth
2 tablespoons soy sauce
1 tablespoon packed brown sugar
1/4 teaspoon garlic powder
4 cups fresh broccoli florets

Directions

In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes.

Meanwhile, slice beef into very thin strips.

In a mixing bowl, combine the cornstarch, broth, soy sauce, sugar and garlic powder. Mix thoroughly.

In a large skillet, over medium/high heat, saute the beef strips until browned and juices evaporate.

Stir broccoli and cornstarch mixture into meat. Cook until mixture boils and thickens, stirring frequently. Serve over the cooked rice.

Beef Heart Stew

Ingredients

1 medium beef heart, rinsed and cubed
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
1 large onion, peeled and sliced
1 cup water
2 teaspoons salt
1/2 teaspoon seasoned salt

Directions

Dredge the beef heart in flour until coated. Heat the oil in a Dutch oven over medium-high heat. Fry the pieces of heart until browned. Stir in onions and water. Season with salt and seasoning salt. Cover, reduce heat to low, and simmer for 2 to 3 hours, or until the meat is very tender. Serve over noodles or mashed potatoes.

Byrdhouse Easy Ginger Beef Sandwiches

Ingredients

1 tablespoon vegetable oil
1 1/2 pounds boneless beef sirloin steak, cut into thin strips
1 onion, sliced
3 cloves garlic, minced
3 large celery rib, thinly sliced crosswise
3 tablespoons minced fresh ginger root
2 tablespoons soy sauce, or to taste
1 teaspoon chili oil, or to taste
6 hoagie rolls, split lengthwise

Directions

Heat vegetable oil in a large skillet over medium-high heat. Stir in the sirloin strips, and cook a few minutes until the strips begin to brown, but are still a little pink. Stir in the onion and garlic; cook for 2 minutes. Add the celery and ginger, continue cooking until the onion has softened, about 3 minutes. Season with soy sauce and chili oil. Divide among hoagie rolls and serve.

Teriyaki Beef Kabobs

Ingredients

2 tablespoons cornstarch
1 (10.5 ounce) can Campbell's®
Condensed Beef Broth
1/2 cup water
2 tablespoons soy sauce
1 tablespoon packed brown sugar
1/4 teaspoon garlic powder
1/4 teaspoon ground ginger
1 pound boneless beef sirloin
steak or beef top round steak, cut
into 1-inch cubes
12 medium mushrooms
2 medium red onions, each cut
into 6 wedges
4 cherry tomatoes
4 cups hot cooked rice

Directions

Mix cornstarch, broth, water, soy, sugar, garlic and ginger in saucepan. Cook and stir until mixture boils and thickens.

Thread alternately beef, mushrooms and onions on 4 long skewers.

Grill kabobs 20 min. or until done, turning and brushing often with broth mixture. Place 1 tomato on end of each skewer.

Heat remaining broth mixture to a boil. Serve with kabobs and rice.

Yummylicious Japanese Beef Croquettes

Ingredients

3 medium russet potatoes,
peeled, and chopped
1 tablespoon butter
1 tablespoon vegetable oil
3 onions, chopped
3/4 pound ground beef
4 teaspoons light soy sauce
all-purpose flour for coating
2 eggs, beaten
panko bread crumbs
1/2 cup oil for frying

Directions

Add potatoes to a large pot of salted water, and bring to a boil; cook until tender, about 15 minutes. Drain, pour potatoes into a large bowl. Stir in butter, and mash with a fork or potato masher. Set aside.

Heat 1 tablespoon oil in a large skillet over medium heat. Stir in onions, and cook until soft. Stir in beef and soy sauce. Cook, stirring continuously, until beef is browned and all the liquid is evaporated. Combine beef and onions with potatoes, and stir well.

Heat 1/2 cup oil in a deep skillet or wok over medium-high heat.

Shape potato and beef mixture into 10 similar-size balls, and flatten into patties. Dredge patties in flour. Then dip in egg, and coat with panko bread crumbs. Carefully place patties into oil, and fry until golden brown on each side.

Southern Style Beef Stew

Ingredients

1 tablespoon butter
1 1/2 pounds beef stew meat, cut into 1/2 inch pieces
1 (10 ounce) can diced tomatoes and green chiles
3 (14.5 ounce) cans stewed, diced tomatoes
1 (10 ounce) package frozen cut okra
1 (10 ounce) package frozen baby lima beans
1 (10 ounce) package frozen corn kernels
4 medium potatoes, peeled and diced

Directions

Melt butter in a Dutch oven over medium-high heat. Add beef, and quickly brown on all sides. Pour in the diced tomatoes with green chilies, and stewed tomatoes. Add the okra, lima beans and corn. Bring to a boil, and reduce heat to medium.

Simmer for about 1 hour. Add potatoes, and continue to simmer for another 30 minutes, or until meat is very tender.

Campbell's Kitchen Beef Stroganoff

Ingredients

1 pound boneless beef sirloin steak or beef top round steak
2 tablespoons vegetable oil
1 medium onion, chopped
1 (10.75 ounce) can Campbell'sB® Condensed Cream of Mushroom Soup or Campbell'sB® Condensed 98% Fat Free Cream of Mushroom Soup
1/2 teaspoon paprika
1/2 cup sour cream or yogurt
4 cups hot cooked medium egg noodles
Chopped fresh parsley

Directions

Slice beef into very thin strips.

Heat half the oil in skillet over medium-high heat. Cook beef until browned, stirring often. Set beef aside.

Add remaining oil. Add onion and cook over medium heat until tender. Pour off fat.

Add soup and paprika. Heat to a boil. Stir in sour cream and return beef to skillet. Heat through. Serve over noodles. Sprinkle with parsley.

Potted Beef

Ingredients

1 pound beef stew meat, cut into
1/2 inch pieces
1/4 pound butter
salt to taste
ground black pepper to taste
paprika to taste
ground nutmeg to taste

Directions

In a heavy medium saucepan, simmer the beef in 1/4 inch of water. Stew until very tender, about 2 to 3 hours, replacing water as necessary. Drain, reserving the liquid.

Pass the cooked stew meat through a meat grinder twice, until it is the consistency of a thick, stringy paste.

In a small saucepan, melt the butter. Filter the melted butter through clean muslin (cheese cloth), to remove the milk solids.

In a medium bowl, mix the cooked meat with 3/4 of the strained, melted butter. Season with salt, pepper, paprika and nutmeg to taste. Stir in desired amount of reserved cooking liquid to moisten.

Transfer the mixture to sterile containers and top with remaining butter. Seal and chill in the refrigerator until serving.

Basic Beef Stock

Ingredients

6 pounds beef soup bones
1 large onion
3 large carrots
1/2 cup water
2 stalks celery, including some leaves
1 large tomato
1/2 cup chopped parsnip
1/2 cup cubed potatoes
8 whole black peppercorns
4 sprigs fresh parsley
1 bay leaf
1 tablespoon salt
2 teaspoons dried thyme
2 cloves garlic
12 cups water

Directions

Preheat oven to 450 degrees F (230 degrees C). Slice onion. Chop scrubbed celery and carrots into 1-inch chunks. In a large shallow roasting pan place soup bones, onion, and carrots. Bake, uncovered, about 30 minutes or until the bones are well browned, turning occasionally.

Drain off fat. Place the browned bones, onion, and carrots in a large soup pot or Dutch oven. Pour 1/2 cup water into the roasting pan and rinse. Pour this liquid into soup pot. Add celery, tomato, parsnips, potato parings, peppercorns, parsley, bay leaf, salt, thyme, and garlic. Add the 12 cups water.

Bring mixture to a boil. Reduce heat. Cover and simmer for 5 hours. Strain stock. Discard meat, vegetables, and seasonings.

To clarify stock for clear soup: In order to remove solid flecks that are too small to be strained out with cheesecloth, combine 1/4 cup cold water, 1 egg white, and 1 crushed eggshell. Add to strained stock. Bring to a boil. Remove from heat, and let stand 5 minutes. Strain again through a sieve lined with cheesecloth.

2-Step Beefy Taco Joes

Ingredients

1 pound ground beef
1 (10.75 ounce) can
Campbell's® Condensed
Tomato Soup (Regular or 25%
Less Sodium)
1 cup Pace® Thick & Chunky
Salsa
1/2 cup shredded Cheddar
cheese
8 Pepperidge Farm® Classic
Sandwich Buns with Sesame
Seeds

Directions

Brown ground beef in skillet. Pour off fat.

Add soup and salsa. Heat through. Top with cheese. Serve on rolls.

Serve with French fries and corn on the cob. For dessert serve
chunky applesauce.

Beef and Barley Soup III

Ingredients

- 1 tablespoon vegetable oil
- 1 1/2 cups chopped onion
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cloves garlic, minced
- 10 cups beef stock
- 3/4 cup barley
- 1 bay leaf
- 3 sprigs fresh thyme, chopped
- 1/2 cup red wine
- 2 cups cubed potatoes
- 2 cups diced cooked beef
- 1 teaspoon browning sauce (optional)
- 1 1/2 cups chopped cabbage
- salt and pepper to taste

Directions

In a large pot over medium heat, combine the oil, onions, celery, carrots, and garlic. Saute for 5 minutes, or until tender. Add the beef stock, barley, bay leaf and thyme and simmer until barley is softened but not mushy. Add the wine, potatoes and beef.

Add the browning and seasoning sauce now if you want your soup to have more of a brown color. Simmer another 15 minutes and add the cabbage. Allow to simmer another 15 minutes, or until all vegetables are tender. Salt and pepper to taste.

Barbequed Beef Steak with Orange Marinade

Ingredients

2 pounds top sirloin, 2 inches thick
2 cloves garlic, minced
1 tablespoon minced fresh ginger root
2 oranges, juiced

Directions

Make crisscross cuts on surface of meat on both sides, and place in a shallow dish. Reserve 1/2 cup orange juice. Mix remaining orange juice with garlic and ginger. Pour over meat, and marinate in refrigerator for at least 6 hours.

Preheat grill for medium heat.

Brush grate with oil, and place steak on grill. Cook for 10 to 12 minutes per side, or until done. Remove from grill, and rest for several minutes.

Meanwhile, heat reserved orange juice. Slice meat, and transfer to a serving platter. Pour heated orange juice over the meat.

Spanish Beef and Rice

Ingredients

3/4 pound ground beef (85% lean)
1 large onion, chopped
1 medium green pepper, chopped
1 (14 ounce) can Swanson® Beef Broth
1 (8 ounce) can tomato sauce
1 tablespoon chili powder
1/2 teaspoon garlic powder
3/4 cup uncooked regular long-grain white rice

Directions

Cook beef, onion and pepper in skillet until beef is browned. Pour off fat.

Add broth, tomato sauce, chili powder and garlic. Heat to a boil. Stir in rice. Cover and cook over low heat 20 minutes or until rice is done. Serve with cheese and sour cream if desired.

Vegetable Beef Soup

Ingredients

2 (14.5 ounce) cans beef broth
1 tablespoon Worcestershire sauce
1 teaspoon ground mustard
1/2 teaspoon salt
1/4 teaspoon pepper
3 medium potatoes, peeled and cubed
6 medium carrots, cut into 1/2-inch slices
3 cups cooked cubed beef
2 cups frozen cut green beans, thawed
2 cups sliced fresh mushrooms
1 cup frozen peas, thawed
1 (15 ounce) can tomato sauce
2 tablespoons minced fresh parsley

Directions

In a Dutch oven or soup kettle, combine the broth, Worcestershire sauce, mustard, salt and pepper. Stir in potatoes and carrots. Bring to a boil. Reduce heat; cover and simmer for 12 minutes or until carrots are crisp-tender.

Stir in the remaining ingredients. Return to a boil. Reduce heat; simmer, uncovered, for 5 minutes or until the vegetables are tender.

Beef Samosas

Ingredients

2 large potatoes, peeled
1 cup frozen peas, thawed
2 tablespoons vegetable oil
1/2 teaspoon cumin seeds
1 bay leaf, crushed
2 large onions, finely chopped
1 pound ground beef
4 cloves garlic, crushed
1 tablespoon minced fresh ginger root
1/2 teaspoon ground black pepper
1 1/2 teaspoons salt
1 teaspoon ground cumin
1 teaspoon ground coriander
1 teaspoon ground turmeric
1 teaspoon chili powder
1/2 teaspoon ground cinnamon
1/2 teaspoon ground cardamom
2 tablespoons chopped fresh cilantro
2 tablespoons chopped green chile peppers
1 quart oil for deep frying
1 (16 ounce) package phyllo dough

Directions

Bring a medium saucepan of lightly salted water to a boil. Stir in potatoes and peas. Cook until potatoes are tender but still firm, about 15 minutes. Drain, mash together and set aside.

In a large saucepan over medium high heat, heat the oil. Brown cumin seeds and bay leaf. Mix in onions and ground beef. Cook until beef is evenly brown and onions are soft, about 5 minutes. Mix in garlic, fresh ginger root. Season with black pepper, salt, cumin, coriander, turmeric, chili powder, cinnamon and cardamom. Stir in the mashed potato mixture. Remove from heat and chill in the refrigerator for 1 hour, or until cool.

Heat oil in a large, heavy saucepan over high heat.

Mix cilantro and green chile peppers into the potato and beef mixture. Place approximately 1 tablespoon of the mixture onto each phyllo sheet. Fold sheets into triangles, pressing edges together with moistened fingers.

In small batches, fry until golden brown, about 3 minutes. Drain on paper towels and serve warm.

Bean 'N' Beef Crescent Pie

Ingredients

1 1/4 pounds ground beef
1 (1.25 ounce) package taco seasoning
1/3 cup salsa
1 (8 ounce) package refrigerated crescent rolls
4 ounces cream cheese, softened
1/2 cup refried beans
1 cup shredded Mexican blend cheese or Cheddar cheese

Directions

In a large skillet, cook the beef over medium heat until no longer pink; drain. Add taco seasoning and salsa; simmer, uncovered, until thickened. Meanwhile, unroll crescent roll dough. Press onto the bottom and up the sides of an ungreased 13-in. x 9-in. x 2-in. baking dish; seal perforations. Spread cream cheese over the dough.

Stir the refried beans into beef mixture. Spoon over cream cheese layer. Bake, uncovered, at 375 degrees F for 20-25 minutes or until crust is golden brown. Sprinkle with cheese; bake 5 minutes longer or until the cheese is melted.

Beef Tenderloin Steaks Topped with Horseradish

Ingredients

1 tablespoon Dijon mustard
1 1/2 teaspoons horseradish
1/4 teaspoon dried basil
1/4 teaspoon dried thyme leaves
1/4 teaspoon dried tarragon leaves
1/4 teaspoon black pepper
2 (8 ounce) beef tenderloin steaks
Salt to taste

Directions

Stir together Dijon, horseradish, basil, thyme, tarragon, and pepper. Spread mixture evenly over top and sides of the steaks. Wrap individually with plastic wrap, and allow to marinate in the refrigerator overnight.

Preheat oven to 400 degrees F (200 degrees C). Spray a small, glass baking dish with cooking spray.

Unwrap steaks and sprinkle with salt to taste. Place into baking dish, and roast in preheated oven to desired degree of doneness (30 minutes for medium-rare, 60 minutes for well done).

Marinated Beef Fondue

Ingredients

3/4 cup soy sauce
1/4 cup Worcestershire sauce
2 garlic cloves, minced
2 1/2 pounds beef tenderloin, cut into 1-inch cubes
2 1/2 pounds pork tenderloin, cut into 1 inch cubes
HORSERADISH SAUCE:
1 cup sour cream
3 tablespoons prepared horseradish
1 tablespoon chopped onion
1 teaspoon vinegar
1/2 teaspoon salt
1/4 teaspoon pepper
BARBECUE SAUCE:
1 (8 ounce) can tomato sauce
1/3 cup steak sauce
2 tablespoons brown sugar
8 cups peanut or vegetable oil

Directions

In a large resealable plastic bag, combine the soy sauce, Worcestershire sauce and garlic; add meat. Seal bag and turn to coat; refrigerate for 4 hours, turning occasionally.

Meanwhile, in a small bowl, combine horseradish sauce ingredients; cover and refrigerate. In another bowl, combine the tomato sauce, steak sauce and brown sugar; cover and refrigerate.

Drain and discard marinade. Pat meat dry with paper towels. using one fondue pot for every six people, heat 2-3 cups oil in each pot to 375 degrees F. Use fondue forks to cook meat in oil until it reaches desired doneness. Serve with the horseradish and barbecue sauces.

Corned Beef Bagel Dip

Ingredients

3/4 cup mayonnaise
3/4 cup sour cream
2 (2.5 ounce) packages thinly
sliced deli corned beef, chopped
1/4 cup chopped onion
1 tablespoon minced fresh parsley
1/2 teaspoon seasoned salt
2 teaspoons prepared horseradish
(optional)
4 bagels, cut into bite-size pieces

Directions

In a bowl, combine mayonnaise and sour cream. Stir in the corned beef, onion, parsley, seasoned salt and horseradish if desired. Serve with bagel pieces.

Broccoli Beef II

Ingredients

2 tablespoons low-sodium soy sauce
2 tablespoons fat-free Italian dressing
1 teaspoon cornstarch
1 tablespoon minced garlic
1 teaspoon ground ginger
3/4 pound round steak, cut into strips
6 cups water
5 cubes beef bouillon
4 ounces linguine pasta, uncooked
1/2 cup fat free beef broth
1 cup fresh mushrooms, sliced
1/2 cup sliced green onion
1 pound broccoli, separated into florets

Directions

In a shallow glass dish or bowl, stir together the soy sauce, Italian dressing, cornstarch, garlic and ginger. Place steak strips in the mixture to marinate for 15 minutes.

While the beef is marinating, combine the bouillon cubes in water in a large saucepan. Bring to a boil, and add pasta. Cook for about 8 minutes, or until al dente. Drain.

Heat a large skillet over medium-high heat. Remove beef from marinade with a slotted spoon, and place in the hot skillet. Discard marinade. Cook beef, stirring constantly for 2 to 3 minutes, or until mostly browned. Stir in the beef broth, mushrooms and green onions, reduce heat to medium-low, cover, and simmer for about 5 minutes. Remove lid, add broccoli, and cook until broccoli is bright green and tender but still crisp. Add drained linguine, toss, and serve.

Savory Vegetable Beef Soup

Ingredients

4 large potatoes, peeled and cubed
2 cups water
3 large carrots, sliced
1 large onion, chopped
salt and pepper to taste
4 cups fresh or frozen cut green beans
4 cups tomato juice
1 1/2 pounds ground beef, cooked and drained
2 cups fresh or frozen corn
1 teaspoon Italian seasoning
1/2 teaspoon garlic powder
2 bay leaves

Directions

In a large saucepan, combine the potatoes, water, carrots, onion, salt and pepper; bring to a boil. Reduce heat; cover and simmer for 25 minutes or until tender. Add the remaining ingredients. Cover and simmer 30 minutes longer or until heated through, stirring occasionally. Discard bay leaves before serving.

Creamed Chipped Beef On Toast

Ingredients

2 tablespoons butter
2 tablespoons all-purpose flour
1 1/2 cups warm milk
1 (8 ounce) jar dried beef
1 pinch cayenne pepper

Directions

In a medium saucepan over low heat, melt butter. Whisk in flour all at once to form a roux. Whisk in milk, a little at a time, increase heat to medium-high, and cook, stirring, until thickened. Bring to a boil, stir in beef and cayenne, heat through and serve over toast.

Beef in Bay Leaf Gravy

Ingredients

4 pounds rump roast
2 carrots, finely chopped
3 stalks celery, finely chopped
1 onion, finely chopped
1 cup white vinegar
2 cups water
1 bay leaf
salt to taste
1 (16 ounce) container sour cream

Directions

In a Dutch oven over medium high heat, sear roast until browned on all sides. Scatter chopped carrots, celery and onions over and around roast. Add vinegar and water, and season with bay leaf and salt.

Reduce heat to low, and cook for 2 to 3 hours. Remove roast to a cutting board, and slice thinly. Remove bay leaf, then stir sour cream into gravy until blended. Return sliced meat to Dutch oven, and simmer for 15 minutes.

Foolproof Beef and Broccoli

Ingredients

1 pound boneless beef sirloin steak or beef top round steak
2 tablespoons vegetable oil
2 cups broccoli flowerets
1 medium onion, cut into wedges
1/8 teaspoon garlic powder
1 (10.75 ounce) can Campbell's® Condensed Cream of Broccoli Soup or Campbell's® Condensed 98% Fat Free Cream of Broccoli Soup
1/3 cup water
1 tablespoon soy sauce
4 cups hot cooked egg noodles

Directions

Slice beef into very thin strips.

Heat 1 tablespoon oil in skillet. Add beef and stir-fry until browned. Remove beef.

Add remaining oil. Add broccoli, onion and garlic and stir-fry until tender-crisp.

Add soup, water and soy. Heat to a boil. Return beef to skillet and heat through. Serve over egg noodles.

Easy Beef and Rice

Ingredients

1 pound ground beef
1 (10.75 ounce) can condensed
cream of celery soup, undiluted
1 (10.75 ounce) can condensed
cream of chicken soup, undiluted
1 cup water
1 cup uncooked instant rice
3 tablespoons chopped onion
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Crumble beef into an ungreased 2-qt. microwave-safe dish. Cover and microwave on high for 5 minutes or until no longer pink; drain. Stir in the remaining ingredients. Cover and heat on high for 15 minutes or until rice is tender. Let stand for 5 minutes before serving.

Mini Beef Wellingtons with Red Wine Sauce

Ingredients

2 tablespoons vegetable oil
salt and pepper to taste
6 (6 ounce) beef tenderloin filets
1 cup chopped fresh mushrooms
1/4 cup red wine
1 cup beef consomme
1 (3 ounce) jar foie gras pate
1 (17.25 ounce) package frozen puff pastry, thawed
1 egg, beaten

3 tablespoons butter
3 tablespoons all-purpose flour
2 tablespoons chopped green onion
1 cup beef consomme
1/2 cup red wine
2 tablespoons butter
2 tablespoons chopped fresh parsley

Directions

Heat the oil in a large skillet over medium-high heat. Season the filets with salt and pepper, then fry on each side until browned to lock in the juices. Remove from the skillet and set aside to cool slightly.

Add the mushrooms, wine and beef consomme to the skillet; cook and stir over medium heat until mushrooms are tender. Use a slotted spoon to transfer the mushrooms to a small bowl, reserving the consomme. Mix the pate with the mushrooms, adding a little consomme if needed to achieve a spreadable texture. Divide the mushrooms among the filets and spread on the top. Refrigerate about 30 minutes.

Preheat the oven to 400 degrees F (200 degrees C). Lay the puff pastry out on a clean surface and cut out two 5 to 6 inch rounds for each steak. You can roll it out a little thinner if you need more area. Place a steak onto a round, and bring the edges up around the sides. Cover the top with a second piece of dough, overlapping the edges and pressing to seal into a package. Repeat with remaining steaks. Place the Wellingtons onto a baking sheet, and brush the tops with beaten egg.

Bake for about 12 minutes, for rare, 16 minutes for medium, or 20 minutes for well done. For best results use a meat thermometer to determine the temperature of the steaks, with 140 degrees F (60 degrees C) being medium doneness. Remove from the oven and allow to rest for about 5 minutes.

While the steaks are cooking, make the sauce. Melt the butter in a saucepan over medium heat. Stir in the flour and cook, stirring constantly, until browned. Stir in the green onions, and cook until tender, about 1 minute. Gradually stir in the reserved consomme and the remaining 1 cup of consomme; continue to cook and stir until the sauce thickens. Reduce heat to low and stir in the wine. Continue to simmer until thickened, about 15 minutes. Remove from the heat and stir in butter and parsley. Season with salt and pepper to taste.

To serve, cut each Wellington in half and spoon some sauce onto the plate.

Original Homemade Italian Beef

Ingredients

3 pounds beef chuck roast
3 (1 ounce) packages dry Italian salad dressing mix
1 cup water
1 (16 ounce) jar pepperoncini peppers
8 hamburger buns, split

Directions

Place the roast into a slow cooker, and season with Italian dressing mix. Pour in the water. Cover, and cook on High for 6 to 7 hours. During the last hour, shred the meat with two forks - if it does not shred easily, cook longer. Add the peppers, and as much of the juice as you like for additional flavor. Serve on buns.

Beef Pot Roast

Ingredients

2 teaspoons olive oil
4 pounds boneless chuck roast
1 onion, chopped
2 cloves garlic, minced
2 bay leaves
1 teaspoon salt
1/2 teaspoon freshly ground black pepper

Directions

Preheat oven to 325 degrees F (165 degrees C).

Heat a heavy Dutch oven on top of the stove over medium high heat. Add oil, and sear meat in the center of the pan for 4 minutes. Turn meat over with tongs; sear all sides for 3 to 4 minutes on each side. Remove meat from pan. Arrange onion, garlic, and 1 bay leaf in the bottom of the pan, and sprinkle with salt and pepper. Return meat to pan, place remaining bay leaf on top of meat, and cover.

Cook in the oven for 30 minutes at 325 degrees F (165 degrees C). Reduce the heat to 300 degrees F (150 degrees C), and cook for 1 1/2 hours. Remove roast to a platter to rest for 10 to 15 minutes. Slice, and top with onions and gravy.

Blue Cheese Beef Roll

Ingredients

1/2 cup butter
1/2 cup cream cheese
1/2 teaspoon salt
2 cups sifted all-purpose flour
1/4 cup cold milk

1 tablespoon vegetable oil
2 pounds ground beef
1/2 cup chopped onion
2 teaspoons salt
1 egg, beaten
1 cup sour cream
1/3 cup blue cheese, crumbled
1/2 cup chopped black olives
1/2 cup chopped walnuts

Directions

In a medium bowl, blend together the butter, cream cheese and salt until smooth. Stir in the flour, until the mixture is evenly crumbly. Sprinkle the milk over the flour mixture one tablespoon at a time, stirring with a fork until the dough is moistened enough to be formed into a ball. Press dough together, and knead for just a couple of turns. Flatten the ball slightly, wrap and refrigerate.

Heat the oil in a large skillet over medium-high heat. Add the ground beef and onion, and cook until the beef is no longer pink. Drain off fat, and set aside to cool. Transfer the meat mixture to a bowl, and mix in the salt, egg, sour cream, blue cheese, olives and walnuts until well blended.

Preheat the oven to 425 degrees F (220 degrees C).

On a sheet of waxed paper, or between two sheets, roll the pastry out into a rectangle about 10x12 inches. Place the meat mixture down the center of the pastry, then bring the sides up around the filling, pinching together to enclose the filling completely. Use the waxed paper to pick up the roll, and roll it onto a baking sheet so that it sits with the seam on the bottom.

Bake for 25 minutes in the preheated oven, or until the pastry is a nice golden brown.

Beef Egg Rolls

Ingredients

1 pound lean ground beef
1 onion, thinly sliced
1/2 teaspoon dried minced garlic
2 tablespoons soy sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 tablespoons sherry
1 teaspoon ground ginger
1 large head cabbage, finely shredded
1/4 cup water
1 tablespoon vegetable oil
1 teaspoon white sugar
2 tablespoons soy sauce
2 tablespoons sherry
1/2 teaspoon salt
1/2 teaspoon ground black pepper
2 quarts vegetable oil for deep frying
1 (16 ounce) package egg roll wrappers

Directions

In a large skillet over medium-high heat, brown beef, then mix in onion, garlic, 2 tablespoons soy sauce, 1/2 teaspoon salt, 1/2 teaspoon pepper, 2 tablespoons sherry, and ginger. Continue to saute just until onions are tender. Transfer mixture to a bowl and set aside.

In the same skillet, saute cabbage with water, 1 tablespoon oil, sugar, and remaining soy sauce, sherry, salt, and pepper. Continue to saute until cabbage is crisp-tender, about 5 minutes. Return meat mixture to pan and stir together with cabbage over low heat until heated through. Remove from heat.

Pour oil into a deep pan and heat to 350 degrees F (175 degrees C). Fill each egg roll wrapper with approximately 1/4 cup of filling and roll up according to package directions. Fry in preheated oil until golden brown. Drain on paper towels and serve hot.

Mom's Hearty Beef Stew with Dumplings

Ingredients

1 tablespoon extra-virgin olive oil
1 onion, coarsely chopped
2 pounds cubed beef stew meat
2 teaspoons steak seasoning
(such as Montreal Steak
Seasoning®), divided
2 stalks celery, each cut into 4
pieces
2 cups water, or to cover
4 (.85 ounce) packages dry brown
gravy mix
4 cups water
1 small turnip, peeled and
quartered
4 carrots, peeled and quartered
7 potatoes, peeled and quartered

1 1/2 cups all-purpose flour
2 teaspoons baking powder
3/4 teaspoon salt
3 tablespoons shortening
3/4 cup milk

Directions

Heat the olive oil in a large heavy pot or Dutch oven over medium-high heat until the oil is shimmering, and place the onion and beef into the hot oil. Sprinkle with 1 teaspoon of the steak seasoning, stir the meat and onions well, and sprinkle with 1 more teaspoon of seasoning. Add the celery, and cook and stir until the meat is browned, about 10 minutes.

Pour in 2 cups of water to just cover the meat, onion, and celery, bring to a boil, and stir and scrape the browned bits of flavor from the bottom of the pan. Cover, reduce heat, and simmer until the beef is very tender, about 2 hours. Remove the meat and celery pieces from the pan, set the meat aside, and discard the celery.

In a bowl, whisk together the gravy mix with 4 cups of water. Add the mixture to the juices in the pot, bring to a boil, and stir the meat back into the gravy mixture. Stir in the turnip and carrots, cover, and simmer for 20 minutes. Stir in the potatoes, cover, and simmer an additional 20 minutes.

To make dumplings, mix the flour, baking powder, and salt in a bowl. Cut the shortening into the flour mixture with a pastry cutter or two knives until the mixture looks crumbly. Pour in the milk, and lightly stir the mixture just until it combines to form a dough.

Remove 2 cups of gravy from the pot, and reserve. Drop the dumplings by heaping tablespoon onto the meat and vegetables in the pot, cover, and simmer for 20 minutes. Do not peek until the time is up. Pour the reserved gravy back over the dumplings, stir lightly, and serve.

Slow Roasted BBQ Beef Roast

Ingredients

5 pounds boneless rump roast
2 cloves garlic, sliced
1 teaspoon Spanish paprika
1 teaspoon salt
1 teaspoon pepper
1/4 teaspoon dried rosemary
1/4 teaspoon dried thyme

Directions

Prepare an outdoor rotisserie grill for medium heat.

Cut slits on all sides of the roast, and insert garlic slices.

In a small bowl, mix paprika, salt, pepper, rosemary, and thyme.
Rub the mixture over the roast.

Place roast on the prepared rotisserie, and cook 2 to 5 hours, to a minimum internal temperature of 145 degrees F (63 degrees C).
Allow to rest about 20 minutes before slicing.

Grison Beef Stew

Ingredients

- 1 1/2 pounds beef brisket
- 1 large head cabbage
- 1 tablespoon margarine
- 8 ounces bacon, cooked and cubed
- 1/2 cup sliced onion
- 3 bay leaves
- salt and pepper to taste
- 1 pinch ground nutmeg
- 1 cup red wine
- 1 cup beef stock

Directions

Cut out the main stem of the cabbage and discard the thick stems of the outer leaves. Wash well and boil for 5 minutes in salted water. Drain and reserve.

Heat the butter in a heavy ovenproof casserole dish and fry the bacon and onions for 2 to 3 minutes. Add bay leaves, salt, pepper and a pinch of Nutmeg.

Cut meat into thick slices and place on the bacon and onion mixture. Add wine and beef stock, bring to a boil and simmer for 1 hour. Now add a layer of cabbage Leaves, cover tightly and simmer very gently for another hour.

Best Barbecued Beef

Ingredients

4 pounds top round roast
1/4 cup lard
1/2 teaspoon crushed red pepper flakes
8 tablespoons unsalted butter
1/2 cup cider vinegar
1 tablespoon fresh chopped tarragon
1 1/2 cups red wine
1/3 cup onion, shredded
2 tablespoons Worcestershire sauce
1 clove garlic, minced

Directions

Rub the beef with half the lard and all the red chile. Place meat in a large bowl.

In a medium saucepan, bring 1/2 cup water to a boil, add the remaining lard and the butter. When melted, remove from heat. Add vinegar, tarragon, wine, onion, Worcestershire sauce, and minced garlic. Pour over meat. Refrigerate, uncovered, for up to 2 days; turn the meat frequently.

Preheat broiler.

Transfer meat to a broiler pan. Position the meat 3 to 4 inches from the broiling unit, and broil for 15 minutes. Turn the meat over. Baste it with the marinade, rubbing the fat from the marinade over the surface. Broil another 15 minutes. Turn, baste, and broil for another 15 minutes. Remove from the oven, and let the meat stand 15 minutes before serving.

Mongolian Beef I

Ingredients

1 teaspoon sesame seeds
1 tablespoon soy sauce
1 tablespoon cornstarch
2 cloves garlic, minced
1 pound beef round steak, cut into thin strips

3/4 cup water
2 tablespoons soy sauce
2 1/2 teaspoons cornstarch
1/2 teaspoon white sugar
1 teaspoon red pepper flakes
2 tablespoons vegetable oil, divided
2 carrots, thinly sliced
1 bunch green onions, cut into 2 inch pieces

Directions

In a dry skillet over medium heat, toast sesame seeds for 1 to 2 minutes, or until the seeds begin to turn golden brown; set aside.

In a medium bowl, mix together 1 tablespoon soy sauce, 1 tablespoon cornstarch, and minced garlic. Stir in beef strips. Let stand for at least 10 minutes.

In a separate small bowl, mix together water, 2 tablespoons soy sauce, 2 1/2 teaspoons cornstarch, sugar, sesame seeds, and red pepper flakes; set aside.

Heat 1 tablespoon of oil in a wok or skillet over high heat. Cook and stir beef in hot oil for 1 minute; remove, and set aside. Heat remaining tablespoon of oil in the same pan. Saute carrots and white part of green onions for 2 minutes. Stir in green parts of the green onion, and saute for 1 minute. Stir in sesame seed mixture and beef. Cook and stir until sauce boils and thickens.

Filipino Beef Steak

Ingredients

1 lemon, juiced
3 tablespoons soy sauce
1 teaspoon white sugar
salt and pepper to taste
4 pounds New York strip steak,
sliced thin
1 tablespoon cornstarch
1/4 cup vegetable oil
3 tablespoons olive oil
1 onion, chopped
2 cloves garlic, chopped

Directions

Whisk the lemon juice, soy sauce, sugar, salt, and pepper together in a small bowl. Place the sliced steak in a large bowl; pour the lemon juice mixture over the steak and toss to coat. Sprinkle with the cornstarch and lightly mix. Cover with plastic wrap and refrigerate at least 1 hour, up to overnight.

Heat 1/4 cup vegetable oil in a large skillet. Remove the beef slices from the marinade, shaking to remove any excess liquid. Fry the beef slices in batches in the hot oil until they start to firm, and are reddish-pink and juicy in the center, 2 to 4 minutes per side. Remove the beef slices from the skillet and set aside on a serving platter.

Heat the olive oil in a small skillet over medium heat. Cook and stir the onion and garlic in the hot oil until the onion is golden brown, 5 to 7 minutes; pour over the beef slices.

Smothered Beef Liver

Ingredients

3 tablespoons vegetable oil
1 large onion, sliced
1 pound beef liver
1/2 cup all-purpose flour
1 teaspoon salt, or to taste
1/4 teaspoon ground black pepper, or to taste
1 (8 ounce) can tomato sauce
1/4 cup water
1/2 teaspoon dried oregano

Directions

Heat vegetable oil in a large skillet over medium heat. Saute onions until soft, but not browned. Remove from pan using a slotted spoon, and set aside. Slice the liver into serving size pieces, and remove any membrane.

In a shallow dish, mix together the flour, salt and pepper. Dredge the liver in the flour mixture, and place into the hot skillet. Brown the liver quickly on each side. Place reserved onions on top of liver pieces. Pour the tomato sauce and water over everything in the pan, lifting the liver pieces to let the tomato sauce coat the bottom of the pan.

Sprinkle the oregano over everything, and simmer over low heat for 8 to 10 minutes, stirring occasionally. Adjust salt and pepper to taste. Be careful not to overcook, or liver will be tough. I serve this with mashed potatoes and green beans.

Hobo Beef and Vegetable Soup

Ingredients

1 (32 fluid ounce) container beef broth, or more if needed
3 carrots, cut into bite-size pieces
1 large stalk celery, cut into bite-size pieces
1 1/2 tablespoons chopped fresh parsley
1/2 teaspoon celery seed
2 bay leaves

1 pound lean ground beef
1 onion, chopped
1 clove garlic, minced, or to taste
1 (14.5 ounce) can stewed tomatoes
2 potatoes, peeled and cut into bite-size pieces
1 (15.25 ounce) can whole kernel corn, drained
1 (15 ounce) can green beans, drained
1 (15 ounce) can peas, drained

Directions

Stir the beef broth, carrots, celery, parsley, celery seed, and bay leaves into a slow cooker set on High, cover, and cook until the vegetables are tender, about 2 hours.

Place the ground beef, onion, and garlic into a skillet over medium heat. Cook, stirring frequently to break the beef into small pieces, until the onion is translucent and the beef is browned and no longer shows pink areas, 10 to 15 minutes. Drain off fat, and stir the stewed tomatoes into the beef mixture. Bring to a boil over medium heat, and cook, stirring frequently, until the tomatoes are broken up into small pieces.

Stir the potatoes, corn, green beans, and peas into the soup in the slow cooker, and add the beef mixture. Stir everything together, cover, and set the slow cooker on High. Cook for 4 hours.

Italian Beef Hoagies

Ingredients

1 (4 pound) boneless sirloin tip roast, halved
2 (.7 ounce) packages Italian salad dressing mix
2 cups water
1 (16 ounce) jar mild pepper rings, undrained
18 hoagie buns, split

Directions

Place roast in a 5-qt. slow cooker. Combine the salad dressing mix and water; pour over roast. Cover and cook on low for 8 hours or until meat is tender.

Remove meat; shred with a fork and return to slow cooker. Add pepper rings; heat through. Spoon 1/2 cup meat mixture onto each bun.

Spicy Shredded Beef

Ingredients

2 tablespoons vegetable oil
1 pound lean beef chuck, trimmed
and cut into 1 inch cubes
1 clove garlic, minced
1/2 teaspoon salt
1/2 teaspoon ground cumin
1 (16 ounce) can diced tomatoes

Directions

Heat the oil in a large skillet. Brown beef cubes for 10 to 12 minutes. Reduce the heat, add the garlic, salt and cumin. Cook another 15 minutes.

Add the can of tomatoes and heat to a boil. Reduce heat to simmer, cover and cook for 1 1/2 to 2 hours. Add water to the skillet as needed to keep the mixture from boiling dry.

When cooked very tender, cool, then shred the meat using 2 forks. Place back on heat and stir until most of the liquid has evaporated.

If planning to freeze, cool before packing in freezer bags and placing in freezer.

For soft burritos, top a warm flour tortilla with the meat mixture, salsa, and grated cheese.

Beef, Green Chili and Tomato Stew

Ingredients

1/4 cup vegetable oil
3 pounds beef chuck roast, cut into 3/4 inch cubes
2 onions, chopped
2 cloves garlic, minced
1 (28 ounce) can roma tomatoes, with juice
2 (4 ounce) cans chopped green chile peppers, drained
1 (12 fluid ounce) can or bottle beer
1 cup beef broth
2 teaspoons dried oregano, crushed
1 1/2 teaspoons ground cumin
2 tablespoons Worcestershire sauce
salt to taste
ground black pepper to taste

Directions

In a Dutch oven, heat oil over medium heat until hot, but not smoking. Pat the meat dry with paper towels and brown in batches, transferring the meat with a slotted spoon to a bowl as they are done.

In the fat remaining in the pot, cook the onions until softened, about 5 minutes. Stir in the garlic and cook for 1 more minute.

Return meat to the pot with any juices in the bowl and add the tomatoes with juice, chiles, beer, beef broth, oregano, cumin, and Worcestershire sauce. Season with salt and pepper to taste.

Bring to a boil and reduce heat. Simmer, partially covered, for 2 1/2 hours or until meat is tender.

Hearty Beans with Beef

Ingredients

1 pound ground beef
1 medium onion, chopped
1 (16 ounce) can baked beans,
undrained
1 (15.5 ounce) can butter beans,
rinsed and drained
1/2 cup ketchup
1/3 cup packed brown sugar
1 tablespoon barbecue sauce
1/4 teaspoon Worcestershire
sauce

Directions

In a large skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to slow cooker. Stir in the remaining ingredients. Cover and cook on high for 3-4 hours or until heated through.

Beefy Cheese Dip

Ingredients

1 pound ground beef
1 pound sausage
1 bunch green onions, chopped
1 (16 ounce) jar salsa
2 pounds processed cheese,
shredded

Directions

In a large skillet, brown beef and sausage. Drain excess fat.

In another large skillet, mix green onions, salsa and processed cheese over a low heat. Continue stirring until cheese melts.

Add meat to the cheese mixture and simmer uncovered until ready to serve.

Barbecued Beef Cubes or Hamburger

Ingredients

1 onion, chopped
1 tablespoon butter
1 tablespoon prepared mustard
1 tablespoon Worcestershire sauce
1 tablespoon distilled white vinegar
2 tablespoons white sugar
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/2 cup ketchup
1 pound sirloin, cut into 1 inch cubes
7 ounces vermicelli pasta

Directions

In a large, heavy skillet, saute onions in butter or margarine over medium heat. Add meat, and cook until browned.

Mix in mustard, Worcestershire sauce, vinegar, salt, pepper, and ketchup. Reduce heat, cover, and simmer until sauce coats the meat. Serve hot.

Garlic Lovers Beef

Ingredients

4 pounds lean steak, cut into 1 inch cubes
2 medium heads garlic, peeled
2 bay leaves
1 large onion, sliced into rings
10 large black olives (optional)
1 (28 ounce) can crushed tomatoes
1/3 cup olive oil

Directions

Preheat oven to 325 degrees F (160 degrees C).

In a 3 quart glass baking dish with a cover, layer meat, garlic cloves, bay leaves, onion slices, and black olives. Pour the tomatoes evenly over the top, and then do the same with the olive oil.

Cover and bake for 3 1/2 hours, stirring occasionally.

Creamy PHILLY Beef Stroganoff

Ingredients

1 (1 pound) beef flank steak
1 tablespoon non-hydrogenated margarine
1 small onion, chopped
1 pound sliced fresh mushrooms
2 bay leaves
1 teaspoon chopped fresh thyme
1 (284 mL) can 25%-less-sodium beef broth
1/2 cup PHILADELPHIA Cream Cheese Spread
1/4 cup chopped fresh parsley
340 grams hot cooked egg noodles

Directions

Cook steak in large skillet on high heat 2 min. on each side or until browned on both sides. Remove from skillet; cover to keep warm.

Add margarine and onions to skillet; cook on medium heat 5 min. or until onions are crisp-tender, stirring occasionally. Stir in mushrooms, bay leaves and thyme; cook 10 min., stirring occasionally. Add broth; bring to boil. Simmer on low heat 3 min. or until slightly thickened. Add cream cheese spread; cook until melted, stirring frequently. Remove and discard bay leaves.

Cut steak across the grain into thin slices. Add to skillet; cook 3 to 5 min. or until meat is done. Stir in parsley. Serve over noodles.

Easy Beef Wellington

Ingredients

1 (4 pound) beef tenderloin

MADEIRA SAUCE:

2 (10.5 ounce) cans condensed beef consomme, undiluted

2 tablespoons tomato paste

1/2 teaspoon beef bouillon granules

2 tablespoons butter, softened

2 tablespoons all-purpose flour

1/2 cup Madeira wine

FILLING:

2 cups chopped fresh mushrooms

4 shallots, chopped

1/4 pound sliced deli ham, chopped

1/4 cup minced fresh parsley

1 (17.3 ounce) package frozen puff pastry sheets, thawed

2 tablespoons milk

Directions

Place the tenderloin in a greased 15-in. x 10-in. x 1-in. baking pan; fold until ends of meat. Bake, uncovered, at 475 degrees F for 20 -25 minutes or until browned. Cover and refrigerate for at least 2 hours or until chilled.

For sauce, in a large saucepan, combine the consomme, tomato paste and bouillon granules. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes or until reduced to 2 cups. Combine butter and flour. Stir into sauce, a teaspoon at a time. Bring to a boil; cook and stir for 2 minutes or until thickened. Remove from the heat; stir in wine and set aside.

For the filling, in a large skillet, combine the mushrooms, shallots, ham and 2 tablespoons Madeira sauce. Cook over low heat for 10 minutes longer or until liquid has evaporated, stirring occasionally. Set aside.

On a lightly floured surface, unfold one puff pastry sheet; cut lengthwise along one fold line, forming two rectangles. Cut smaller rectangle into a 6-in. x 3-in. rectangle; use remaining piece for decorations if desired. Moisten a 6-in. edge of large rectangle with water. Attach smaller rectangle along that edge, pressing lightly to seal. Transfer to an ungreased baking sheet.

Spread half of the filling down the center of pastry. Place the tenderloin on the filling. Spread the remaining filling over the top of meat. Roll out remaining puff pastry into a rectangle 8 in. wide and 5 in. longer than the tenderloin; place over the meat. Brush pastry edges with milk; fold edges under meat.

Bake, uncovered, at 425 degrees F for 40 minutes (meat will be medium); cover lightly with foil if needed. Transfer to a serving platter. Let stand for 15 minutes before slicing. Rewarm Madeira sauce if necessary. Serve with tenderloin.

Easy Beef Lasagna

Ingredients

1 pound ground beef
1 (26 ounce) jar Ragu® Old World Style® Pasta Sauce
1 (15 ounce) container ricotta cheese
2 cups shredded mozzarella cheese
1/2 cup grated Parmesan cheese, divided
2 eggs
12 lasagna noodles, cooked and drained

Directions

Preheat oven to 375 degrees F. Brown ground beef in 12-inch skillet; drain. Stir in Pasta Sauce; heat through.

Combine ricotta cheese, mozzarella cheese, 1/4 cup Parmesan cheese and eggs in large bowl.

Evenly spread 1 cup meat sauce in 13 x 9-inch baking dish. Arrange 4 lasagna noodles lengthwise over sauce, then top with 1 cup meat sauce and 1/2 of the ricotta cheese mixture; repeat, ending with sauce. Cover with aluminum foil and bake 30 minutes. Remove foil and sprinkle with remaining 1/4 cup Parmesan cheese. Bake uncovered an additional 5 minutes. Let stand 10 minutes before serving.

Skillet Beef and Potatoes

Ingredients

3 medium potatoes, halved and cut into 1/4 inch slices
1/3 cup water
1/2 teaspoon salt
1 pound boneless beef sirloin steak, cut into thin strips
2 teaspoons garlic pepper blend
1/2 cup chopped onion
3 tablespoons olive oil, divided
1 1/2 teaspoons minced fresh rosemary

Directions

Place potatoes, water and salt in a microwave-safe dish. Cover and microwave on high for 6-10 minutes or until tender; drain.

Season beef with pepper blend. In a large skillet, stir-fry beef and onion in 2 tablespoons oil for 5 minutes or until beef is no longer pink. Meanwhile, in another skillet, stir-fry potatoes in remaining oil for 5 minutes or until browned. Stir in beef mixture. Sprinkle with rosemary.

Beef Ball

Ingredients

3 (8 ounce) jars dried chipped beef
2 tablespoons butter
2 (8 ounce) packages cream cheese, softened
1 tablespoon prepared horseradish
1/4 cup chopped green bell pepper
1/4 cup chopped red bell pepper
1/4 teaspoon ground black pepper
1/4 cup shredded Cheddar cheese

Directions

In a medium saucepan over medium heat, cook and stir the dried chipped beef in butter until evenly browned.

In a medium bowl, whip the cream cheese, horseradish, green bell pepper, red bell pepper and pepper until well blended. Mix in 2/3 of the beef. Roll into a ball.

Roll the ball in the remaining beef and the Cheddar cheese. Wrap in plastic and chill in the refrigerator at least 1 hour before serving.

Peppered Beef Tenderloin

Ingredients

3 tablespoons coarsely ground pepper
2 tablespoons olive oil
1 tablespoon grated lemon peel
1 teaspoon salt
2 garlic cloves, minced
1 (3 pound) whole beef tenderloin

Directions

Combine the pepper, oil, lemon peel, salt and garlic; rub over tenderloin. Place on a greased rack in a foil-lined roasting pan.

Bake, uncovered, at 400 degrees F for 45-65 minutes or until beef reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F). Cover and let stand for 10 minutes before slicing.

Asian Beef and Vegetable Stir-Fry

Ingredients

1 1/4 pounds boneless beef top sirloin steak, cut 1 inch thick
4 cups assorted fresh vegetables, such as sugar snap peas, broccoli florets, bell pepper strips and shredded carrot
1 clove garlic, minced
1/2 cup prepared stir-fry sauce, preferably sesame-ginger flavor
1/8 teaspoon crushed red pepper
3 cups hot cooked rice
2 tablespoons unsalted dry-roasted peanuts (optional)

Directions

Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.

Combine vegetables and 3 tablespoons water in large nonstick skillet. Cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain.

Heat same pan over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove. Repeat with remaining beef and garlic.

Return all beef and vegetables to pan. Add stir-fry sauce and red pepper; heat through. Spoon over rice. Sprinkle with peanuts, if desired.

Beef and Cheddar Soft Tacos

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's®
Condensed Cheddar Cheese
Soup
1/2 cup Pace® Chunky Salsa
8 (8 inch) flour tortillas, warmed
2 cups shredded lettuce

Directions

Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat.

Stir the soup and salsa in the skillet and cook until the mixture is hot and bubbling.

Spoon about 1/3 cup beef mixture down the center of each tortilla. Top with the lettuce. Fold the tortillas around the filling. Serve with additional salsa.

Daria's Slow Cooker Beef Stroganoff

Ingredients

1 1/2 pounds top round steak, cut into strips
salt and pepper to taste
1/2 onion, chopped
1 (10.75 ounce) can condensed cream of mushroom soup
1 (8 ounce) can canned mushrooms
1/4 cup water
1 tablespoon dried chives
1 clove garlic, minced
1 teaspoon Worcestershire sauce
1 cube beef bouillon
1/4 cup white wine
1 tablespoon all-purpose flour
1 (16 ounce) container sour cream
1/2 cup chopped fresh parsley

Directions

Place the beef in the bottom of a slow cooker, and season with salt and pepper to taste. Place onion on top of beef, and then add mushroom soup, mushrooms, and water. Season with chives, garlic, Worcestershire sauce, and bouillon.

In a small bowl, mix together the wine with the flour. Pour over the beef.

Cover, and cook on Low for 6 to 7 hours. Stir in the sour cream and parsley, and continue cooking for 1 hour.

Mom's Portuguese Beef Stew

Ingredients

2 tablespoons extra-virgin olive oil
1 pound beef stew meat, cut into cubes
1 tablespoon all-purpose flour
8 cloves garlic, minced
2 bay leaves
1 pinch ground black pepper
1 pinch salt
1 onion, chopped
1 green bell pepper, chopped
1 carrot, chopped
1 pinch paprika
1/2 fresh tomato, chopped
1 cup white wine
1 cup water
2 sprigs fresh parsley
3 red potatoes, peeled and cubed
1 sweet potato, peeled and cubed
1 (14.5 ounce) can green beans, drained

Directions

Heat the oil in a stockpot over medium-high heat. Dust the beef with the flour. Place the beef, garlic, bay leaves, and pepper in the stockpot; cook until the beef is brown; season with salt and cook until beef is tender, about 5 minutes. Add the onion, green pepper, carrot, and paprika; cook until the onion softens, about 5 minutes. Stir in the tomato, wine, water, and parsley. Cover, reduce heat to medium-low and simmer 30 minutes.

Mix in the red potatoes, sweet potatoes, and green beans; continue to cook until potatoes are easily pierced through with a fork, about 45 minutes.

Microwave Beef Casserole

Ingredients

1 pound ground beef
1 small onion, chopped
1/2 cup uncooked instant rice
1 1/2 cups water, divided
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1 cup slivered almonds
5 large fresh mushrooms, chopped
1 (6 ounce) package seasoned stuffing mix
1/4 cup butter, melted

Directions

Crumble beef into a microwave-safe 3-qt. dish; add onion. Loosely cover and microwave on high for 5-6 minutes or until meat is no longer pink, stirring twice; drain. Stir in rice and 1/2 cup water. Cover and cook for 3 minutes. Stir in soup, almonds and mushrooms.

In a bowl, combine the stuffing mix, butter and remaining water; spoon over beef mixture. Microwave, uncovered, for 2-3 minutes or until heated through.

Angel's Old Fashioned Beef Stew

Ingredients

4 tablespoons vegetable oil
1/2 cup all-purpose flour
1 tablespoon garlic powder
1 teaspoon salt
1 teaspoon black pepper
2 pounds beef chuck, cubed
12 small boiling onions
6 large potatoes, peeled and diced
6 carrots, sliced
3 stalks celery, sliced
3 (10.5 ounce) cans beef broth
3 tablespoons all-purpose flour
1 tablespoon cold water

Directions

In a large pot heat oil over medium high heat. In a resealable plastic bag mix together the flour, garlic powder, salt and pepper. Add a small handful of meat at a time and shake until well coated; brown in hot oil, about 1 minute per side. Remove the browned meat and continue until all the meat is browned.

Lower heat to medium and add onions. Brown onions on both sides, about 3 minutes per side, then remove from pot and set aside. Drain excess fat from pot.

To pot add potatoes, carrots, celery, reserved onions, browned meat and broth. Stir all together and bring to a boil. Reduce heat to low, cover and simmer for 2 hours, stirring occasionally.

For a thicker broth: 1/2 hour before stew is done, combine 3 tablespoons flour and water in a small bowl and mix well, then slowly stir mixture into stew.

Hearty Beef Dinner

Ingredients

- 2 tablespoons vegetable oil
- 2 pounds beef stew meat, cut into 1 inch cubes
- 2 onions, quartered and sliced
- 3 cloves garlic, chopped
- 1 teaspoon dill seed
- 1 teaspoon paprika
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 (14 ounce) can beef broth
- 1 cup beef broth
- 1 1/2 cups sliced fresh mushrooms
- 1/4 cup cold water
- 3 tablespoons all-purpose flour
- 1 (8 ounce) container sour cream

Directions

Heat oil in a large pot over medium heat. Add beef, and cook until evenly brown. Stir in onion and garlic, and cook until tender, about 5 minutes. Season with dill seed, paprika, salt, and pepper. Stir in can of broth, and cup of broth; bring to a boil. Reduce heat, cover, and simmer 2 hours. Stir in mushrooms, and simmer for 20 minutes. Mix together flour and water, and stir into stew. Cook until thickened. Stir in sour cream, and heat through, but do not boil.

Beef Tenderloin with Ginger-Shiitake Brown Butter

Ingredients

4 (8 ounce) filet mignon steaks
Kosher salt and fresh cracked pepper to taste
2 tablespoons olive oil
3 tablespoons unsalted butter
2 tablespoons finely minced fresh ginger
1 tablespoon finely minced garlic
1/2 cup thinly sliced fresh shiitake mushrooms
1/2 teaspoon kosher salt
3 tablespoons sake
2 tablespoons mirin (Japanese sweet wine)
1/2 cup unsalted butter
1 tablespoon finely chopped garlic chives

Directions

Preheat oven to 400 degrees F (200 degrees C).

Season filets to taste with salt and pepper. Heat olive oil in a heavy, oven-proof skillet over medium-high heat until it begins to smoke. Sear steaks until golden brown on both sides, about 3 minutes per side. Transfer steaks to preheated oven, and cook for about 10 minutes, or to desired doneness. When the steaks are done, set aside to rest in a warm place while finishing the sauce.

Meanwhile, melt 3 tablespoons of butter in a saucepan over medium heat. Stir in the garlic and ginger, cook gently until fragrant and translucent, about 1 1/2 to 2 minutes. Add the shiitake mushrooms and 1/2 teaspoon salt, and cook until softened, 3 to 4 minutes. Pour in sake and mirin; reduce by half.

Stir in remaining 1/2 cup of butter. Once melted, reduce heat to medium-low and continue to cook until the butter turns a dark golden brown, 6 to 8 minutes. Season to taste with salt and pepper, stir in chives. Serve sauce over steaks.

Tarragon Beef Stew with Vermouth

Ingredients

2 tablespoons butter
1 pound beef stew meat
6 cups chicken broth
4 cups water
1 1/2 cups sweet vermouth
2 cups new potatoes
2 large carrots, quartered
4 cloves garlic
2 teaspoons chopped fresh tarragon
1 bay leaf
1/2 cup Worcestershire sauce
1 tablespoon white sugar
1 tablespoon honey
1/4 teaspoon salt
1/4 teaspoon pepper

Directions

Melt butter In a large stockpot over medium-high heat. Add the beef stew meat, and fry for 2 to 3 minutes, or until evenly browned on the outside.

Pour the chicken broth, water, and vermouth into the stock pot. Add the potatoes, carrots, and garlic. Season with tarragon, bay leaf, Worcestershire sauce, sugar, honey, salt and pepper. Bring to a boil, reduce heat, and cover. Cook 2 1/2 hours to blend the flavors.

Remove cover and continue cooking 20 minutes, or long enough to evaporate enough liquid to reach your desired thickness.

Mijo's Slow Cooker Shredded Beef

Ingredients

5 pounds chuck roast
3 cloves garlic, crushed
1 tablespoon paprika
1 tablespoon celery salt
1 tablespoon garlic powder
1 tablespoon dried parsley
1/2 tablespoon ground black pepper
1/2 tablespoon chili powder
1/2 tablespoon cayenne pepper
1/2 teaspoon seasoned salt
1/2 teaspoon mustard powder
1/2 teaspoon dried tarragon
4 fluid ounces beer
1 1/2 tablespoons Worcestershire sauce
4 tablespoons hot pepper sauce
2 teaspoons liquid smoke flavoring
1 large onion, chopped
1 green bell pepper, chopped
2 jalapeno chile peppers, chopped

Directions

Using a sharp knife, poke several 1 inch deep holes in the roast. Insert the garlic slivers into the holes.

In a small bowl, combine the paprika, celery salt, garlic powder, parsley, ground black pepper, chili powder, cayenne pepper and seasoned salt. Mix together well and rub over the meat.

In a separate small bowl, combine the beer OR cola, Worcestershire sauce, hot pepper sauce and liquid smoke and mix well. Place the roast in a slow cooker and pour this mixture over the meat.

Add the onion, green bell pepper and jalapeno chile peppers to the slow cooker.

Cook on low setting for 10 hours, or more, if desired.

Spicy Orange Beef

Ingredients

1/4 cup orange juice concentrate
3 tablespoons soy sauce
3 tablespoons water
1 tablespoon cornstarch
1 tablespoon finely grated orange peel
1 teaspoon sugar
5 tablespoons vegetable oil, divided
2 garlic cloves, minced
4 cups broccoli florets
12 green onions cut into 1-inch pieces
1/2 teaspoon ground ginger
1/4 teaspoon crushed red pepper flakes
1 pound boneless sirloin steak, cut into thin strips
3 medium oranges, peeled and sectioned
Hot cooked rice

Directions

In a small bowl, combine the first six ingredients; set aside. In a large skillet or wok, heat 3 tablespoons oil over medium heat; saute garlic for 30 seconds. Add broccoli, onions, ginger and pepper flakes; stir-fry for 2 minutes or until broccoli is crisp-tender. Remove vegetables and keep warm. Heat remaining oil in skillet; add beef. Stir-fry until no longer pink. Stir orange juice mixture; add to skillet. Cook and stir for 2 minutes or until sauce is thickened. Return vegetables to pan. Add oranges and heat through. Serve over rice.

Beef 'n' Eggplant Pie

Ingredients

2 cups cubed eggplant
1/4 cup butter
3/4 pound ground beef
1/2 cup finely chopped onion
1 celery rib with leaves, chopped
1 clove garlic, minced
1 (8 ounce) can tomato sauce
1 tablespoon minced fresh parsley
1 tablespoon dried oregano
1 teaspoon salt
1/8 teaspoon pepper
1 (9 inch) unbaked pastry shell
1/2 cup shredded mozzarella cheese

Directions

In a small skillet, saute eggplant in butter until tender, about 5 minutes. In a large skillet, cook the beef, onion, celery and garlic over medium heat until meat is no longer pink; drain. Add the eggplant, tomato sauce, parsley, oregano, salt and pepper; bring to a boil. Remove from the heat.

Prick pastry shell with a fork. Add beef mixture. Bake at 375 degrees F for 20-25 minutes. Sprinkle with cheese. Bake 5-10 minutes longer or until cheese is melted. Let stand for 10 minutes before cutting.

Veal, Chicken and Beef Canelloni

Ingredients

CREPES

2 eggs
2/3 cup milk
1 tablespoon butter, melted
1/2 cup all-purpose flour
1/4 teaspoon salt

MEAT FILLING

1/4 pound ground veal
1/4 pound ground chicken
1/2 pound ground beef
2 tablespoons butter
1 tablespoon minced fresh parsley
1/2 cup grated Parmesan cheese
1/2 teaspoon salt
1 dash ground black pepper
1 dash ground nutmeg

WHITE SAUCE

2 tablespoons butter
2 tablespoons all-purpose flour
1 cup milk
1/4 teaspoon salt
1/8 teaspoon ground black pepper
1/8 teaspoon ground nutmeg

1 (32 ounce) jar tomato pasta sauce
1 (16 ounce) package shredded mozzarella cheese
1/4 cup grated Parmesan cheese

Directions

To Make Crepes: In a medium bowl beat eggs thoroughly, then add milk and butter. Beat in flour and salt until smooth. (Note: Batter is best if left to set for 1/2 hour before using). Brown crepes in a medium hot skillet, making them 6 to 8 inches in circumference. Set aside.

To Make Meat Filling: Brown veal, chicken and beef in butter in a large skillet over medium high heat. Stir in the parsley, cheese, salt, pepper and nutmeg. Let cool.

Preheat oven to 375 degrees F (190 degrees C).

To Make White Sauce: In a small saucepan over medium heat, cook flour and butter together for 1 minute. Stir in salt, pepper and nutmeg, then stir in milk and continue to cook until thick.

Spread 1/2 of the pasta sauce in the bottom of a 9x13 inch baking dish. Spoon meat mixture into prepared crepes, folding over all sides of crepe to form palm-sized bundles. Place filled crepes, seam side down, in baking dish. Cover with remaining pasta sauce and pour White Sauce over all. Cover with mozzarella cheese and top with Parmesan cheese.

Bake in the preheated oven for 20 to 30 minutes, or until cheese is bubbly and brown around the edges. Serve hot.

Beer-Baked Irish Beef

Ingredients

6 slices bacon, diced
1/3 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon ground black pepper
1 teaspoon ground allspice
2 1/2 pounds cubed beef stew meat
4 carrots, peeled and cut diagonally into 1-inch pieces
4 large onions, cut into eighths
2 cloves garlic, chopped
1/4 cup minced fresh parsley
1 teaspoon dried rosemary, crushed
1 teaspoon dried marjoram
1 bay leaf
1 (12 fluid ounce) can or bottle Irish stout beer

Directions

Place the bacon in a large nonstick skillet, and cook over medium heat until crisp and brown. Remove the bacon pieces and set aside, leaving the drippings in the skillet.

Place the flour, salt, black pepper, and allspice in a large plastic zipper bag, and shake a few times to combine. Place the beef stew meat into the bag, and shake to coat the meat with flour mixture. Place the meat pieces in the skillet with the bacon drippings, and cook the meat until brown on all sides.

Remove the browned meat to a slow cooker, and add the carrots, onions, garlic, parsley, rosemary, marjoram, and bay leaf to the cooker.

Pour the beer into the skillet, and bring to a boil over medium-low heat, scraping all the browned bits of flavor from the bottom of the skillet. Pour the beer into the slow cooker, over the meat and vegetables. Cover, and cook on Medium setting until the meat is very tender, 4 to 5 hours.

Before serving, remove the bay leaf, and sprinkle the stew with the reserved bacon pieces.

Beef and Barley Casserole

Ingredients

2/3 cup uncooked barley
1 pound ground beef
1 onion, chopped
1 cup sliced carrots
2 tablespoons soy sauce
2 tablespoons molasses
1 1/2 cups water
salt and pepper to taste (optional)

Directions

Soak the barley in warm water for 3 hours, then drain and set aside.

Preheat an oven to 350 degrees F (175 degrees C).

Heat a large skillet over medium-high heat and stir in the ground beef and onion. Cook and stir until the beef is crumbly, evenly browned, and no longer pink, about 10 minutes. Drain and discard any excess grease, then stir in the carrots, soy sauce, molasses, drained barley, and 1 1/2 cups of water. Stir until the molasses has dissolved and the mixture has begun to simmer. Season to taste with salt and pepper, then pour into a lidded 2 quart casserole.

Bake, covered, in the preheated oven until the barley is tender and has absorbed the water, about 1 hour.

Beef and Cheddar Quiche

Ingredients

3/4 pound ground beef
1 (9 inch) unbaked pastry shell
3 eggs, beaten
1/2 cup mayonnaise
1/2 cup milk
1/2 cup chopped onion
4 teaspoons cornstarch
1 teaspoon salt
1/2 teaspoon pepper
2 cups shredded Cheddar cheese,
divided

Directions

In a skillet, cook the beef until browned. Meanwhile, line unpricked pastry shell with a double thickness of heavy-duty foil. Bake at 450 degrees F for 5 minutes. Remove foil; bake for 5 minutes more. Set aside. Drain beef; place in a large bowl. Add the eggs, mayonnaise, milk, onion, cornstarch, salt, pepper and 1 cup cheese. Pour into crust. Bake at 350 degrees F for 35-40 minutes or until a knife inserted near the center comes out clean. If necessary, cover the edges of crust with foil to prevent overbrowning. Sprinkle with remaining cheese. Let stand 5-10 minutes before cutting.

Slow Cooker Veggie-Beef Soup with Okra

Ingredients

1 pound ground beef
1/4 cup onion, chopped
1 (14.5 ounce) can diced tomatoes, drained
1 (14.5 ounce) can Italian diced tomatoes, drained
1 (16 ounce) package frozen mixed vegetables
1 cup sliced fresh or frozen okra
2 potatoes, peeled and chopped
1 tablespoon ketchup
salt and pepper to taste

Directions

In a skillet over medium heat, cook the ground beef and onion until beef is evenly brown and onion is tender. Drain grease.

In a slow cooker, mix the beef and onion, diced tomatoes, Italian diced tomatoes, vegetables, okra, potatoes, ketchup, salt, and pepper. Pour in enough water to cover.

Cover slow cooker, and cook 4 hours on Low.

Asparagus Beef Roll-Ups

Ingredients

2 tablespoons whipping cream
2 tablespoons sour cream
2 teaspoons prepared horseradish
1/4 teaspoon grated lemon peel
1/4 teaspoon salt
Dash pepper
4 (6 inch) flour tortillas
4 thin slices cooked roast beef
4 fresh asparagus spears, cooked
and drained

Directions

In a small mixing bowl, beat whipping cream until soft peaks form. Fold in sour cream, horseradish, lemon peel, salt and pepper. Spread about 2 teaspoons on each tortilla; top with a slice of beef. Spread with the remaining cream mixture. Place an asparagus spear at one end; roll up tightly. Wrap in plastic wrap. Refrigerate for at least 2 hours. Cut into 1/2-in. slices.

Beef Stroganoff III

Ingredients

2 pounds beef chuck roast
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 ounces butter
4 green onions, sliced (white parts only)
4 tablespoons all-purpose flour
1 (10.5 ounce) can condensed beef broth
1 teaspoon prepared mustard
1 (6 ounce) can sliced mushrooms, drained
1/3 cup sour cream
1/3 cup white wine
salt to taste
ground black pepper to taste

Directions

Remove any fat and gristle from the roast and cut into strips 1/2 inch thick by 2 inches long. Season with 1/2 teaspoon of both salt and pepper.

In a large skillet over medium heat, melt the butter and brown the beef strips quickly, then push the beef strips off to one side. Add the onions and cook slowly for 3 to 5 minutes, then push to the side with the beef strips.

Stir the flour into the juices on the empty side of the pan. Pour in beef broth and bring to a boil, stirring constantly. Lower the heat and stir in mustard. Cover and simmer for 1 hour or until the meat is tender.

Five minutes before serving, stir in the mushrooms, sour cream, and white wine. Heat briefly then salt and pepper to taste.

Chili With Pulled Beef & Pork for a Crowd

Ingredients

2 (2 pound) flat, boneless beef chuck roasts, patted dry
8 country-style pork ribs, patted dry
1/2 cup vegetable oil or other flavorless oil
Salt and freshly ground black pepper
2 tablespoons ground cumin
1 cup mild chili powder
4 teaspoons dried oregano
4 teaspoons ground cumin
4 large onions, diced
2 (28 ounce) cans crushed tomatoes
1 (16 ounce) can crushed tomatoes
12 garlic cloves, minced
2 ounces bittersweet chocolate, coarsely chopped
4 (15.5 ounce) cans pinto or kidney beans, rinsed (optional)

Directions

Adjust oven rack to middle position; heat oven to 450 degrees. Set a large, heavy-duty roasting pan over 2 burners on medium heat.

Pour 2 Tbs. oil into a medium bowl. Add half the meat; coat. Generously sprinkle with salt, pepper, and 1 Tb. cumin. Repeat entire process with rest of meat.

Increase heat under roasting pan to medium-high. Add half the meat; cook until a solid brown crust forms on one side, 4 to 5 minutes. Turn over; cook until a crust again forms, 4 to 5 minutes. Transfer meat to a soup pot. Brown remaining meat; add to soup pot. Set roasting pan aside. Add 2 1/2 cups water to the soup pot and cover with heavy-duty foil, pressing down so foil is concave and touches the meat. Seal foil around the top of the pot so it is airtight; place lid on pot. Heat until you hear pan juices bubble. Set pot in oven. Cook, without checking, 90 minutes (meat should be very tender). Carefully remove from oven and let cool. Shred pork and beef into bite-size pieces, discarding pork bones. Measure meat juices, then add enough water to equal 12 cups.

Meanwhile, in a medium skillet over low heat, slow-toast chili powder, oregano and remaining 4 teaspoons cumin, stirring constantly, until spices are fragrant and darker in color; be careful not to burn. Set roasting pan over two burners on medium-high heat; add remaining 1/4 cup oil. Add onions; saute until soft, 7 to 8 minutes. Add spices, tomatoes, meat and juices. Simmer until flavors are unified, 1 to 1 1/2 hours. Add garlic, chocolate and optional beans; simmer 5 minutes. Serve.

Beefy Oven Packets

Ingredients

1 pound ground beef
1 (15.25 ounce) can whole kernel corn
1 (15 ounce) can green beans
2 (4 ounce) jars mushrooms, drained
1 (16 ounce) jar processed cheese sauce
salt and pepper to taste

Directions

Preheat oven to 350 degrees F (175 degrees C).

Cut squares out of aluminum foil. Form beef into small, round flat hamburgers and place one (seasoned to taste) on each square. To each burger add a bit of corn, beans, mushrooms and a spoonfull of cheese sauce. Fold foil over so that there is no leaking during baking.

Bake in the preheated oven for 1 hour.

Beefy Fajitas with a Twist

Ingredients

1 tablespoon vegetable oil
1 pound boneless beef top round steak, cut into strips
1 medium green pepper, cut into 2-inch strips
1 medium onion, sliced
1 (10.25 ounce) can Campbell's® Beef Gravy
8 (8 inch) flour tortilla, warmed
Shredded Cheddar cheese
Pace® Chunky Salsa

Directions

Heat oil in skillet. Add beef and cook until browned and juices evaporate, stirring often.

Add pepper and onion and cook until tender-crisp.

Add gravy and heat through. Spoon beef mixture into tortillas. Top with cheese and salsa and wrap. Makes 8 fajitas.

Awesome Spicy Beef Kabobs OR Haitian Voodoo

Ingredients

2 tablespoons beef bouillon granules
2 tablespoons water
3 cloves garlic, minced
2 teaspoons cayenne pepper
1/2 teaspoon salt
1 teaspoon black pepper
1 1/2 pounds beef sirloin, cut into 1/2-inch cubes
10 wooden skewers, soaked in water for 1 hour
2 tablespoons vegetable oil

Directions

Dissolve bouillon in water. Stir in the garlic, cayenne pepper, salt, and black pepper. Toss the meat in the marinade, cover, and marinate in the refrigerator for at least 2 hours.

Preheat a grill for high heat.

Skewer the beef cubes, using 6 to 8 pieces per skewer. Pour the oil onto a plate, and roll the skewers in it to coat them on all sides.

Grill the skewers, turning frequently, until the beef has turned light pink, 12 to 15 minutes.

Delicious Vegetable Beef Soup

Ingredients

2 (14 ounce) cans vegetable broth
2 cups water
5 small potatoes, peeled and diced
1/3 head cabbage, chopped
1 1/2 pounds ground beef
1 small onion, diced
1/4 cup diced celery
1/4 cup chopped green bell pepper
1 tablespoon minced garlic
2 (11.5 ounce) cans tomato-vegetable juice cocktail
1 (14.5 ounce) can Italian-style diced tomatoes
1/2 (16 ounce) package frozen mixed vegetables
1 cup frozen cut okra
1 cup frozen lima beans
2 cubes beef bouillon, crumbled
2 tablespoons Worcestershire sauce
1 tablespoon celery seed
1 tablespoon bacon grease
salt and pepper to taste

Directions

Pour 1 can vegetable broth and water into a large pot. Place potatoes and cabbage into pot, and bring to a boil. Cook 10 minutes, or until potatoes are tender but firm.

Place the beef in a skillet over medium heat, and cook until evenly brown. Drain grease and mix beef into the pot. Stir the onion, celery, green bell pepper, and garlic into the skillet. Cook until tender, then mix into the pot.

Pour remaining broth and tomato-vegetable juice cocktail into the pot. Mix in tomatoes, frozen mixed vegetables, okra, lima beans, beef bouillon, Worcestershire sauce, celery seed, and bacon grease. Season with salt and pepper. Bring to a boil. Reduce heat to low, and simmer 2 hours.

Szechwan Beef Burgers with Sweet and Hot

Ingredients

Burger Patties:

- 1 tablespoon Szechwan Seasoning or to taste (see note)
- 1 teaspoon finely grated fresh ginger
- 1 tablespoon soy sauce
- 2 tablespoons water
- 1/4 cup Jif® Extra Crunchy Peanut Butter
- 1 1/4 pounds ground beef chuck

Sweet and Hot Sauce:

- 1/2 cup Smucker's® Apricot Preserves
- 1/4 cup Smucker's® Red Plum Jam
- 2 teaspoons white vinegar
- 1/2 teaspoon finely grated fresh ginger
- Crushed red pepper flakes to taste
- CRISCO® Original No-Stick Cooking Spray
- 2 cups prepared fried rice, warmed
- Cilantro, chopped for garnish

Directions

Combine Szechwan Seasoning, ginger, soy sauce, water and peanut butter in a medium bowl. Crumble ground beef over mixture. Gently combine the ingredients. Shape meat into eight (4-inch) patties. Refrigerate.

Combine apricot preserves, plum jam, vinegar, ginger and pepper flakes in small mixing bowl.

Coat unheated grill grate with no-stick cooking spray. Heat grill to medium-high (350 to 400 degrees F). Grill patties 3 to 5 minutes per side or until juices run clear. To serve, place 1/2 cup of warm fried rice onto each plate. Top with 2 burgers, garnish with sweet and hot sauce and cilantro.

Southwest Beef Skillet Dinner

Ingredients

1 pound boneless beef sirloin steak or beef top round steak
2 tablespoons all-purpose flour
2 tablespoons vegetable oil
3/4 cup chopped onion
2 cloves garlic, minced
1 (10.75 ounce) can Campbell's® Condensed Creamy Ranchero Tomato Soup
1 cup water
1/4 teaspoon chili powder
1 cup frozen whole kernel corn
4 cups cooked cholesterol-free wide noodle-style pasta

Directions

Slice beef into very thin strips. Toss beef with flour to coat.

Heat 1 tablespoon oil in saucepot over medium-high heat. Add beef and cook until browned, stirring often. Remove beef.

Add remaining oil. Add onions and garlic. Cook over medium heat 1 minute.

Add soup, water and chili powder. Heat to a boil. Return beef to saucepot. Cover and cook over low heat 1 hour.

Add corn and heat through. Serve over pasta.

Beef and Rice Medley

Ingredients

1 pound ground beef
1/2 cup diced onion
2 1/2 cups water
1 cup uncooked rice
1 cube beef bouillon
1/2 teaspoon ground black pepper
1 (14.5 ounce) can diced tomatoes
1 cup diced green bell pepper
1 (8 ounce) package mozzarella cheese

Directions

Place ground beef and onion in a large, deep skillet. Cook over medium high heat until evenly brown. Drain excess fat. Stir in water and rice. Season with beef bouillon and black pepper. Simmer 25 to 30 minutes, or until water is absorbed. Stir in diced tomatoes and green peppers. Simmer another 10 minutes, until green pepper is tender. Sprinkle top with cheese.

Beef Sirloin Salad with Dried Cherries

Ingredients

1 1/4 pounds boneless beef top sirloin steak, cut 1 inch thick
8 cups torn Boston lettuce
1/2 cup crumbled blue cheese
1/2 cup dried cherries or dried cranberries
1/2 cup pine nuts or coarsely chopped walnuts, toasted
B
Dressing:
1/2 cup olive oil
1/4 cup red wine vinegar
2 cloves garlic, crushed
1 teaspoon salt
3/4 teaspoon pepper

Directions

In medium bowl, whisk together dressing ingredients. Remove and reserve 1/2 cup; cover and refrigerate.

Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into 1/8 to 1/4-inch thick strips. Add beef to remaining dressing; toss to coat. Cover and marinate in refrigerator 30 minutes.

Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet with slotted spoon.

In large bowl, combine lettuce and reserved dressing; toss to coat. Arrange beef over lettuce; sprinkle with cheese, cherries and nuts. Serve immediately.

Louisiana Beef Stew

Ingredients

2 tablespoons all-purpose flour
1 teaspoon salt
1/2 teaspoon celery salt
1/4 teaspoon garlic salt
1/4 teaspoon black pepper
1/2 teaspoon ground ginger
3 pounds chuck roast, cut into 2-inch pieces
2 tablespoons bacon drippings
1 (14.5 ounce) can diced tomatoes
3 medium onions, chopped
1/3 cup red wine vinegar
1/2 cup molasses
1/2 cup water
6 carrots, chopped
1/2 cup raisins
4 cups cooked rice

Directions

Combine flour, salt, celery salt, garlic salt, black pepper, and ground ginger in a small bowl. Sprinkle the mixture evenly on to the beef.

Heat a large heavy-bottomed pot on medium-high heat. Add the bacon drippings. Brown the beef in the pot, stirring as necessary. Drain excess fat.

Add the diced tomatoes, onions, vinegar, molasses, and water to the pot and bring to a boil. Cover and simmer for 2 hours.

Add the carrots and raisins and simmer for an additional 30 minutes, or until the carrots are tender. Serve with steamed rice.

Spicy Beef Filet in Oyster Sauce

Ingredients

1 teaspoon vegetable oil
1 teaspoon oyster sauce
1/2 teaspoon cornstarch
3/4 pound beef tenderloin, cut into
1/4 inch strips
1 teaspoon water
1 teaspoon cornstarch
2 tablespoons oyster sauce
1 teaspoon sugar
1 teaspoon black pepper
1 tablespoon vegetable oil
1/2 onion, thinly sliced

Directions

Stir together 1 teaspoon vegetable oil, 1 teaspoon oyster sauce, and 1/2 teaspoon cornstarch in a bowl. Add beef and toss to coat. Marinate in the refrigerator 30 to 45 minutes. Remove from the refrigerator 10 minutes before cooking.

Stir together water, 1 teaspoon cornstarch, 2 tablespoons oyster sauce, and pepper in a small bowl; set aside. Heat 1 tablespoon vegetable oil in a large skillet over high heat. Stir in onion, and cook until it begins to brown on the edges, about 1 minute. Add the beef, and continue cooking and stirring until the beef is just slightly pink, about 5 minutes. Pour in the sauce; cook and stir until the sauce has thickened and turned translucent, about 1 minute more.

Polish Beef Soup With Liver Balls

Ingredients

1 cup ground chicken liver
1 cup dried bread crumbs
3 tablespoons all-purpose flour
2 eggs
1/4 tablespoon chopped fresh parsley
1 teaspoon salt
1/8 teaspoon dried marjoram
1/8 teaspoon ground mace
1 clove garlic, minced
2 pounds short rib steaks
2 onions, thinly sliced
3 stalks chopped celery, with leaves
4 teaspoons salt
3/4 teaspoon ground black pepper
8 cups water
2 carrots, halved
3 tomatoes, chopped
4 sprigs fresh parsley

Directions

Combine liver, bread crumbs, flour, eggs, parsley, 1 teaspoon salt, marjoram, mace, and garlic. Mix thoroughly. Let meatball mixture stand.

Rinse ribs, and place in large stock pot. Add onions, celery, 4 teaspoons salt, pepper, water, carrots, tomatoes, and parsley. Cover, and bring to a boil. Skim surface of soup. Simmer for 1 1/2 hours, or until meat is tender.

Remove meat, bones, and carrots from soup. Cut meat and carrots into bite-size pieces; return to soup. Bring to a boil.

Shape meatball mixture into balls the size of golf balls; drop into soup. Cover, and cook for 10 minutes.

Layered Beef Casserole

Ingredients

6 medium potatoes, peeled and thinly sliced
1 (15.25 ounce) can whole kernel corn, drained
1/2 cup chopped green pepper
1 cup chopped onion
2 cups sliced carrots
1 1/2 pounds lean ground beef
1 (8 ounce) can tomato sauce
salt and pepper to taste
1 cup shredded process American cheese

Directions

In a greased 13-in. x 9-in. x 2-in. baking dish, layer potatoes, corn, green pepper, onion and carrots. Crumble beef over the vegetables. Pour tomato sauce over top. Sprinkle with salt and pepper. Cover and bake at 350 degrees F for 2 hours. Sprinkle with cheese. Let stand 10 minutes before serving.

Beef 'n' Rice Bake

Ingredients

1 pound ground beef
3 celery ribs, thinly sliced
1 medium onion, chopped
2 cups cooked rice
1/2 cup chopped green pepper
1/2 cup chopped sweet red pepper
1 (4.5 ounce) jar sliced mushrooms, drained
1/2 cup soy sauce
2 tablespoons butter or margarine
1 tablespoon brown sugar
1 (3 ounce) can chow mein noodles

Directions

In a skillet, cook beef, celery and onion until the meat is browned and vegetables are tender; drain. Stir in rice, peppers, mushrooms, soy sauce, butter and brown sugar; heat through. Transfer to a greased 2-qt. baking dish. Cover and bake at 350 degrees F for 25-30 minutes. Sprinkle with chow mein noodles. Bake, uncovered, 5-10 minutes longer or until the noodles are crisp.

Beef Stew I

Ingredients

2 tablespoons olive oil
2 pounds cubed beef stew meat
2 tablespoons all-purpose flour
6 cups water
1/2 teaspoon salt
1/2 teaspoon ground black pepper
4 cups cubed potatoes
2 cups chopped carrots
1/2 teaspoon browning sauce
2 teaspoons dried rosemary
1 cup fresh corn kernels
1 cup fresh green beans, cut into 1 inch pieces
1/4 cup instant rice

Directions

Heat oil in large pot. Add beef and flour, stirring to coat beef; brown.

Add water, salt, and pepper. Heat to boiling; reduce heat, and simmer 1 hour.

Stir in potatoes, carrots (or turnips), browning sauce, and rosemary. Simmer 1-2 hours.

Add corn, green beans, and rice; simmer for 30 minutes longer.

Italian Beef Sandwiches

Ingredients

4 pounds boneless rump roast
6 cloves garlic, slivered
1 cup water
1 tablespoon salt
1 tablespoon coarsely ground black pepper
1 tablespoon crushed red pepper
1 tablespoon dried oregano

Directions

Preheat oven to 250 degrees F (120 degrees C). Make slits in roast with a sharp knife, and insert garlic slivers. Place roast in a pan not much larger than the roast. Pour water into pan, and season roast with salt, black pepper, red pepper, and oregano.

Cover, and bake in preheated oven for 2 hours, basting occasionally. Remove from oven, and let cool in roasting pan. Meat should be very rare. Wrap tightly and refrigerate overnight.

The next day, Remove roast from pan, and slice as thinly as possible. Add a little water to roasting pan, and heat on stovetop, but do not boil. Stir to blend seasonings. When au jus is hot, add sliced beef just long enough to heat through. Serve on crusty Italian bread with au jus available for dipping.

Mexicali Beef Potato Topper

Ingredients

1 pound ground beef
1 (10.75 ounce) can Campbell's®
Condensed Cheddar Cheese
Soup
1 cup Pace® Chunky Salsa
4 hot baked potatoes, split
sour cream (optional)
sliced pitted ripe olives (optional)

Directions

Cook the beef in a 10-inch skillet over medium-high heat until well browned, stirring often to separate meat. Pour off any fat.

Reduce the heat to medium. Stir the soup and salsa in the skillet and cook until the mixture is hot and bubbling. Spoon the beef mixture over the potatoes. Top with the sour cream and olives, if desired.

Beef Brisket with Mushrooms and Pearl Onions

Ingredients

4 pounds beef brisket
1 (1 ounce) envelope dry onion soup mix
1 (10.25 ounce) jar Smucker's® Concord Grape Low Sugar Jelly
1 (12 ounce) jar Crosse & Blackwell® Seafood Cocktail Sauce
2 tablespoons butter
1 (6 ounce) package fresh sliced portobello mushrooms
1 (16 ounce) package frozen, white pearl onions, defrosted
2 tablespoons fresh tarragon, chopped

Directions

Preheat oven to 350 degrees F. Place sheet of heavy-duty aluminum foil in a shallow roasting pan with foil extending 6 inches beyond pan on either side. Spray with no-stick cooking spray. Place the brisket fat-side down in middle of the foil.

Combine dry onion soup mix with jelly and cocktail sauce in a medium bowl. Pour half of mixture over the brisket; turn brisket fat-side up covering with remaining onion mixture. Bring both sides of foil to the middle and fold foil down on itself several times. Repeat with the two remaining sides. Bake for 3 hours or until fork-tender. Remove from oven. (Brisket can be cooled and held in the refrigerator overnight at this stage.)

In a 10 inch skillet over medium heat, melt 2 tablespoons of butter; saute onions and mushrooms for 5-8 minutes or until light golden brown.

Remove brisket from pan; pour off juices skimming the fat off the top. Remove layer of fat from brisket. Slice meat across the grain into 1/4 inch thick slices. Return meat to roaster. Top the meat with the mushroom mixture, meat juices, and tarragon. Cover with foil. Return to oven to heat through before serving.

Linda's Beef Marinade

Ingredients

1/2 cup dry red wine
1/4 cup teriyaki sauce
1/4 cup honey
1/4 cup spicy brown mustard
1 tablespoon dried minced onion flakes
1 teaspoon garlic powder
1 teaspoon fines herbs
1/2 teaspoon ground black pepper

Directions

In a large jar with a tight-fitting lid, mix the dry red wine, teriyaki sauce, honey, spicy brown mustard, dried minced onion flakes, garlic powder, fines herbs and ground black pepper. Seal the jar, and shake until the ingredients are well-mixed.

Place steak or beef tips in a resealable plastic bag. Pour dry red wine mixture into the bag. Place in the refrigerator and allow to marinate at least 8 hours, turning the bag occasionally, before grilling as desired.

Slow Cooker Balsamic Beef and Onions

Ingredients

1 tablespoon olive oil
1 large yellow onion, quartered
and sliced
1 1/2 pounds boneless beef rump
roast
4 cloves garlic, thinly sliced
1/4 cup balsamic vinegar, or more
to taste
3 tablespoons tomato paste
1/2 cup water
salt and pepper to taste

Directions

Drizzle olive oil into the bottom of a slow cooker, and arrange half the onion slices over the oil. Lay the beef roast on top of the onion, and sprinkle the rest of the onion slices and the garlic around the roast. Sprinkle the balsamic vinegar, tomato paste, and water around the roast. Cover the slow cooker, set to High, and cook until the meat is tender, about 6 hours. Shred the meat into bite-size pieces with two forks, and season with salt and pepper. Serve with the juices from the slow cooker.

Beef Tostadas

Ingredients

1 pound lean ground beef
1 cup chopped sweet red pepper
1/2 cup chili sauce
1 teaspoon dry Mexican or taco seasoning
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 cup sour cream
1 tablespoon chipotle sauce
6 tostada shells
3 cups shredded lettuce
1 1/2 cups guacamole
1 1/2 cups shredded Mexican cheese blend

Directions

In a large skillet, cook beef and red pepper over medium heat until meat is no longer pink; drain. Stir in the chili sauce, Mexican seasoning, salt and pepper; heat through.

In a small bowl, combine the sour cream and chipotle sauce. Layer each tostada with lettuce, meat mixture, guacamole, cheese and chipotle cream.

Beef with Vegetables

Ingredients

8 ounces beef filet, cut into 1/2 inch strips
2 tablespoons vegetable oil
1 onion, chopped
1 clove garlic, minced
1 teaspoon chopped fresh ginger root
1 green bell pepper, chopped
1 carrot, chopped
1 (10.5 ounce) can beef broth
1 tablespoon cornstarch
1 teaspoon white sugar
1 tablespoon soy sauce
1 tablespoon oyster sauce
salt and pepper to taste

Directions

In a large skillet over medium high heat, saute the beef slices in the oil for 5 minutes, or until well browned. Add the onion, garlic and ginger and saute for 5 more minutes. Then add the green bell pepper, carrot and beef broth. Reduce heat to low and let simmer.

Meanwhile, in a separate small bowl, combine the corn flour, sugar, soy sauce and oyster sauce, if desired. Stir thoroughly, forming a smooth paste. Slowly add this to the simmering beef and vegetables, stirring well, and let simmer to desired thickness. Season with salt and pepper to taste.

Roast Beef Sandwich Spread

Ingredients

4 cups cubed cooked beef
1 cup sweet pickle relish
1 small onion, quartered
1/2 cup ketchup
1/4 cup mayonnaise
1 tablespoon sweet pickle juice
1 teaspoon seasoned salt
1/8 teaspoon pepper
18 slices bread

Directions

In a food processor, combine the beef, pickle relish and onion; cover and process until coarsely chopped.

In a large bowl, combine the ketchup, mayonnaise, pickle juice, seasoned salt and pepper. Stir in the beef mixture. Cover and refrigerate for at least 1 hour. Spread on nine slices of bread; top with remaining bread.

Caldo De Res (Beef Soup)

Ingredients

1 pound beef shank
1 tomato, quartered
2 potatoes, cubed
1 onion, chopped
3 carrots, chopped
1/2 medium head cabbage, chopped
4 cloves garlic, minced
6 teaspoons chopped fresh cilantro
1 tablespoon salt
1/4 teaspoon ground cumin
2 fluid ounces fresh lime juice

Directions

In a large pot over low heat combine the beef, tomato, potatoes, onion, carrots, cabbage, garlic, 5 teaspoons cilantro, salt and cumin. Add water to cover and stir well. Cover and simmer for 2 hours.

Remove lid, stir, and simmer for another hour with lid off. Serve hot. Just before eating, squeeze in fresh lime juice to taste and sprinkle with remaining cilantro.

Grandpa's Beef, Mushroom, and Barley Soup

Ingredients

1 cup pearl barley
2 1/2 cups water
8 ounces broken dried mushrooms
1/2 cup water
1 (3 pound) boneless chuck roast
5 quarts water
1/2 cup chopped fresh parsley
1/2 cup chopped fresh dill
1 (14 ounce) can beef broth
1 tablespoon kosher salt
1 teaspoon pepper

Directions

Combine barley and 2 1/2 cups water in a bowl; cover and let soak overnight. Combine dried mushrooms and 1/2 cup water in a bowl; cover and let soak overnight.

Place the chuck roast in a large stockpot over medium heat; cover the roast with 5 quarts water. Bring the water to a boil, skimming any foam off the surface. Boil the roast until the foam no longer forms on the water, about 15 minutes. Pour the barley, mushrooms, and the water from both bowls into the stockpot; stir in the parsley, dill, broth, salt, and pepper. Return the mixture to a boil; reduce heat to low; simmer, stirring every hour, until soup has reduced to desired thickness, 4 to 6 hours.

Remove large pieces of beef from the soup; trim and discard fat. Cut remaining meat into bite-sized pieces and return them to the soup.

Slow-Cooked, Texas-Style Beef Brisket

Ingredients

8 pounds untrimmed beef brisket
1 cup strong black coffee
1 (14 ounce) bottle ketchup
1 (12 fluid ounce) can cola
carbonated beverage
3 tablespoons Worcestershire
sauce
3 tablespoons prepared yellow
mustard
2 tablespoons liquid smoke
flavoring
2 tablespoons brown sugar,
packed

Directions

Place the beef brisket in a large slow cooker with the fat side up. Pour the coffee over the meat. Cook the brisket on LOW for 24 hours.

Meanwhile, stir together the ketchup, cola beverage, Worcestershire sauce, mustard, liquid smoke, and brown sugar in a bowl until well blended. Refrigerate until needed.

After 24 hours, remove and discard any fat from the brisket. Use a fork to pull apart and shred the meat. Pour the sauce over the meat, stirring to coat evenly, and cook 1 hour longer.

Mushroom Beef Patties

Ingredients

1 egg
1 3/4 cups milk, divided
2 cups crushed cornflakes
1 medium onion, chopped
2 pounds ground beef
1 (10.75 ounce) can condensed
cream of mushroom soup,
undiluted

Directions

In a bowl, combine egg, 1/2 cup milk, cornflakes and onion. Crumble beef over mixture and mix well. Shape into eight patties. In a large skillet, cook patties over medium heat until meat is no longer pink; drain. Transfer to a greased 13-in. x 9-in. x 2-in. baking dish. In a bowl, combine the soup and remaining milk until blended. Pour over patties. Bake, uncovered, at 350 degrees F for 30 minutes or until hot and bubbly.

Beef Paprika

Ingredients

1/4 cup shortening
2 pounds lean beef chuck,
trimmed and cut into 1 inch cubes
1 cup chopped onion
1 clove garlic, minced
3/4 cup ketchup
2 tablespoons Worcestershire
sauce
1 tablespoon brown sugar
2 teaspoons salt
1/2 teaspoon mustard powder
2 teaspoons paprika
1 1/2 cups water
2 tablespoons all-purpose flour
1/4 cup water

Directions

Melt shortening in large skillet over medium high heat. Add meat, onion, and garlic; cook and stir until meat is browned.

Stir in ketchup, Worcestershire sauce, brown sugar, salt, paprika, mustard and 1 1/2 cup water. Reduce heat, cover, and simmer 2 to 2 1/2 hours.

Blend flour and 1/4 cup water. Stir into meat. Heat to boiling, stirring constantly. Serve hot.

Green Chile Beef Tacos

Ingredients

5 pounds boneless beef chuck
roast
1 (1 ounce) packet taco seasoning
mix
1 (16 ounce) jar green salsa
2 cups beef broth, or more if
needed

Directions

Lay the chuck roast into the bottom of a slow cooker with a tight-fitting lid. Sprinkle the taco seasoning mix over the beef. Pour the green salsa over the beef, followed by the beef broth.

Cook on Low for 4 hours. Add more beef broth if needed. Remove the beef from the slow cooker and shred with two forks. Return the shredded beef to the slow cooker; mix with the liquid. Serve hot.

Beef Mac Casserole

Ingredients

1 (16 ounce) package uncooked pasta shells
1 pound ground beef
1/4 cup chopped onions
1/4 cup chopped green bell pepper
1 (3 ounce) package pepperoni, sliced
2 (8 ounce) cans tomato sauce
2 cups tomato juice
3/4 teaspoon dried oregano
1/2 teaspoon celery salt
1/4 teaspoon onion powder
1/4 teaspoon garlic salt
1/4 teaspoon dried basil
1/8 teaspoon crushed red pepper flakes
2 cups shredded mozzarella cheese

Directions

Preheat an oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.

Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the shell pasta, and return to a boil. Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 13 minutes. Drain well in a colander set in the sink.

Heat a large skillet over medium-high heat. Cook and stir ground beef, onion, and green pepper until browned. Drain off excess grease. Stir in pepperoni, tomato sauce, tomato juice, oregano, celery salt, onion powder, garlic salt, basil, red pepper flakes, and cooked pasta. Pour into the prepared baking dish and cover with aluminum foil.

Bake in the preheated oven for 20 minutes. Remove casserole from oven and sprinkle with mozzarella cheese. Return to the oven and bake until the cheese melts, about 5 minutes.

Indonesian Beef Rendang

Ingredients

4 fresh banana peppers, seeded and chopped
4 shallots, chopped
5 cloves garlic, chopped
2 tablespoons salt
1 teaspoon ground red pepper
2 pounds beef tenderloin, cut into 1 1/2 x 2-inch cubes
1 (1/2 inch) piece galangal, thinly sliced
3 stalks lemon grass, chopped
6 lime leaves
1 teaspoon ground turmeric
3 (15 ounce) cans coconut milk

Directions

Place the banana peppers, shallots, garlic, salt, and ground red pepper in a blender, and pulse until the mixture is a paste.

Place the beef tenderloin cubes in a skillet over medium heat with the pepper mixture, galangal, lemon grass, lime leaves, and turmeric. Cook the beef with the seasonings, stirring occasionally, until the meat is no longer pink inside and the meat juices have mostly evaporated, about 15 minutes.

Pour the coconut milk into the skillet, bring to a boil, reduce the heat, and simmer for about 15 minutes. Remove the pieces of beef to a bowl, and let the coconut milk continue to simmer until thickened, about 30 minutes. Return the beef to the coconut sauce, reduce the heat to low, and barely simmer the beef and sauce until the sauce turns brown and the oil has separated from the coconut milk, about 2 1/2 hours. Stir frequently as the sauce thickens.

Margarita Beef Skewers

Ingredients

1 cup margarita mix
1/2 teaspoon salt
1 tablespoon white sugar
2 cloves garlic, minced
1/4 cup vegetable oil
1 pound top sirloin steak, cut into
1 1/2-inch cubes
8 metal skewers, or bamboo
skewers soaked in water for 30
minutes
16 mushrooms, stems trimmed
1 onion, cut into 1-inch chunks
1 large red or green bell pepper,
cut into 1 inch pieces

Directions

Combine margarita mix, salt, sugar, garlic, and olive oil in a bowl or resealable plastic bag. Toss sirloin cubes in marinade and marinate at least 30 minutes.

Preheat a grill for medium heat.

Assemble skewers, alternating meat with mushrooms, onion, and bell pepper. Brush skewers with marinade, then discard the remaining marinade. Grill skewers to desired doneness, about 10 minutes total for medium.

Beefy Manicotti

Ingredients

10 manicotti shells
1/2 pound ground beef
1 small onion, chopped
2 cloves garlic, chopped
1/4 cup dry bread crumbs
1/4 teaspoon Italian seasoning
1 egg
2 cups Italian blend shredded cheese, divided
1 (8 ounce) can tomato sauce
1 (16 ounce) can stewed tomatoes
1/4 cup white Zinfandel
3 mushrooms, thinly sliced

Directions

Preheat oven to 350 degrees F (175 degrees C). Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.

Place ground beef, onion and garlic in a large, deep skillet. Cook over medium high heat until beef is evenly brown. Remove from heat. Mix in bread crumbs, Italian seasoning, egg and 1 cup shredded cheese. Spoon filling into manicotti shells.

Combine tomato sauce, stewed tomatoes, wine and mushrooms. Spoon sauce to cover the bottom of an 8x11 inch baking dish. Arrange filled manicotti in a single layer, and cover with remaining sauce. Sprinkle top with remaining cheese.

Cover, and bake in preheated oven for 30 minutes. Remove cover, and bake 10 minutes.

Shredded Beef

Ingredients

1 pound rump roast
1 cup water
1/4 cup barbeque sauce
2 tablespoons honey
1 tablespoon steak seasoning
1 teaspoon cumin
1/2 teaspoon onion powder
1/2 teaspoon garlic powder

Directions

Place the rump roast and water in a slow cooker. Cover, and cook 5 hours on High.

Remove the roast from slow cooker, and shred using two forks. Discard fat.

In the slow cooker, mix the barbeque sauce, honey, steak seasoning, cumin, onion powder, and garlic powder. Stir in the shredded beef.

Cook 1 hour on Low. Allow to sit for 10 minutes before serving.

Pakistani Pot Roast Beef Fillets (Pasanday)

Ingredients

1 cup plain yogurt
1 teaspoon ginger garlic paste
2 teaspoons crushed red pepper flakes
1/2 teaspoon ground black cumin
1/2 teaspoon ground cloves
1/4 teaspoon ground turmeric
2 teaspoons salt
2 pounds round steak, cut into pieces
3/4 cup vegetable oil
1 medium onion, thinly sliced
1 1/2 tablespoons lemon juice

1 bunch fresh cilantro, for garnish
4 fresh green chilies, for garnish

Directions

In a medium bowl, combine yogurt, ginger garlic paste, pepper flakes, cumin, cloves, turmeric and salt. Mix in beef until evenly coated. Set aside for 15 minutes.

Heat oil in a large heavy skillet over medium-high heat. Fry onion until golden brown. Remove 1 tablespoon of onion, and set aside for garnish. Reduce heat to low. Place meat in skillet, cover, and cook until tender, about 25 minutes. Check every 10 minutes, and add water if necessary. Pour in lemon juice, and simmer for 10 minutes. Garnish with cilantro, green chiles, and reserved fried onion.

Irish Beef Stew with Guinness® Beer

Ingredients

2 tablespoons olive oil
1 onion, chopped
3 cloves garlic, minced
1 teaspoon salt
1/2 teaspoon ground black pepper
2 pounds beef stew meat, cubed
3 cups stout beer (such as Guinness®)
2 potatoes, peeled and sliced
2 potatoes, peeled and quartered
salt and ground black pepper to taste

Directions

Heat the olive oil in a large pot over medium heat. Stir in the onion, garlic, salt, and pepper. Cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the beef, beer, sliced potatoes, and quartered potatoes. Bring to a boil over high heat, then reduce heat to medium-low, cover, and simmer until the beef is tender, about 2 hours. Season to taste with salt and pepper before serving.

Hearty Beef Barley Soup

Ingredients

1/4 cup all-purpose flour
1 teaspoon salt
1/2 teaspoon pepper, divided
2 pounds lean boneless beef
sirloin steak , cut into 1/2-inch
cubes
2 tablespoons canola oil
4 cups sliced fresh mushrooms
4 (14.5 ounce) cans reduced-
sodium beef broth
4 medium carrots, sliced
1/2 teaspoon garlic powder
1/2 teaspoon dried thyme
1 cup quick-cooking barley

Directions

In a large resealable plastic bag, combine the flour, salt and 1/4 teaspoon pepper. Add beef and shake to coat. In a Dutch oven, brown beef in oil over medium heat. Remove and set aside.

In the same pan, saute mushrooms until tender. Add the broth, carrots, garlic powder, thyme and remaining pepper; bring to a boil. Add barley and beef. Reduce heat; cover and simmer for 20-25 minutes until the meat, vegetables and barley are tender.

Zucchini Beef Soup

Ingredients

1/2 pound ground beef
2 celery ribs, thinly sliced
1/3 cup chopped onion
1/2 cup chopped green pepper
1 (28 ounce) can diced tomatoes, undrained
3 medium zucchini, cubed
2 cups water
1 1/2 teaspoons Italian seasoning
1 teaspoon salt
1 teaspoon beef bouillon granules
1/2 teaspoon sugar
pepper to taste
Shredded Parmesan cheese

Directions

In a large saucepan, cook beef, celery, onion and green pepper over medium heat until meat is no longer pink and vegetables are tender; drain. Stir in the tomatoes, zucchini, water, Italian seasoning, salt if desired, bouillon, sugar and pepper. Bring to a boil. Reduce heat; cover and simmer for 20-25 minutes or until zucchini is tender. Garnish with Parmesan cheese if desired.

Savory Beef Stew

Ingredients

1/2 cup all-purpose flour
1 teaspoon salt
2 pounds lean beef stew meat, cut into 1-inch cubes
4 bacon strips, cut into 1-inch pieces (optional)
10 small onions
2 cups cranberry juice, divided
1 (14.5 ounce) can beef broth
4 whole cloves
1 bay leaf
1/2 teaspoon pepper
1/2 teaspoon dried marjoram
1/4 teaspoon dried thyme
1/4 teaspoon garlic powder
5 medium carrots, cut into chunks
5 medium potatoes, peeled and cubed
2 cups frozen peas, thawed

Directions

Combine flour and salt if desired; coat beef cubes. Reserve remaining flour mixture. Place beef in a Dutch oven. Add bacon if desired. Bake, uncovered, at 400 degrees F for 30 minutes. Add onions, 1-1/2 cups cranberry juice, broth and seasonings. Cover and bake at 350 degrees F for 1 hour. Add carrots and potatoes; bake 1 hour or until meat and vegetables are tender. Combine reserved flour mixture and remaining cranberry juice until smooth; stir into stew. Cover and bake 30 minutes longer. Remove bay leaf. Add peas; return to the oven for 5 minutes.

Cheesy Beef Spirals

Ingredients

2 cups uncooked spiral pasta
2 pounds ground beef
2 small onions, chopped
1 garlic clove, minced
1 (26 ounce) jar spaghetti sauce
1 (4.5 ounce) jar sliced mushrooms, drained
1/2 cup sour cream
1/2 pound process American cheese, cubed
2 cups shredded mozzarella cheese

Directions

Cook pasta according to package directions. Meanwhile, in a large saucepan, cook the beef, onions and garlic over medium heat until meat is no longer pink; drain. Stir in spaghetti sauce and mushrooms; bring to a boil. Reduce heat; cover and simmer for 20 minutes.

Place 1/2 cup of meat sauce in a greased shallow 2-1/2-qt. baking dish. Drain pasta; place half over sauce. Top with half of the remaining meat sauce; spread with sour cream. Top with American cheese and remaining pasta and meat sauce.

Sprinkle with mozzarella cheese. Cover and bake at 350 degrees F for 25-30 minutes. Uncover, bake 5-10 minutes longer or until bubbly.

Cheesy Macaroni and Beef Casserole with Thyme

Ingredients

2 1/2 cups uncooked elbow macaroni
1/2 pound ground beef
1 onion, chopped
2 tablespoons white wine
1 1/2 cups milk
1 tablespoon whole grain mustard
1 teaspoon Worcestershire sauce
1/2 teaspoon salt
1/2 teaspoon ground black pepper
1/8 teaspoon cayenne pepper
1/2 cup all-purpose flour
2 1/2 cups shredded sharp Cheddar cheese, divided
1 tablespoon chopped fresh thyme
2 cups quartered cherry tomatoes

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a large casserole dish.

Bring a large pot of water to a boil. Place the macaroni in the pot, cook 9 to 11 minutes, until al dente, and drain. Transfer to the prepared casserole dish.

In a skillet over medium heat, cook and stir the ground beef and onion until beef is evenly brown and onion is tender. Stir in the wine, and continue cooking 1 minute. Mix in the milk, mustard, and Worcestershire sauce. Season with salt, pepper, and cayenne pepper. Continue to cook and stir until heated through. Whisk the flour into the skillet, and gradually stir in 2 cups cheese until melted. Mix in the thyme and cherry tomatoes.

Stir the skillet mixture into the casserole dish with the macaroni. Top with remaining cheese.

Cook uncovered 30 minutes in the preheated oven, until bubbly and lightly brown.

Fresh Vegetable Stir-Fry with Peppery Orange

Ingredients

2 cups uncooked long grain white rice
1 quart water
1 tablespoon light sesame oil
4 cloves garlic, crushed
5 tablespoons butter
2 pounds flank steak, cut into thin strips
salt to taste
4 teaspoons red pepper flakes
3 1/2 tablespoons teriyaki sauce
12 ounces fresh mushrooms, sliced
1 large sweet onion, sliced
1/2 head cabbage, sliced into strips
1 green bell pepper, cut into strips
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
1 teaspoon cornstarch
1 tablespoon brown sugar
1/2 cup beef broth
2 tablespoons orange jam
1 (5 ounce) can chow mein noodles
mustard powder to taste

Directions

In a pot, bring the rice and water to a boil. Cover, reduce heat to low, and simmer 20 minutes.

Heat the sesame oil in a skillet over medium heat, and cook 2 cloves garlic for 2 minutes, until tender. Melt the butter in the skillet. Season the beef with salt and 2 teaspoons red pepper flakes. Cook and stir the beef in the skillet 10 minutes, until evenly brown. Reserving pan drippings, transfer the cooked beef to a bowl, and coat with 3 tablespoons teriyaki sauce.

Melt the remaining butter in a separate skillet over medium heat, and cook the remaining garlic 2 minutes, until tender. Remove garlic, and set aside. Stir the mushrooms and onions into the skillet, and cook until onions are tender. Mix in the cabbage, green bell pepper, red bell pepper, and yellow bell pepper. Cook 3 minutes, until tender but still crisp. Remove skillet from heat, and mix in remaining 1/2 tablespoon teriyaki sauce and 1/2 the reserved pan drippings.

Heat the remaining pan drippings in the skillet over medium heat. Mix in the remaining red pepper flakes, teriyaki sauce from the beef bowl, the reserved garlic, cornstarch, brown sugar, beef broth, and orange jam. Cook 5 minutes, until thickened. Remove garlic, and stir in the beef to coat.

Serve the beef and vegetables, along with some of the skillet juices, over the cooked rice. Top with chow mein noodles, and sprinkle with mustard powder.

Festive Beef Tenderloin

Ingredients

4 (1/2 inch thick) beef tenderloin steaks
1/4 cup crushed saltine crackers
1/4 cup mayonnaise
2 tablespoons minced fresh parsley
2 teaspoons prepared horseradish
1/4 teaspoon pepper

Directions

Place steaks on a greased broiler pan. Broil 3-4 in. from the heat for 8 minutes on each side.

Combine cracker crumbs, mayonnaise, parsley, horseradish and pepper. Spread over steaks. Broil 2-6 minutes longer or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F; medium, 160 degrees F; well-done, 170 degrees F).

Molasses Marinade for Beef

Ingredients

1/2 cup molasses
1/2 cup brown sugar
1 cup ketchup
1 tablespoon lemon juice
1 tablespoon dried oregano
1 tablespoon garlic powder
1/2 teaspoon onion powder
3 rings onion

Directions

Combine the molasses, brown sugar, ketchup, lemon juice, oregano, garlic powder, onion powder, and onion in a bowl; stir to combine. Pour marinade over meat and allow to sit in the refrigerator overnight before cooking.

Nutty Beef Turnovers

Ingredients

1 pound ground beef
1 1/2 cups chopped nuts
1 medium onion, chopped
2 garlic cloves, minced
1 tablespoon Worcestershire sauce
2 teaspoons sugar
1/4 teaspoon ground cinnamon
2 (1 pound) loaves frozen bread dough, thawed

Directions

In a skillet, cook beef, nuts, onion and garlic over medium heat until meat is no longer pink; drain. Remove from the heat. Stir in the Worcestershire sauce, sugar and cinnamon. On a floured surface, roll each portion of dough into a 12-in. square. Cut each into four squares. Place about 1/4 cup meat mixture in center of each square. moisten edges of pastry with water; fold over filling, forming a triangle. Press edges with a fork to seal. Place on ungreased baking sheets. Bake at 350 degrees F for 20 minutes or until golden brown.

Corned Beef Casserole

Ingredients

1 (8 ounce) package uncooked elbow macaroni
1/2 pound processed American cheese, diced
1 onion, chopped
1 green bell pepper, chopped
1 (12 ounce) can corned beef
2 (10.75 ounce) cans condensed cream of chicken soup
2 cups milk
1 (10 ounce) package green peas

Directions

In a large bowl, mix together the macaroni, cheese, onion, green bell pepper, corned beef, soup, milk and peas.

Place this in a lightly greased 9x13 inch baking dish and refrigerate overnight.

Preheat oven to 375 degrees F (190 degrees C).

Allow dish to come up to room temperature.

Bake in preheated oven for 1 hour.

Beef Fajita Marinade

Ingredients

1/3 cup fresh lime juice
1/4 cup tequila
2 cloves garlic, minced
1 tablespoon chopped cilantro
1 teaspoon dried, crushed
Mexican oregano
2 teaspoons ground cumin
1 teaspoon freshly ground black
pepper

Directions

Whisk together lime juice, tequila, garlic, cilantro, oregano, cumin, and pepper in a bowl.

To use the marinade, pour into a resealable bag, and add 1 to 1 1/2 pounds of flank steak. Press the air out of the bag and seal tightly. Marinate in the refrigerator 8 to 24 hours.

Campbell'sB® Beef Bourguignonne

Ingredients

1 (10.75 ounce) can
Campbell'sB® Condensed
Golden Mushroom Soup
1 cup Burgundy or other dry red
wine
2 cloves garlic, minced
1 teaspoon dried thyme leaves,
crushed
2 cups small whole mushrooms
2 cups fresh or thawed frozen
whole baby carrots
1 cup frozen small onions, thawed
1 1/2 pounds beef top round
steak, 1 1/2-inches thick, cut into
1-inch pieces

Directions

Stir the soup, wine, garlic, thyme, mushrooms, carrots, onions and beef in a 3 1/2-quart slow cooker.

Cover and cook on LOW for 8 to 9 hours* or until the beef is fork-tender.

Tastes-Like-Beef Turkey Burgers

Ingredients

1 pound ground turkey
1 (1 ounce) package dry onion
soup mix
2 tablespoons steak sauce
cooking spray
4 hamburger buns

Directions

In a large bowl, mix together ground turkey, onion soup mix and steak sauce. Shape into 4 patties.

Heat a large skillet over medium heat, and lightly coat with cooking spray. Cook burgers 4 minutes on each side. Serve on hamburger buns.

Ground Beef a la King

Ingredients

1 (10 ounce) package frozen puff pastry shells
1 (16 ounce) package fresh baby carrots, cut in half
1 1/4 cups water, divided
1 1/2 pounds lean ground beef
1 (8 ounce) package sliced baby portobello mushrooms
2 tablespoons chopped shallots
3 tablespoons all-purpose flour
1 (10.5 ounce) can condensed beef broth, undiluted
1/4 cup tomato paste
1/4 cup dry red wine
1 tablespoon minced fresh tarragon
1/2 teaspoon salt
1/4 teaspoon pepper

Directions

Bake pastry shells according to package directions. In a microwave-safe bowl, combine the carrots and 1 cup of water. Cover and microwave on high for 8-10 minutes or until crisp-tender.

Meanwhile, in a large skillet, cook the beef, mushrooms and shallots over medium heat until meat is no longer pink; drain. Combine the flour and broth until smooth. Add the broth mixture, tomato paste, wine, tarragon, salt, pepper and remaining water to beef mixture; stir to combine.

Drain carrots; add to skillet. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Remove top of pastry shells; fill with beef mixture.

Oven-Dried Beef Jerky

Ingredients

1 1/2 pounds beef round steak
1/4 cup soy sauce
1 tablespoon Worcestershire
sauce
1/2 teaspoon onion salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper

Directions

Trim and discard all fat from meat. Cut meat into 5-in. x 1/2-in. strips. In a large resealable plastic bag, combine the remaining ingredients; add meat. Seal bag and toss to coat. Refrigerate for 8 hours or overnight.

Place wire racks on foil-lined baking sheets. Drain and discard marinade. Place meat strips 1/4 in. apart on racks. Bake, uncovered, at 200 degrees F for 6-7 hours or until meat is dry and leathery. Remove from the oven; cool completely. Refrigerate or freeze in an airtight container.

Corned Beef and Cabbage II

Ingredients

4 1/2 pounds corned beef brisket
5 black peppercorns
1/2 teaspoon garlic powder
1 onion, peeled and left whole
2 bay leaves
1 pinch salt
1 small head cabbage, cored and cut into wedges
6 large potatoes, quartered
4 large carrots, peeled and sliced
1/4 cup chopped fresh parsley
2 tablespoons butter

Directions

In a 6 quart Dutch oven, Place the beef brisket, peppercorns, garlic powder, onion, bay leaves and salt. Fill pan with water to cover everything plus one inch. Bring to a boil and cook for 20 minutes. Skim off any residue that floats to the top. Reduce heat to a simmer and cook for 2 to 3 hours, until meat can be pulled apart with a fork.

Once the meat is done, add the cabbage, potatoes and carrots, pressing them down into the liquid. Simmer for an additional 15 minutes or until the potatoes are tender. Skim off any oil that comes to the surface. Stir in the butter and parsley. Remove the pot from the heat.

Remove meat from the pot and place onto a serving dish and let rest for 15 minutes. Also remove vegetables to a bowl and keep warm. Slice meat on the diagonal against the grain. Serve meat on a platter and spoon juices over meat and vegetables.

Beef Spring Rolls with Carrots and Cilantro

Ingredients

1 pound beef top sirloin or top round steak, cut 3/4 to 1 inch thick or flank steak
1/4 cup stir-fry sauce and marinade
8 rice paper wrappers (8 to 9 inch diameter)
1 cup shredded carrots
1 cup lightly packed fresh cilantro
3 tablespoons stir-fry sauce and marinade
Additional prepared stir-fry sauce and marinade (optional)

Directions

Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup stir-fry sauce and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.

Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.

Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.

Spoon 1/4 cup beef, 2 tablespoons carrots and 2 tablespoons cilantro evenly in a row across center of wrapper, leaving 1-inch border on right and left sides; drizzle with about 1 teaspoon reserved stir-fry sauce. Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Repeat with remaining wrappers and filling ingredients. Cut each spring roll diagonally in half. Serve with additional stir-fry sauce, if desired.

Lori's Beef and Spaghetti Macaroni

Ingredients

4 ounces macaroni
1 pound lean ground beef
1 onion, chopped
1/2 cup mayonnaise
1 (28 ounce) jar spaghetti sauce
1/2 cup shredded Cheddar cheese

Directions

In a medium pot with boiling salted water cook macaroni pasta until al dente. Drain.

In a large skillet cook hamburger and onion until brown. Drain grease. Add mayonnaise and spaghetti sauce; mix well. Add drained and cooked macaroni, cook on medium heat stirring occasionally until heated through. Mix thoroughly.

To serve, pour mixture into a large serving bowl and top with shredded Cheddar cheese. Serve warm.

Beef Fajita Salad

Ingredients

1 (8 ounce) bottle Italian-style salad dressing
1 teaspoon ground cumin
1 dash hot pepper sauce
1/2 pound flank steak, cut into strips
1/2 cup fresh corn kernels
1/2 cup kidney beans, cooked
1/2 cup thinly sliced red onion
1/2 cup shredded Cheddar cheese
1 tomato, chopped
8 cups mixed salad greens
2 cups crushed tortilla chips

Directions

Combine the cumin, hot pepper sauce and Italian dressing in a small bowl and mix well. Reserve 1/2 cup of the dressing. In a separate bowl, add enough dressing to coat the beef and let marinate for 1 hour.

In a hot skillet, fry the beef and cook until done. Allow the beef to cool. In a medium bowl combine the beef with the corn, beans, onions and 1/2 cup of the dressing. Refrigerate for several hours before serving.

To serve, toss the beef and vegetable mixture with the salad greens, tomatoes and shredded cheese. Add extra dressing if necessary and top with the crushed tortilla chips.

Dry Spice Rub for Lamb or Beef

Ingredients

1 teaspoon paprika
1 1/2 teaspoons dried thyme
1 1/2 teaspoons dried basil
3/4 teaspoon cumin
2 tablespoons curry powder
(optional)

Directions

Mix together the paprika, thyme, basil, cumin, and curry powder, if desired, in a small bowl. When ready to use, evenly sprinkle a light coating onto lamb or beef and pat into surface of the meat. For the most flavorful results, season meat and place in a resealable plastic bag; refrigerate 2 hours before cooking.

Chili Beef Casserole

Ingredients

3/4 pound lean ground beef
2 teaspoons olive oil
2 onions, chopped
1 green bell pepper, chopped
1/4 cup frozen green peas
1/2 teaspoon chili powder
1/2 teaspoon red pepper flakes
1 (14.5 ounce) can canned tomatoes, drained and chopped
1/4 cup tomato paste
1 (15.25 ounce) can kidney beans, drained
1 (11 ounce) can whole kernel corn, drained
4 (6 inch) corn tortillas, quartered
1/3 cup shredded reduced-fat Cheddar cheese

Directions

Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.

In a skillet over medium heat, cook the ground beef until evenly brown. Drain, and set aside.

Heat the olive oil in a separate skillet over medium heat, and cook the onions until tender. Mix in the green pepper and peas, and season with chili powder and red pepper flakes. Stir the cooked beef, tomatoes, and tomato paste into the mixture. Reduce heat to low, and simmer 5 minutes. Mix in the kidney beans and corn.

Spoon 1/2 the skillet mixture into the prepared casserole dish, and top with 1/2 the tortilla quarters. Layer with remaining skillet mixture.

Cover and bake 25 minutes in the preheated oven. Remove cover, and top with remaining tortillas and cheese. Continue baking 10 minutes, or until cheese is melted and golden brown.

Beefburger Parcels

Ingredients

1 pound ground beef
1 onion, finely chopped
1 clove garlic
1 tablespoon olive oil
1 tablespoon Worcestershire sauce
1 teaspoon Italian seasoning
salt and pepper to taste
1 egg
1 tablespoon olive oil
1 onion, chopped
1/2 pound fresh mushrooms, finely chopped
1 (17.25 ounce) package frozen puff pastry
1 egg, beaten
B
1 cup red grape juice
1 cube beef bouillon
1 tablespoon Worcestershire sauce
1 tablespoon cornstarch, mixed with equal parts water

Directions

Preheat an outdoor grill for high heat, and lightly oil grate. Preheat oven to 400 degrees F (200 degrees C).

In a large bowl, combine ground beef, 1 chopped onion, garlic, and 1 tablespoon olive oil. Season with Worcestershire sauce, Italian seasoning, salt, and pepper. Add egg, and mix well. Shape into 4 thick patties, not too large in diameter. Cook burgers on grill until brown.

Heat 1 tablespoon olive oil in a skillet over medium heat. Saute 1 chopped onion, and chopped mushrooms until brown and caramelized.

Cut puff pastry into 4 squares, and roll pieces large enough to wrap burgers. Divide mushroom mixture into the center of each pastry, then top with burgers. Wrap pastry around burgers, and seal edges. Place parcels seam side down on a baking sheet. Brush with beaten egg.

Bake in preheated oven for 25 to 30 minutes, or until pastry is puffed and golden brown. Serve with Red Grape Sauce.

Meanwhile, make Red Grape Sauce: In a saucepan over medium heat, combine grape juice, Worcestershire sauce, and bouillon. Mix the cornstarch with water, and stir into sauce. Bring slowly to a boil, stirring constantly, until thickened.

Elaine's Sweet and Tangy Loose Beef BBQ

Ingredients

7 pounds boneless chuck roast
1 cup water
3 tablespoons white vinegar
4 tablespoons brown sugar
2 teaspoons dry mustard
4 tablespoons Worcestershire sauce
3 cups ketchup
2 teaspoons salt
3/4 teaspoon ground black pepper
1/4 teaspoon cayenne pepper
6 cloves garlic, minced

Directions

Place the roast into a slow cooker along with the water. Cover, and cook on LOW for 2 to 4 hours, or until beef can be easily shredded with a fork.

Shred the beef, removing fat as you go. Remove 1/2 cup of the broth from the slow cooker, and reserve for later. Add the vinegar, brown sugar, dry mustard, Worcestershire sauce and ketchup. Mix in the salt, pepper, cayenne, and garlic. Stir so that the meat is well coated.

Cover, and continue to cook beef on LOW for an additional 4 to 6 hours. Add the reserved broth only if necessary to maintain moisture. Serve on toasted buns. The meat can be frozen for future use.

Glazed Corned Beef

Ingredients

1 (3 pound) corned beef brisket, trimmed
1 medium onion, sliced
1 celery rib, sliced
1/4 cup butter
1 cup packed brown sugar
2/3 cup ketchup
1/3 cup white vinegar
2 tablespoons prepared mustard
2 teaspoons prepared horseradish

Directions

Place corned beef and contents of seasoning packet in a Dutch oven; cover with water. Add onion and celery. Bring to a boil. Reduce heat; cover and simmer for 2-1/2 hours or until meat is tender. Drain and discard liquid and vegetables. Place beef on a rack in a shallow roasting pan; set aside.

In a saucepan, melt butter over medium heat. Stir in the remaining ingredients. Cook and stir until sugar is dissolved. Brush over beef. Bake, uncovered, at 350 degrees F for 25 minutes. Let stand for 10 minutes before slicing.

Saute of Beef with Wild Mushrooms

Ingredients

9 fluid ounces red wine
1 onion, chopped
2 cloves garlic, chopped
1 sprig fresh thyme
2 tablespoons butter
1 1/2 pounds beef skirt steak, cut into cubes
1 tablespoon all-purpose flour
1 cup beef stock
salt and pepper to taste
9 ounces mixed wild mushrooms

Directions

In a skillet over medium heat, combine red wine, onion, garlic, and thyme. Bring to a boil, and cook until volume is reduced by about 1/4. Set aside, and allow to cool.

Melt butter in a skillet over medium heat until just beginning to brown. Add beef, and cook until evenly brown. Remove beef, and stir into cooled wine mixture. Set aside while preparing sauce.

Sprinkle flour into skillet. Reduce heat, and cook slowly until flour is browned. Gradually stir in beef stock, and stir until mixture comes to a boil. Season with salt and pepper, and simmer uncovered for about 10 minutes.

Stir in beef and wine mixture. Cover, and cook very gently for 40 to 45 minutes. Lay mushrooms on top of beef. Cover, and simmer for about 10 more minutes. Transfer beef and mushrooms to a serving dish. Taste sauce, and adjust seasonings. Simmer until sauce has reduced to desired consistency, then pour over meat.

Mom's Ground Beef Casserole

Ingredients

2 pounds ground beef
1 medium green pepper, chopped
1 medium onion, chopped
9 cups cooked wide egg noodles
1 pound process American cheese, cubed
1 (15.25 ounce) can whole kernel corn, drained
1 (10.5 ounce) can condensed chicken and rice soup
1 (10.75 ounce) can condensed cream of mushroom soup, undiluted
1/2 cup milk
1 teaspoon salt
1/4 teaspoon pepper

Directions

In a Dutch oven, cook beef, green pepper and onion until meat is no longer pink and vegetables are tender; drain. Remove from heat; stir in remaining ingredients. Transfer to two greased 2-1/2-qt. baking dishes. Cover and bake at 350 degrees F for 45-50 minutes or until bubbly.

Sausage, Beef and Bean Casserole

Ingredients

1 pound sweet or hot Italian pork sausage, cut into 1-inch pieces
1/2 pound ground beef
1 small onion, chopped
1 (6 ounce) bag fresh baby spinach leaves
1 (10.75 ounce) can Campbell's® Condensed Cream of Mushroom Soup (Regular, 98% Fat Free or 25% Less Sodium)
1/4 cup milk
1 (15 ounce) can white kidney beans (cannellini), rinsed and drained
1 cup Pepperidge Farm® Herb Seasoned Stuffing
1/2 cup crumbled blue cheese or shredded Cheddar cheese

Directions

Heat the oven to 350 degrees F.

Cook the sausage, beef and onion in a 12-inch oven-safe skillet until the sausage and beef are well browned, stirring often to break up beef. Pour off any fat. Stir in the spinach and cook until the spinach is wilted.

Stir the soup, milk and beans in the skillet.

Stir the stuffing and cheese in a small bowl. Sprinkle around the inside edge of the skillet.

Bake for 30 minutes or until the sausage mixture is hot and bubbling.

Baked Beef and Brown Rice

Ingredients

1 cup uncooked brown rice
1 large onion, sliced
4 carrots, grated
1 1/2 pounds lean ground beef
1 medium green pepper, diced
2 teaspoons salt
2 cups tomato juice
2 tablespoons Worcestershire sauce
1/2 teaspoon dried basil
1 1/2 cups shredded Cheddar cheese
1/2 cup wheat germ

Directions

In a greased 13-in. x 9-in. x 2-in. baking dish, layer rice, onion, carrots, beef and green pepper. Sprinkle with salt. Combine the tomato juice, Worcestershire sauce and basil; pour over the top. Sprinkle with cheese and wheat germ. cover and bake at 350 degrees F for 1-1/2 hours or until the rice is tender.

Beef Peach Pie

Ingredients

1 pound ground beef
1 egg
1/2 cup milk
1/4 cup chopped onion
1 cup soft bread crumbs
1 teaspoon salt
1 pinch pepper
1 (15 ounce) can sliced peaches,
drained
1 tablespoon vinegar
1 tablespoon ketchup
1/4 cup brown sugar

Directions

Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the ground beef, egg, milk, onion, bread crumbs, salt and pepper. Press into a 9 inch pie pan like a crust. Prick meat all over using a fork.

Bake for 25 to 30 minutes in the preheated oven. Remove from the oven, and pour off any excess fat. Arrange the sliced peaches over the beef. Mix together the vinegar, ketchup and brown sugar, and spoon over the top of the peaches.

Bake for an additional 20 minutes. Let stand for at least 10 minutes before serving.

Masala Beef with Ginger and Curry Leaf

Ingredients

3 bay leaves
1 (1 inch) piece cinnamon stick
5 cardamom pods
4 whole cloves
2 teaspoons fennel seeds
10 whole black peppercorns

2 pounds beef tenderloin, cubed
3 cups chopped onion, divided
5 green chile peppers, halved lengthwise
1 (1 1/2 inch) piece fresh ginger root, grated
6 cloves garlic, minced
1/2 teaspoon ground turmeric
1 teaspoon salt
1/2 cup coconut oil
1/4 teaspoon whole mustard seeds
4 fresh curry leaves
2 1/2 teaspoons lemon juice
1 teaspoon ground black pepper

Directions

To make the masala powder: Grind the bay leaves, cinnamon, cardamom, cloves, fennel seeds and peppercorns in a spice grinder until mixture is a fine powder.

Place the beef cubes, masala powder, 2 cups chopped onion, green chiles, grated fresh ginger, garlic and turmeric in a large, heavy pot. Add water to cover (about 1 cup) and bring to a boil. Reduce heat and simmer for 30 minutes until beef is cooked through. Add salt. Stir and continue to simmer about 10 minutes or until mixture is almost dry, but do not allow it to burn (add a bit more water, if necessary). Set aside.

Heat oil in a large skillet over medium-high heat. Add mustard seeds and cook until they begin to pop. Immediately add remaining 1 cup chopped onion and stir over medium heat until onions soften and begin to brown, about 10 to 12 minutes. Add curry leaves and cook until brown, about 3 minutes.

Stir in the beef mixture, black pepper, and lemon juice. Cook until nicely browned and heated through, about 8 minutes.

Beef or Chicken Enchiladas

Ingredients

1 tablespoon butter or margarine
2 medium onions, chopped
1 garlic clove, minced
2 tablespoons all-purpose flour
1 cup chicken broth
1 cup milk
2 (4 ounce) cans chopped green chilies
1/4 teaspoon salt
1/4 teaspoon ground cumin
12 flour or corn tortillas
1 1/2 cups cooked, shredded beef chuck roast
1 cup shredded Monterey Jack cheese
1 cup shredded Cheddar cheese
2 green onions with tops, thinly sliced
Sour cream
Salsa

Directions

In a saucepan, melt butter over medium heat. Saute onion and garlic until onion is tender. Blend in flour. Stir in broth, milk, chilies, salt and cumin. Cook and stir until thickened and bubbly. Reduce heat; simmer 5 minutes, stirring occasionally. Set aside.

Grease a 13-in. x 9-in.x 2-in. baking dish. Spoon a little sauce in the center of each tortilla; spread to edges. Place about 2 tablespoons meat down the center of each tortilla. Combine cheeses; sprinkle 1-2 tablespoons on top of meat. Roll up tortillas and place in baking dish, seam-side down. Pour remaining sauce over. Sprinkle with green onions and remaining cheese. Bake, uncovered, at 350 degrees F for 20-30 minutes or until hot and bubbly. Serve with sour cream and salsa.

Beef, Asparagus and Portobello Stir-Fry

Ingredients

1 pound boneless beef sirloin steak, 3/4 inch thick
2 tablespoons cornstarch
1 3/4 cups Swanson® Beef Broth (regular, Lower Sodium or Certified Organic)
2 tablespoons low-sodium soy sauce
1 tablespoon packed brown sugar
1/4 teaspoon garlic powder
1 pound asparagus, cut into 2-inch diagonal pieces
2 large portobello mushrooms, sliced
1/2 cup roasted red pepper strips
4 cups hot cooked regular long-grain white rice, cooked without salt

Directions

Slice beef into very thin strips. Mix cornstarch, broth, soy, sugar and garlic powder until smooth. Set aside.

Cook beef in nonstick skillet over medium-high heat until browned.

Add asparagus, mushrooms and roasted pepper. Stir broth mixture and add. Cook until mixture boils and thickens, stirring constantly. Serve over rice.

Beef Barley Lentil Soup

Ingredients

1 pound lean ground beef
1 medium onion, chopped
2 cups cubed red potatoes (1/4 inch pieces)
1 cup chopped celery
1 cup diced carrots
1 cup dry lentils, rinsed
1/2 cup medium pearl barley
8 cups water
2 teaspoons beef bouillon granules
1 teaspoon salt
1/2 teaspoon lemon-pepper seasoning
2 (14.5 ounce) cans stewed tomatoes

Directions

In a nonstick skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Transfer to a 5-qt. slow cooker. Layer with the potatoes, celery, carrots, lentils and barley. Combine the water, bouillon, salt and lemon-pepper; pour over vegetables. Cover and cook on low for 6 hours or until vegetables and barley are tender. Add the tomatoes; cook 2 hours longer.

Beef and Onion Stew

Ingredients

1 1/2 pounds beef stew meat
all-purpose flour
1/4 cup butter or margarine
3 cups diced onion
1 garlic clove, minced
1 1/2 cups beef broth
2 tablespoons cider vinegar
1 tablespoon tomato paste
1 bay leaf
1 1/2 teaspoons salt
1 teaspoon lemon-pepper
seasoning
1/2 teaspoon dried thyme
cooked rice or noodles

Directions

Dredge meat in flour; brown in butter in a Dutch oven. Add the onion and garlic; cook, stirring occasionally, for 10 minutes. Add broth, vinegar, tomato paste and seasonings. Cover and simmer for 1-1/2 to 2 hours or until meat is tender. Serve over rice or noodles.

No-Fuss Beef Roast

Ingredients

1 1/2 teaspoons seasoned salt
1 teaspoon garlic powder
1/2 teaspoon onion powder
1/4 teaspoon cayenne pepper
1 (4 pound) beef rib roast
1/2 cup butter or margarine,
cubed

Directions

Combine the first four ingredients; rub over roast. Place roast, fat side up, in a roasting pan. Dot with butter. Bake, uncovered, at 350 degrees F for 1-3/4 to 3 hours or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145 degrees F medium, 160 degrees F; well-done, 170 degrees F). Let stand for 10-15 minutes before carving. Thicken pan drippings for gravy if desired.

Beef Bourguignon III

Ingredients

2 pounds lean stew beef
1 cup red wine
4 sprigs fresh parsley
1 sprig fresh thyme
1 bay leaf
4 tablespoons butter
1 onion, sliced
1 tablespoon all-purpose flour
1/4 cup beef broth
salt and ground black pepper to taste
2 tablespoons butter
4 ounces bacon, chopped
12 small onions
4 ounces button mushrooms, sliced

Directions

In a medium bowl, combine beef, wine, parsley, thyme and bay leaf. Let marinate for 3 hours.

Remove beef; strain and reserve marinade. Heat 4 tablespoons butter in a large heavy saucepan over medium high heat. Saute the sliced onion until tender. Stir in beef, and cook until evenly brown. Remove beef and onion; set aside. Add flour to pan, and cook, stirring, until brown. Slowly stir in beef broth, then the reserved marinade. Return the beef mixture to the pan. Cover, and simmer for 3 hours.

Heat 2 tablespoons butter in a medium skillet over medium high heat, Stir in the bacon and small onions, and saute until onions are tender. Add mushrooms, and continue cooking until mushrooms are golden brown. Serve as a garnish.

Ground Beef Mix

Ingredients

3 eggs
1 1/4 cups milk
2 cups crushed saltine crackers
2 large onions, chopped
2 teaspoons salt
1/2 teaspoon pepper
3 1/2 pounds ground beef

Directions

In a bowl, combine the eggs, milk, cracker crumbs, onions, salt and pepper; mix well. Crumble beef over mixture and mix well. Divide into three freezer containers. May be frozen for up to 1 month.

Beef Tenderloin With Easy Cranberry Balsamic

Ingredients

1 (4 pound) whole beef tenderloin roast
2 tablespoons chopped fresh thyme
1 tablespoon pepper
1/3 cup balsamic vinegar
3 tablespoons finely chopped shallots
1 (16 ounce) can whole berry cranberry sauce
1/4 teaspoon salt

Directions

Heat oven to 425 degrees F. Combine thyme and pepper; reserve 1 teaspoon seasoning mixture for sauce. Press remaining seasoning mixture evenly onto all surfaces of beef roast.

Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 425 degrees F oven 50 to 60 minutes for medium rare; 60 to 70 minutes for medium doneness.

Remove roast when meat thermometer registers 135 degrees F for medium rare; 150 degrees F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10 degrees F to reach 145 degrees F for medium rare; 160 degrees F for medium.)

Meanwhile prepare sauce. Combine vinegar and shallots in small saucepan; bring to a boil. Reduce heat; simmer 3 minutes. Stir in cranberry sauce; bring to a boil. Reduce heat; simmer 6 minutes to blend flavors, stirring occasionally. Remove from heat; stir in reserved seasoning and salt.

Carve roast into slices; serve with sauce.

Ground Beef for Tacos

Ingredients

1 pound lean ground beef
1 onion, diced
1/2 cup ketchup
1 (1.25 ounce) package taco
seasoning mix
2/3 cup cold water

Directions

In a large skillet over medium heat, brown the ground beef with onion; drain fat.

Stir in ketchup, taco seasoning, and cold water. Reduce heat and simmer for 20 minutes.

Pronto Beef and Rice

Ingredients

1 1/2 pounds ground beef
2 (14.5 ounce) cans chicken broth
1 1/2 cups uncooked long grain rice
1 (6 ounce) can tomato sauce
1/3 cup diced onion
1 small green bell pepper, diced
1 jalapeno pepper, seeded and diced

Directions

In a large skillet, cook beef over medium heat until no longer pink; drain. Stir in the remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until rice is tender.

Apricot Beef Stir-Fry

Ingredients

1 (15 ounce) can apricot halves
2 tablespoons cornstarch
3/4 cup beef broth
2 tablespoons soy sauce
1 1/2 pounds boneless beef round
or sirloin steak, cut into thin strips
1 tablespoon canola oil
2 cups fresh broccoli florets
1/2 cup chopped onion
1 cup cherry tomatoes
Hot cooked rice

Directions

Drain apricots, reserving 1/4 cup juice. Cut apricots in quarters and set aside. In a small bowl, combine the cornstarch, broth, soy sauce and reserved apricot juice until smooth; set aside.

In a large skillet or wok, stir-fry beef in oil for 3 minutes. Add broccoli and onion; stir-fry 2-3 minutes longer or until vegetables are crisp-tender. Stir sauce and add to the pan. Bring to a boil; cook and stir for 2 minutes or until thickened. Add tomatoes and reserved apricots; heat through. Serve over rice.

Cheesy Beef Nachos

Ingredients

1/2 pound lean ground beef
1/2 cup salsa
4 cups tortilla chips
1 cup KRAFT Tex Mex Shredded Cheese
1/4 cup chopped onions
1/4 cup chopped tomatoes
1/4 cup sliced jalapeno peppers
1/4 cup sliced black olives
1/4 cup guacamole

Directions

Brown meat in large skillet; drain. Stir in salsa; simmer 2 minutes.

Arrange chips on large microwaveable plate. Top with meat mixture; sprinkle with cheese.

Microwave on HIGH 2 to 3 minutes or until cheese is melted, rotating plate every minute. Top with remaining ingredients.