

BEEF

*BEEF BARLEY SOUP

Angie Close

Shredded beef
Carrots, cut
Potatoes, cut
Onion, cut
Celery, cut
Garlic, pressed
Diced Tomatoes
Barley
Beef Bouillon Cubes
Worcestershire Sauce
Basil
Salt and Pepper

Combine all ingredients in a large pot and simmer for 30 minutes

*BEEF NACHO CASSEROLE

Tara Holmgren

1 lb ground beef
1 ½ cups chunky salsa
1 10 oz can whole kernel corn, drained
¾ cup creamy ranch dip dressing
1 tsp chili powder
2 cups crushed tortilla chips
2 cups Colby cheese, shredded

Preheat the oven to 350 F

Place ground beef in a large skillet over med/high heat.

Cook, stirring to crumble, until evenly browned.

Drain grease

Remove from heat and stir in salsa, corn, dressing, and chili powder.

In a 2 quart casserole dish, layer the beef, chips and cheese twice, ending with cheese on top.

Bake for 20 minutes uncovered until cheese is melted

*BEEF RICE CASSEROLE

Joyce Hammond

1 lb ground beef
1 cup celery
½ cup onion

Brown ground beef
Add celery and onion and fry until they are soft
Mix with 1 ½ cup cooked rice
2 cans cream of mushroom or celery soup
2 tbsp soya sauce

Top with chow mien noodles
Bake in 350 oven for 30 minutes

***JACK MOONEYS MEATY SLOW COOKER STEW**

4 potatoes, cut into small chunks (I wash them and leave the skins on)
1 or 2 onions, skinned and cut into chunks
Lots of white button mushrooms, sliced (or whole if they're small)
2 – 3 sticks celery, washed and chopped
3 – 4 carrots, washed and sliced into chunks
Green pepper, sliced and cut into chunks
1½ - 2 pounds (or maybe even a little more) lean stewing meat, cut into chunks

2 cups (500 ml) beef stock	olive oil for sautéing the meat (if you
2 tablespoon Worcestershire Sauce	choose to sauté the meat)
2 tablespoon soy sauce	flour
1 tsp (5 ml) dried marjoram	2 cups frozen peas
black pepper to taste (lots of pepper, lots of taste)	2 cups frozen corn

1. Prepare and place the vegetables into the slow cooker.
2. Dredge the meat chunks in flour and then sauté in olive oil in batches till browned.
3. Or Add the meat chunks raw and add a little flour to the stew to thicken the juice.
4. Add the stew meat to the vegetables, add the herbs and spices and mix well.
5. Finally add the beef stock, the Worcestershire sauce and the soy sauce.
6. Give the mixture a good stir and then cover the pot securely with aluminum foil before putting on the lid. This tight seal ensures the maximum flavour!
7. Cook on high setting for 45 minutes and then reduce to the low setting for about six to eight hours, (hey, it's a slow cooker!!) adding the peas and the corn for the final 30 minutes of cooking.
8. This is an excellent recipe using Beef, but it is equally good for wild meat like Antelope, Deer, Elk and Moose.

***LASAGNE**

Lynne McKnight

1 lb lean ground beef
½ tsp garlic salt
1 tbsp whole basil
1 tsp salt
32 oz can of tomatoes
2 - 6 oz cans of tomato paste

lasagna strips
500 g cottage cheese
2 tbsp parsley flakes
2 beaten eggs
salt and pepper

1. Brown beef, add garlic, basil, salt, tomatoes and tomato paste.
 2. Simmer 30 minutes stirring occasionally
 3. Combine cottage cheese, eggs, parsley, salt and pepper
 4. Layer in 9x13 baking pan - raw noodles, sauce, cottage cheese, noodles, sauce and mozzarella cheese
 5. Bake at 275 for 1 hour
 6. Let stand 30-40 minutes before cutting
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***LAZY MAN'S CABBAGE ROLLS**

Suneetha Banco

1.5 lbs beef
3 cans of tomato soup
Cabbage cut into bite size pieces
Cooked Rice (1 cup uncooked)

Onions
Garlic Salt
Pepper
Western Steak Sauce

1. Cook rice according to package directions
 2. Sauté onions and fry beef.
 3. Steam cabbage if you want it to be soft.
 3. Combine all ingredients in slow cooker and cook for 4-5 hours.
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***LIDBURY SPECIAL**

Ground Beef
Vegetable soup
Mashed Potatoes
Carrots

***MINESTRONE**

Company's Coming

1 lb ground beef	1 tsp dried oregano
3 garlic cloves, minced	1 tbsp finely chopped fresh parsley
1 large onion, chopped	¼ tsp pepper
2 large celery stalks, chopped	½ tsp hot pepper sauce
6 cups water	28 oz canned tomatoes, with juice, chopped
2 ½ tbsp beef bouillon powder	1 cup orzo pasta
2 medium carrots, quartered lengthwise and sliced	14 oz canned kidney beans, with liquid
1 medium zucchini, with peel, ditto	Garnish: freshly grated parmesan cheese
2 bay leaves	
¼ cup finely chopped fresh sweet basil	

1. Scramble fry the beef in a Dutch oven until no pink remains. Drain.
 2. Add the garlic, onion and celery. Sauté, stirring frequently, until the onion and celery are soft.
 3. Add the next 11 ingredients. Bring the mixture to a boil. Reduce the heat. Cover and simmer for 45 minutes or until the vegetables are tender.
 4. Add the pasta and beans. Simmer for 10 minutes more or until the pasta is cooked.
 5. Discard the bay leaf.
 6. Sprinkle individual servings with parmesan cheese.
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***MOM'S CHILI**

Lynne McKnight

1-2 lbs browned ground beef
Sauté 1 medium onion, chopped and garlic
1-2 cans each: kidney beans, pork and beans, corn, tomatoes, tomato paste
1-2 tbsp chili powder
Add any veggies: celery, green pepper, mushrooms
Salt and pepper to taste
Hot pepper sauce
Simmer for 1 ½ hours or more
If it is too thick add water or vinegar

***PULL APART ROAST**

Robin Carter

1 Large Elk Roast	2 tbsp Liquid Smoke	2 tsp celery salt
2 tbsp Worcestershire Sauce	1 tsp onion salt	2 tsp pepper
	1 tsp garlic salt	

Mix spices together, pour over meat, cook 24 hours on low, maybe add water if too dry

***PULL APART ROAST 2**

4 lb Roast	1 package of onion soup	4 cup of apple juice
2 tbsp oil	mix	

1. Heat oil in a skillet, brown roast on all sides.
 2. Put in slow cooker, top with onion soup
 3. Add apple juice
 4. Cook on low for 6-8 hours
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***SHEPHERD'S PIE**

Elephant and Castle in Ottawa

1 small onion	¼ cup oatmeal
1 medium carrot chopped	garlic to taste
1 tbsp cooking oil	1 tsp Worcestershire sauce
2 lbs ground beef	1 beef bouillon cube
¼ cup flour	6 oz hot water

1. Sauté onions and carrots in vegetable oil
 2. Add beef, brown and then drain
 3. Add flour and oatmeal, garlic, sauce and pepper to taste
 4. Put beef in a bake dish and top with whipped potatoes
 5. Sprinkle with paprika and bake in 325 oven for 25-30 minutes.
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***TACO SOUP**

Browned beef	2 15 ounce cans of tomato sauce
1 large onion, diced	2 12 ounce cans filled with water
3 - 4 cloves of garlic, minced	1 cup of frozen corn (or 1 can)
2 15 ounce cans of black beans, drained and rinsed	1 cup of frozen chopped spinach (fresh would probably work too)
2 15 ounce cans of diced tomatoes, not drained	1/4 cup of cilantro, diced (optional)
	Taco seasoning, to taste.

1. Click the "Sauté" button on the instant pot
2. Once it's warm, add the onion and garlic, sautéing until brown. Add a bit of water if it starts to stick.
3. Once it's warm, click the "Cancel" button to stop the sauté feature.
4. Add all of the rest of the ingredients, stir well
5. Close the lid. Turn the valve to "sealed". Click "Manual" and reduce the time to 3 minutes.
6. Once the cycle is complete, let the pressure come down for at least 10 minutes before releasing (can let it completely naturally release)
7. Stir well. Serve warm. Topped with cilantro, sour cream, cheese, green onion

BBQ BEER CHICKEN, IN THE CROCKPOT

Three lbs boneless, skinless chicken breasts (about 6 large)
one tbsp. onion powder
one tbsp. paprika
two cloves garlic, minced
½ tsp salt

½ tsp black pepper
One cup beer (any kind you like)
Four cups of BBQ sauce (any kind you like)
Hamburger buns
Coleslaw

1. Add everything except the chicken to the crockpot and stir to combine. Add the chicken to the crockpot, spoon the sauce on top so all the chicken has a little sauce on it.
2. Cook on low for 6 hours, stirring a couple of times throughout if desired. After six hours, shred the chicken and add it back to the sauce in the crockpot. Toss chicken with the sauce and let sit for 15 minutes so it can absorb some of the sauce. Serve on hamburger buns, topped with coleslaw.

DINER MEAT LOAF

1 ½ lb Ground beef
1cup Soft bread crumbs
¾ cup Milk
½ cup Chopped onions
½ cup Parmesan cheese
1Egg, slightly beaten

1 ½ tsp Salt
¼ tsp Pepper
¼ tsp Oregano
1sm Can tomato sauce
3 Slices Mozzarella cheese

1. Heat oven to 350 degrees.
 2. Combine all ingredients except tomato sauce and Mozzarella cheese.
 3. Mix lightly in a 10 x 6" loaf pan, shape loaf.
 4. Bake 1 1/2 to 2 hours. Drain excess fat.
 5. Pour tomato sauce over loaf during last 1/2 hour of baking time.
 6. Place Mozzarella cheese on top. Bake 5 to 10 minutes.
- Serves 4 to 6.

EASY SKILLET CHILI

Company's Coming

1 lb ground beef
1 garlic clove, minced
1 large onion, chopped
1 large green pepper, chopped
2 cups sliced fresh mushrooms
14 oz canned tomatoes, with juice, chopped

7 ½ oz tomato sauce
5½ oz tomato paste
14 oz canned red kidney beans, with liquid
1 tsp salt
2 tsp chili powder
1bay leaf

1. Scramble fry the beef in a large non-stick skillet. Drain.
2. Add the next 4 ingredients and cook until the vegetables are soft.
3. Add the remaining 7 ingredients. Cover and simmer for 1 hour, stirring occasionally.
4. Remove the bay leaf.

ENCHILADAS: SOUTH TEXAS STYLE

1 lb ground beef	salt to taste
3 tbsp flour	$\frac{3}{4}$ tsp garlic powder
1 - 8 oz can tomato sauce	12 tortillas
1 cup water	1 lb cheese
2 tbsp chili powder	1 large onion finely chopped

1. Brown beef
2. Sprinkle with flour and mix
3. Add tomato sauce and water
4. Mix $\frac{1}{2}$ cup water with chili powder to form a smooth paste
5. Add to meat mixture
6. Add salt and garlic powder
7. Cook over medium heat uncovered until Gravy consistency
8. Cover and simmer on low heat
9. Add more water if too thick
10. Place cheese, onion and meat on soaked tortilla
11. Roll tightly and place loose side down
12. Pour remaining gravy over casserole, top with onion and cheese
13. Bake at 350 until cheese is melted
14. Serve immediately

GRILLED STEAK AND VEGETABLES

Company's Coming

2 medium zucchini, sliced $\frac{1}{2}$ " thick	1 tbsp olive oil
1 medium red onion, cut into wedges	2 tsp freshly ground pepper
1 red pepper, cut into wedges	1 tsp dry mustard powder
1 yellow pepper, cut into wedges	1 tsp ground coriander
18-20 large fresh mushrooms	1 tsp salt
$\frac{3}{4}$ cup low fat Italian dressing	3 garlic cloves, crushed
2 tbsp brown sugar	2 lbs top sirloin

1. Combine the vegetables with the Italian dressing in a large bowl. Cover and marinate for 2-3 hours stirring occasionally.
2. Combine the next 7 ingredients in a small bowl. Mix well. Spread over both sides of the steak
3. Barbecue over medium-low heat for 7-10 minutes per side for medium or to desired doneness. Keep the steaks warm on the warming rack of the barbecue or wrap in foil while cooking the vegetables.
4. Drain the vegetables. Place in a barbecue grilling pan. Barbecue over medium heat for 8-10 minutes or until tender-crisp and starting to brown, stirring occasionally
5. Cut the steak diagonally across the grain into thin slices
6. Serve with the grilled vegetables.

ITALIAN SPAGHETTI SAUCE

Lynne McKnight

½ cup onion slices	¼ cups chopped parsley
2 tbsp salad oil	1 ½ tsp oregano or sage
1 lb ground beef	1 tsp salt
2 cloves garlic, minced	¼ tsp thyme
1 qt tomatoes	1 bay leaf
2 - 6 oz cans tomato paste	1 cup water
mushrooms	

1. In large skillet cook onion in oil, add meat and garlic. Brown lightly and add other ingredients.
 2. Simmer uncovered 2 - 2 ½ hours or till thick
 3. Remove leaf.
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JEANS HAMBURGERS

Jean Buha

Crackers	Montreal steak spice
Bbq sauce	Salt and pepper
Onions	

MEAT BALLS

3 slices dry bread	1 clove garlic, minced
1 lb ground beef	1 tsp crushed oregano
2 eggs	1 tsp salt
½ cup grated Romano cheese	Dash of pepper
2 tbsp chopped parsley	

1. Soak bread in water 2-3 minutes
 2. Squeeze out moisture. Combine with rest, mixing well.
 3. Form into balls.
 4. Brown slowly in 2 tbsp hot olive oil
 5. Add cans of mushroom soup and slow cook.
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MEAT BALLS, SWEET AND SOUR

Sheri Wise

¼ cup sugar	2 tbsp soya sauce	½ cup water
2tbsp cornstarch	2 tbsp vinegar	2 green peppers
		1 cup pineapple tidbits

1. Combine all but pineapple and peppers.
2. Boil until it thickens.
3. Add other ingredients.
4. Cover and simmer 15 minutes. Cook with meatballs at 350 for 25 minutes.

MEATBALLS, HONEY GARLIC

Company's Coming

Meatballs

2 lbs ground beef
4 fresh bread slices, crumbed
2 large eggs

1 tsp salt
¼ tsp cayenne pepper

Sauce

1 tbsp hard margarine
8 garlic cloves, minced
14 oz pureed canned tomatoes

¾ cup liquid honey
2 tsp cornstarch
¼ cup soy sauce

1. Combine the 5 meatball ingredients in a large bowl. Mix well. Form into 48, 1 ½ " balls. Bake on an ungreased baking sheet in a 500 F oven for 10-12 minutes
 2. Remove the meatballs to an ungreased 2 quart casserole dish.
 3. Melt the margarine in a medium saucepan. Sauté the garlic until soft but not browned. Add the tomato and honey. Mix the cornstarch with the soya sauce and stir into the tomato mixture. Bring to a boil. Reduce the heat. Simmer, uncovered, for 10 minutes, stirring frequently. Pour the thickened sauce over the meatballs.
 4. Bake, uncovered, in a 350 F oven for 20 minutes or until meatballs are glazed.
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ONE-STEP STEW

Lynne McKnight

4-lbs stew meat
2 medium onions
1 cup celery

carrots
4-medium potatoes
1 can green peas

1. Put in slow cooker in layers and sprinkle over with salt and pepper.
2. Add 2 cans of tomato soup and 1 ½ cans of water
3. Bake at 250 for five hours, do not raise lid while cooking
4. Thicken with ¼ cup flour mixed in 1 cup cold water
5. Cook for 15 minutes more

PEPPER STEAK

1 ½ lb round steak
¼ cup flour
½ tsp salt
1/8 tsp pepper
¼ cup oil
2 large peppers

1 ½ tsp Worcestershire sauce
1 can tomatoes
1 ¾ cup water
½ cup chopped onion
1 small clove garlic
1 tbsp onion soup mix or gravy base

1. Cut steak into ½" strips
 2. Coat with flour and seasoning mix
 3. Brown in hot oil. Transfer to casserole
 4. Drain Tomatoes, add liquid to steak mixture along with water, onion, garlic and gravy base
 5. Put in 325 oven and bake for 1 ¼ hours covered
 6. Uncovered, stir in Worcestershire sauce; if gravy is too thin add 1-2 tbsp flour mixed with equal amount of water
 7. Cut peppers into strips and add to meat
 8. Cover and cook for 10 minutes
 9. Add drained tomatoes
 10. Cook for 10 minutes more
 11. Serve over cooked rice
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SPANISH RICE

8-10 meat patties
4 ½ cups stewed tomatoes
1 ½ cups water
1 ½ tsp sugar

Lynne McKnight
1 ½ tbsp prepared mustard
1 ½ tbsp Worcestershire sauce
1 cup raw rice

1. Brown patties quickly on each side
2. Remove from pan
3. add other ingredients into casserole dish
4. Stir
5. Arrange meat patties on top
6. Cover and bake at 350 for approx. 1 hour.