



*Easy Shepard's Pie (deconstructed)*

1 lb. ground beef  
 1 small onion finely diced  
 1 tbs. lard or fat of choice  
 3/4 tsp. salt  
 3/4 tsp black pepper  
 1 bay leaf  
 1/2 tsp dried thyme (*1 tsp. for those who love thyme, if you don't have thyme or don't like the flavor, use 1/2 tsp of dry Italian seasoning in place of the thyme*)  
 16 oz. beef or vegetable stock  
 1 tbs. corn starch  
 8 oz frozen mixed vegetables

In large skillet, brown ground beef & onion. Add salt, pepper, thyme, bay leaf, stock & frozen vegetables. Cook over medium heat for 20 minutes, or until vegetables are tender. Remove bay leaf.

Mix 1 tbs. of corn starch in 1/4 cup of cold water, stir until smooth. Stir into skillet, cook for another 5 minutes. Serve over creamy mashed potatoes.



*Farmhouse Smashburger*

1 lb. ground beef  
 1 tsp kosher salt  
 1 tsp black pepper

Mix burger well, shape into 5 round portions

Heat a lightly oil skillet to a medium-high heat. I prefer a cast iron skillet, which is a great heat conductor, and helps form a nice crust on the outside of the burger.

Place the portions in the skillet, they should sizzle. Let cook for about 30 seconds, flip with turner, then smash the patties flat to about 1/2 inch thickness, cook 2 1/2 minutes, turn and cook for another 2 1/2 minutes for a medium internal cooked beef burger.

I love the burger served on a lightly toasted slider bun, and served with a green salad.

My favorite toppings: mayonnaise, ketchup, lettuce, and bread n' butter pickles.

## Grass-Fed Ground Beef Recipes



In my opinion our grass-fed ground beef is the rock star of our farm meats. Full of rich beef flavor, versatile for many different recipes, and has a quick cooking time. It is my go-to a couple times of week.

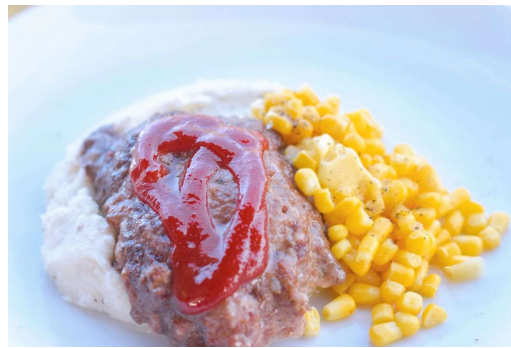


### Hearty Chili

1 lb lean grass-fed ground beef  
 1 sweet onion medium - large finely diced  
 1/2 of yellow or orange bell pepper finely diced  
 1 tbs. lard or favorite cooking oil  
 2 pints of diced, peeled, canned tomatoes  
 1 can rinsed & drained black beans  
 1 can rinsed & drained cannellini beans  
 1 tbs. chili powder  
 1 tsp diamond kosher salt  
 1/2 tsp fine ground black pepper

Heat lard or oil over medium heat. Add finely diced onion, and bell pepper, cook for a couple of minutes to season the oil, and make the vegetables slightly tender. Add the ground beef, stirring frequently until beef crumbles, season with salt, pepper, chili powder, stir well. Add tomatoes with juice, and beans that have been rinsed and drained. Cook over medium heat for 30-40 minutes. If chili needs more liquid, add a half cup of water.

I like to top with a heaping tablespoon of sour cream, and a sprinkle of shredded cheddar cheese. Perfect served with warm cornbread.



### Old Fashioned Meatloaf

1 lb. grass fed ground beef  
 1 farm fresh egg  
 1/4 cup whole milk  
 1/4 cup Italian Bread Crumb  
 1 tsp Diamond Kosher Salt  
 1 tsp ground pepper  
 2 Tbs. your favorite Ketchup  
 Mix well and let sit for a few minutes.

Preheat oven to 350\*  
 Lightly oil a baking dish

Divide into 3 oblong meatloaf portions, place in dish. Top each meatloaf with *additional* ketchup

Bake uncovered for approx. 35 minutes or until patties reach internal temp of 165\*

Our grandchildren love this meatloaf, served with mashed potatoes, and buttered corn.



### Mediterranean Salad

Cook 1-2 cups of quinoa, rinse, and drain

Vegetable Relish for topping  
 2 small pickling cucumbers, diced  
 1 ripe tomato diced  
 1/2 sweet onion finely diced  
 1/2 tsp kosher salt  
 1/4 tsp black pepper  
 1/8 cup red wine vinegar  
 1/2 cup of olive oil  
 1 tbs diced fresh parsley  
 1 Tbs diced fresh oregano  
 Mix well and let marinate while cooking

### Meatball

1 lb Grass fed ground beef  
 1 tsp Kosher salt  
 1/2 tsp black pepper  
 3/4 tsp Za'tar seasoning  
 Mix well and shape into 2 oz. meatballs

Grill meatballs until cooked to desired temperature

Layer crunchy chopped lettuce in bottom of a bowl, then add a generous layer of quinoa, add salad relish mixture, and warm meatballs.

I usually add oil packed olives drizzle with tzatziki sauce, and serve with warm pita/naan bread.