

Recipe for

ROAST BEEF SALAD



INGREDIENTS

3-4 lbs grass-finished roast beef

7-8 large farm-fresh free-range eggs (hard-cooked & peeled)

1-2 cups mayonnaise (more or less to desired sandwich spread consistency)

3-4 Tablespoons mustard

3-4 Tablespoons finely chopped pickles

DIRECTIONS

Cook the beef in slow cooker. Reserve drippings

Grind beef in food processor or meat grinder.

Put in a large bowl.

Grind the eggs in the same fashion and mix with meat. Add remaining ingredients. Mix thoroughly. This is an excellent picnic or lunch box meal.

Serve alone or with crackers, chips or bread. After the drippings cool in frig, remove hardened fat, freeze remaining broth for soups and casserole.

Makes about 8-10 sandwiches.

