

South Dakota Cow Belles



Favorites



TEN BUSY COWBELLES

ONE eager CowBelle, Lonely but true,

Talked BEEF to her neighbor, then there were two.

TWO happy CowBelles gave a BEEF recipe

To friends far and near, then there were three.

THREE busy CowBelles went to the store,

Talked BEEF promotion, then there were four.

FOUR charming CowBelles began to strive

To enlist more members, then there were five.

FIVE lively CowBelles, with BEEF to fix,

Each told a friend, then there were six.

SIX active CowBelles working like leaven,

Spread BEEF education, then there were seven.

SEVEN dauntless CowBelles trimmed curves (reduced weight)

By serving BEEF daily, then there were eight.

EIGHT loving CowBelles with eyes ashine,

Served BEEF for Father's Day, then there were nine.

NINE alert CowBelles were ready when

Helping hands were needed, then there were ten.

TEN successful CowBelles can't afford to rest,

Everyone needs to know AMERICAN BEEF IS BEST.

Author Unknown

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South Dakota CowBelles



Favorites

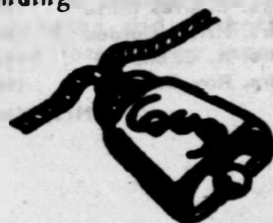
**A collection of Favorite Beef Recipes from
the kitchens of the South Dakota CowBelles.**

Dedicated to:

. . . The members, officers and past presidents of the South Dakota CowBelles in appreciation for their time consuming efforts in the promotion of BEEF.



A very Special vote of thanks to the Branding Iron Gals for their outstanding job of compiling and typing the recipes in preparation for printing.



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Mrs. A. C. Smith	1959-60	Mrs. Jerry Houch	1969-70
Mrs. Roy Carr	1960-61	Mrs. Guy Ham	1970-71

Mrs. Vincent Crago 1971 - 72

LOCAL SOUTH DAKOTA COWBELLE CLUBS

COWBELLE GROUP	PRESIDENT	CITY
BON HOMME BELLES	Mrs. Frank Kramer	Tabor
BOSSY BELLES	Mrs. Jack Manke	Edgemont
BRANDING IRON GALS	Mrs. Ray Ketelsen	Box Elder
CARCUS CUTUPS	Mrs. Murrin Keffeler	Sturgis
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South Dakota is sixth in the nation in raising beef. Nothing beats beef for a nutritious meal. The South Dakota CowBelles are proud of South Dakota's role in making available this, our country's favorite food.

FROM THE RANGE:

With 1.8 million beef cows, South Dakota each year produces calves that spend the summer putting on weight from the grasslands that are the cattle industry's basic resource.

TO THE FEEDLOT:

From pastures, calves go to a feedlot - in South Dakota or perhaps a large feedlot in the Corn Belt. Feeders use highly nutritious feeds to put quality, lean meat on calves, providing leaner, trimmer, more tender meat.

TO YOU:

Sales rings, stockyards, truckers, railroads, packing houses, meat processors, retailers, banks and agriculture related businesses of many kinds work in moving beef protein until it reaches each day millions of consumers in restaurants and stores. All told, beef production, processing and marketing in South Dakota accounts for 30% of the total gross income of 2.6 billion dollars.

SOUTH DAKOTA COWBELLE HISTORY

The South Dakota CowBelles were organized in June 1951, at Rapid City, South Dakota, as an auxiliary to the South Dakota Stockgrower's Association. Any woman interested in the BEEF industry may belong. The purpose of the CowBelles all over the nation is BEEF promotion, BEEF education and BEEF research, and public relations.

In South Dakota we have eighteen area CowBelle groups who work on projects for the State CowBelles. There are over 400 members, many of whom also belong to the American National CowBelles. The South Dakota CowBelles are aware of the fact that the number of persons in the cattle industry decreases each year and that our voice in national and local affairs will fade unless everyone engaged in the cattle business joins together. That's why all of us, combined in a group effort, must speak out for the cattle industry.

The South Dakota CowBelles sponsor a Miss Stockgrower contest and a state-wide BEEF Cook-off contest, open to any high school student. We furnish BEEF recipes and material for fair booths, proclaim September as BEEF month, host town and country teas, thus bettering rural-urban relationships, and promote BEEF for Father's Day. CowBelles distribute BEEF material to tourists, finance TV and radio spots promoting BEEF, publish BEEF cookbooks, distribute place mats, sell BEEF gift certificates and "Adopt-A-City each year, sending thousands of BEEF facts and recipes to housewives in large industrial areas.

Some projects may vary from time to time as additional worthwhile projects come to the CowBelle's attention. However, the main objective of the South Dakota CowBelles is to continually increase the nation-wide consumption of BEEF.

COWPELLE GRACE

"Let us give thanks this day

"That we are free women in a free land

"Gathered together in a sisterhood

"To enjoy and support Man's earliest industry

"The tidings of which we are here to accept with pleasure

"In this hour of gracious companionship. Amen"

BEEF CASSEROLES

ONE MEAL DISH

1 1/2 lbs. ground beef
Sliced potatoes
Sliced carrots
1 can green beans

1 can cream of chicken soup
Little onion
Salt and pepper
1/2 c. water

Form ground beef in little balls and fry in small amount of fat and onion, until brown. Layer beef, potatoes, carrots and green beans in casserole. Heat soup and water and pour on top. Grated cheese may be sprinkled on top if desired. Bake 1 hour in moderate oven.

COMPANY CASSEROLE

1 (8 oz.) pkg. medium noodles
2 T. butter
1 lb. ground beef
1 tsp. salt
1/8 tsp. pepper

1 (8 oz.) can tomato sauce
1 c. small curd cottage cheese
1 c. (or less) sour cream
6 green onions, chopped
1 c. grated cheese

Cook noodles until tender in boiling water. Drain and rinse with cold water. Cook ground beef in melted butter until meat loses red color. Add salt, pepper and tomato sauce. Simmer 5 minutes; remove from heat. Combine cottage cheese, sour cream, onions and noodles. Alternate layers of noodle and meat mixture in 2 quart casserole. Top with cheese. Bake at 350° for 30 minutes.

EASY BEEF MACARONI CASSEROLE

Your favorite casserole dish,
buttered.
2 c. uncooked macaroni
1 c. dried beef slivers

1 c. soft cheese cubes
1 tsp. minced onion
Milk to cover

Fill casserole with macaroni, allowing space for milk to cover. Mix dried beef, cheese cubes and minced onion through the macaroni. Cover all with milk. Set in refrigerator 3 to 4 hours or until needed. Bake at 350° for 1 hour.

RICE HOT DISH

1 lb. ground beef
1 large onion
1 can celery soup
2 c. boiling water

2 T. soy sauce
1/2 c. uncooked rice
1 can mushroom soup
Chow mein noodles

Mix all ingredients and place in buttered casserole. Bake in slow oven (350°) for 2 hours. Top with chow mein noodles.

Beef is one of the best natural sources of iron.

BEEF CASSEROLES

STEAK AND VEGETABLE CASSEROLE

2 lbs. round steak	1/4 tsp. celery seed
1 turnip	2 T. chopped parsley
1 carrot	1 tsp. kitchen bouquet
1 potato	1 tsp. salt Pepper
1 large onion	1 1/2 pints hot water

Prepare vegetables. Put 1/2 on bottom of casserole dish. Cut round steak in one inch squares. Flour and brown quickly in frying pan. Place meat over vegetables. Top with remaining vegetables and seasonings. Pour water in pan to make a very thin brown sauce. Pour over meat and vegetables. Cover and bake at 350° for 1 1/2 hours. Serve in casserole dish.

GROUND BEEF PLUS CASSEROLE

1 1/2 lbs. ground beef	2 T. Worcestershire sauce
1 diced onion	Salt and pepper to taste

Mix and line casserole to about 1 1/2 inches thick. Fill center with creamed peas, creamed beans or potatoes or anything that can be creamed. Mixed vegetable soup may also be used.

JOHNNY APPLESEED CASSEROLE MEAT LOAF

1 lb. ground round steak	3/4 tsp. salt
1/2 c. dried bread crumbs (fine)	1/4 tsp. cinnamon
3/4 c. applesauce	1/8 tsp. nutmeg
1/4 c. catsup	

About 1 hour before serving, preheat oven to 350°. In a 1 qt. casserole, mix all ingredients and smooth top. Bake 50 minutes.

GROUND BEEF CASSEROLE

2 lbs. ground beef	1/2 soup can of water
1 large onion	1 pkg. frozen mixed vegetables
1 can mushroom soup	1/2 can chow mein noodles
1 can chicken rice soup	1 T. Worcestershire sauce

Brown ground beef and onion. Salt lightly. Place in large casserole and add remaining ingredients except for noodles. Bake at 325° for 1 1/2 hours. Sprinkle noodles on top the last 10 minutes of cooking.

GROUND BEEF VEGETABLE HOT DISH

1 lb. ground beef	1 green pepper, chopped
1 small onion, chopped	4 medium sized potatoes, sliced
6 diced carrots	1 can cream of celery soup

(Recipe continued on next page)

BEEF CASSEROLES

Ground Beef Vegetable Hot Dish (from page 7)

Brown ground beef and onion in small amount of fat. Place in casserole dish. Add diced carrots, green pepper and sliced potatoes. Pour soup over all and bake in oven set at 350° until done.

SAVORY STEAK CASSEROLE (with herb dumplings)

2 lbs. steak cut in 2 inch cubes	1 3/4 c. small onions
1/3 c. flour	1 can cream of chicken soup
1 tsp. paprika	1 soup can water
Salad oil	

Coat steak with flour and paprika. Brown lightly in salad oil. Place meat in 13 x 9 x 2 pan or large casserole. Combine soup and water in skillet; bring to boil. Pour over meat. Bake at 350° for 45 minutes or until done.

DUMPLINGS

2 c. flour	1 tsp. celery seed
4 tsp. baking powder	1 tsp. garlic salt
1/2 tsp. salt	1/4 cup oil
1 tsp. poppy seed	1 cup milk
1 tsp. poultry seasoning	

Sift dry ingredients; add oil and milk. Drop into meat mixture. Increase temperature to 425°. Bake for 20 or 25 minutes or until golden brown.

EASY DAY CASSEROLE

2 lbs. beef stew meat	1 can undiluted mushroom soup
1/2 to 1 pkg. dry onion soup mix.	1/2 lemon squeezed over meat (optional).
1/2 c. red wine or sherry	

Mix all ingredients in casserole. Cover and bake for 3 hours at 265°. Add mushrooms if desired and a package of frozen mixed vegetables near end of cooking time.

DAKOTA CASSEROLE

2 lbs. ground beef	1 can cream of celery soup
2 chopped onions	1 can beef with barley soup
1 can cream of chicken soup	1 can chicken with rice soup
1 can cream of mushroom soup	1 can chow mein noodles (5 oz.)

Brown ground beef and onions. Add soups and 1/2 can noodles. Put in casserole and sprinkle rest of noodles on top. Bake 25 minutes at 350°. Garnish with parsley. Excellent for freezing.

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7 oz. cooked beef provides the average adult's total daily protein need.

BEEF DIPS

BEEF STRAGANOFF DIP

1/4 lb. fresh mushrooms, finely chopped.	3/4 lb. chopped beef
1/2 c. chopped onions	1 (10 1/2 oz.) can cream of chicken soup.
1 clove garlic, minced	2 T. cornstarch
1/4 c. butter	1/2 c. red burgundy wine
1/2 tsp. paprika	3/4 c. sour cream
1/4 tsp. ground black pepper	Snipped parsley for garnish
1/4 tsp. monosodium glutamate	

Saute mushrooms, onion and garlic in butter for 5 to 7 minutes stirring occasionally. Stir in the spices, add meat and cook until it loses it's pinkness (4 to 5 minutes). Stir in soup. Blend cornstarch with wine and add to meat mixture. Cook, stirring over medium heat until mixture thickens and begins to bubble. Cool. Freeze. On the day dip is to be served, thaw completely. Heat well. Stir in sour cream. Heat again but do not boil. Garnish with chopped parsley. Serve with assorted crackers. Makes about 4 1/2 cups.

BEEF CHIP DIP

1 pkg. chipped or dried beef	2 T. dry onion soup mix
1 c. cottage cheese	1 T. Worcestershire sauce
1 small pkg. cream cheese	

Blend all together in blender, or cut beef very fine and mix in electric mixer. Use as a chip dip.

BEEF DIP

2 c. finely chopped dried beef (2 pkgs.)	8 oz. cream cheese
4 tsp. vinegar	1/2 tsp. garlic powder
1 tsp. Worcestershire sauce	1/2 c. mayonnaise

Mix all ingredients in an electric blender. Serve with chips or crackers.

DIPS TO USE FOR BEEF FONDUE

CREAMY GARLIC DIP

1 c. sour cream	1/4 tsp. garlic salt
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Blend. Use for beef fondue.

MUSTARD HORSERADISH DIP

1/2 c. mayonnaise	1 tsp. horseradish
1/4 c. mustard	

Blend and serve as dip.

GROUND BEEF

GROUND BEEF CHOP SUEY

2 lbs. ground beef, browned	2 soup cans water
1 c. chopped onion	1 c. uncooked rice
2 c. chopped celery	1/4 to 1/2 c. soy sauce
1 can bean sprouts	Salt and pepper
2 cans mushroom soup	

Combine all of the above ingredients and bake 1 1/2 hours at 350° or until rice is done. Add more moisture as needed.

QUICK SPAGHETTI SAUCE WITH BEEF

1/2 lb. ground beef	1 large clove garlic, minced
1/2 c. chopped onion	1 can tomato soup
Brown together and add:	1/2 can water
1 t. leaf oregano, crushed	1 tsp. vinegar

Simmer together 1/2 hour. Serve over cooked spaghetti.

MEAT PIE

2 lbs. ground beef	1/2 c. dried potato flakes
1 can tomato sauce	2 pkgs. refrigerator rolls
1 pkg. onion mix	2 slices cheese

Brown beef in frying pan over medium heat. Add tomato sauce, onion soup mix and potato flakes. Heat thoroughly over low heat, stirring occasionally. Slice entire roll of dough into thin slices and line bottom and sides of lightly greased pie tin. Pour in beef tomato mixture. Bake 400° for 20 min. Top with cheese, bake 5 min.

FRESH POTATO-BEEF HASH

1 lb. ground beef	1/4 c. chopped green pepper
3 T. fat	1/2 tsp. salt
2 c. raw potato, coarsley grated	Pepper
1/2 c. minced onion	1/4 c. chili sauce

Brown beef in hot fat. Add potato and remaining ingredients except chili sauce. Cover. Cook on high until steaming, then low or simmer for 20 to 25 minutes. Remove cover and spread chili sauce over top. Place under broiler to brown and crisp top of hash. (If a moist hash is preferred, add 1/2 c. beef stock or bouillon cube plus water to hash before cooking.)

GROUND BEEF DOGS

Use any bread dough when ready to make into loaves, roll out very thin in 6 inch circle. Place in center of dough 3 T. ground beef (cooked, but still pink) 2 or 3 shredded carrots, 1 T. minced onion, salt and pepper to taste. Fold dough around this and bake 30 minutes at 375°.

GROUND BEEF

BEEF IN THE BLANKET

Biscuit dough:

2 c. flour
4 tsp. baking powder
1/2 tsp. salt
4 T. butter
2/3 c. milk

Beef filling:

2 lbs. ground beef
2 medium carrots
1 large stalk celery
2 small potatoes
1 medium onion
Salt and pepper to taste

Make biscuits. Roll dough rather thin, in 8 individual parts. Grind carrots, celery, potatoes and onion. Combine with ground beef, salt and pepper. Put mixture into the biscuit dough blankets. Seal dough around meat mixture and place in a flat pan with sides. Bake at 350° for 1 1/2 hours.

GOULASH

1 lb. ground beef
2 c. chopped celery
1 green pepper, chopped
1 c. grated cheddar cheese
1 can tomato soup
1 pkg. dry onion soup

1 T. Worcestershire sauce
1 (3 oz.) can mushroom pieces
1/2 lb. noodles, cooked and drained.
Salt and pepper to taste

Brown meat, pour off fat. Add celery, green pepper, 1/2 cup cheese, soups, worcestershire sauce and simmer slowly. Add mushrooms and noodles. Bake at 350° for 45 minutes. Sprinkle remaining cheese on top and bake 5 minutes. Add water if too dry.

BARBECUED BEEF PATTIES

Patties:

1 1/2 lbs. ground beef
3/4 c. uncooked rolled oats
1 c. evaporated milk
3 T. minced onion
1 1/2 tsp. salt
1/4 tsp. pepper

Barbecue Sauce:

2 T. Worcestershire sauce
3 T. vinegar
2 T. brown sugar
1/2 c. water
1 c. catsup
6 T. minced onion

Combine ingredients for patties; shape. Brown in hot fat for 10 minutes. Add barbecue sauce; cook slowly for 20 minutes on top of stove. Finish cooking in oven.

BEEF ON TOAST

1 lb. ground beef
4 c. chopped celery
1 small onion
2 c. canned tomatoes

1 tsp. salt
Dash of pepper
2 T. butter
2 T. flour

Brown ground beef in it's own fat. Add vegetables, salt, pepper. Cover. Cook until meat is tender. Blend butter and flour. Stir until thickened. Serve on toast.

GROUND BEEF

MEAT LOAF (with sour cream gravy)

2 1/2 lbs. ground beef	1/8 tsp. pepper
1/2 lb. ground pork	2 eggs, beaten
1 c. cracker crumbs	1 large onion, minced
1 c. milk	1 c. finely chopped mushrooms
1/4 c. catsup	1/2 c. minced green pepper
1/4 c. prepared horseradish	2 T. butter
1 1/2 tsp. salt	8 slices bacon

Mix the first 9 ingredients. Saute the onion, mushrooms, and green pepper in butter until tender. Add meat mixture and blend well. Shape into a loaf with 4 slices bacon in bottom of pan and 4 slices on top of loaf. Bake 375° for 1 1/2 hours.

SOUR CREAM GRAVY (OPTIONAL)

1/4 c. flour	1 tsp. salt
1 c. water	1/4 t. pepper
1 c. sour cream	

Mix the flour into 1/4 cup drippings from the meat loaf. Add water and heat, stirring constantly, until thick. Blend in the sour cream. Heat and season to taste with salt and pepper.

GROUND BEEF STOCKPOT

1 lb. ground beef	1 (10 3/4 oz.) can stockpot soup
2 T. butter	1 (15 1/2 oz.) can cut green beans
1/2 tsp. celery salt	6 tsp. minced onion (or 3/4 cup chopped onion).
1/2 tsp. salt	2 T. Worcestershire sauce
1/4 tsp. black pepper	1 c. water
1 (10 1/2 oz.) can cream of mushroom soup.	1 c. minute rice

Brown beef in melted butter along with celery salt, salt and pepper. To browned beef add onion, soups, water, Worcestershire sauce and juice drained from green beans. Bring to a boil, then add rice and green beans gently. When mixture begins to bubble, turn heat to low. Cover and allow to simmer for 20 minutes. Stir.

BARBECUED GROUND BEEF (Quantity recipe)

30 lbs. ground beef	1 T. pepper
3 #10 cans catsup	1 1/2 c. chili powder
9 pts. water	2 tsp. tabasco sauce
6 c. white vinegar	1 1/2 c. chopped onions
6 T. salt	1 1/2 c. sugar

Brown the ground beef. Heat the remaining ingredients, then add to the meat. Let simmer for 1 1/2 hours. About 8 large taverns to a pound of beef.

GROUND BEEF

CHEESEBURGER PIE

Pastry for one unbaked pie crust	1/2 c. soft bread crumbs
1 lb. ground beef	1/2 small can tomato sauce (or
1/2 tsp. salt	1/2 cup.)
1/4 tsp. pepper	1/4 c. each, green pepper and
	onion.

TOPPING

1 c. grated sharp cheese	1/2 tsp. dry mustard
1 egg beaten	1/2 tsp. Worcestershire sauce
1/3 c. milk, scant	

Mix together all ingredients, except for topping and crust. Spoon into crust, pressing down with back of spoon. Pour off fat. Spread topping over pie and bake at 375° for about 35 minutes.

SWEDISH MEAT BALLS

1 1/2 lb. ground beef	1/4 tsp. nutmeg
1 egg	1 can tomato soup
3 slices dry bread, crumbled	1 c. minute rice
1 medium onion, chopped	1/2 soup can water
Salt and pepper to taste	

Mix first 6 ingredients together in large bowl. Form into balls and drop into deep dish. Pour the minute rice over it and then cover with tomato soup. Rinse out soup can with water and pour over all. Bake at 350° for 1 1/2 hours.

SAUCY MEAT LOAF

1 1/2 lbs. ground beef	TOPPING
3/4 c. quick oatmeal (uncooked)	1/3 c. catsup
1 1/2 tsp. salt	2 T. brown sugar
1/4 tsp. pepper	1 T. mustard
1/4 c. chopped onion	
1 egg beaten	
3/4 c. milk	

Combine all ingredients together and mix thoroughly. Pack into loaf pan. Spread with topping. Bake in moderate oven (350°) for one hour.

GROUND BEEF MIX

1 lb. ground beef	1 can onion soup
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Cook beef in a small amount of fat until it loses red color. Add undiluted soup. Cook until thick. Serve in hamburger buns. Makes 8 to 10 servings.

GROUND BEEF

CRUNCHBURGERS

1 1/2 lbs. ground beef	2 T. catsup
1 1/2 tsp. salt	1 (3 1/2 oz.) can French fried onions.
1/8 tsp. black pepper	

Combine ground beef, salt, pepper and catsup. Add onions and mix in gently. Fry or broil until done. Serve on 6 hamburger buns.

HOT DISH DELUXE

1 lb. ground beef	4 oz. noodles, chopped
1 tsp. salt, pepper	1 small onion, chopped
1 can cream of mushroom soup	1/2 c. sliced celery
1 can cream of chicken soup	3 T. chopped green pepper
1/2 c. milk	3/4 c. salted cashew nuts, chopped
1/4 c. mayonnaise	

Brown onion, celery and green pepper in a little fat. Add salted beef and brown. Add soups and milk blended with mayonnaise. Cook noodles which have been chopped. Place combined ingredients in a greased casserole and top with cashews. Bake at 350° one hour.

BEEF DINNER IN FOIL

1 lb. ground beef	3 medium carrots cut in 3 inch strips.
1 medium green pepper, cut in 8 rings.	8 cherry tomatoes, halved
1 medium onion sliced in rings	

Shape beef into 4 patties. Sprinkle with salt. Tear off four one foot lengths of heavy foil. Center meat patty on each piece of foil. Divide vegetables among each packet and layer on top of meat. Draw up 4 corners and twist securely. Bake on slow coals 45 to 50 minutes or until meat is done. Serves 4.

STEAMBURGERS

1 1/2 lbs. ground beef	1/2 tsp. salt
1 can chicken gumbo soup	1/4 tsp. pepper
1/4 c. catsup	1 small onion, chopped
1/2 T. mustard	

Brown ground beef in skillet. Add remaining ingredients and simmer for one hour. If this mixture seems too runny, add a small amount of oatmeal to take up the juice.

Beef is rich in iron necessary for building rich red blood, and for the prevention of anemia. The blood stream is continually carrying nutrients and oxygen throughout the body.

PORCUPINE BALLS

- | | |
|--------------------|--------------------------|
| 1 lb. ground beef | Salt and pepper to taste |
| 1 c. uncooked rice | 1 can tomato soup |
| 1 egg | 1 soup can of water |
| 1 small onion | |

Mix meat, rice, egg and onion. Add seasonings and form into balls. Put into dish and pour combined soup and water over the balls. Bake at 350° for 1 1/2 hours.

MINI BEEF BALLS

- | | |
|--------------------|-------------------------|
| 2 lbs. ground beef | 1 bottle barbeque sauce |
| 1 c. corn flakes | 5 oz. glass grape jelly |
| 2 eggs | juice of 1 lemon |

Mix ground beef, corn flakes and eggs. Form into small meat balls. Combine barbeque sauce, jelly and lemon juice and bring to a boil. Add meatballs (raw). Turn heat to low and simmer 1/2 hour.

MEAT BALLS

- | | |
|------------------------|-------------------|
| 1 c. bread crumbs | 1/4 tsp. nutmeg |
| 1/2 c. milk | 1/8 tsp. pepper |
| 1 lb. ground beef | 1 T. cornstarch |
| 3 T. chopped onion | 3 T. butter |
| 1 egg, slightly beaten | 1 c. tomato juice |
| 1 1/2 tsp. salt | |

Soak bread crumbs in milk, then add the ground beef, onion, egg, seasoning and cornstarch. Shape mixture into 1 inch balls. Melt butter in skillet, roll meat balls in flour and brown balls on all sides. Cover, simmer over low heat for 10 minutes. Heat tomato juice to boiling, season and pour over meat balls, then simmer 10 minutes or more.

VEGETABLE MEAT BALLS

- | | |
|---------------------------|--------------------------|
| 1 lb. ground beef | 2 finely grated potatoes |
| 1 sliced and minced onion | 1 egg |
| 2 finely grated carrots | 1/4 c. bread crumbs |

Combine ingredients and roll into meat balls. Roll in flour. Brown in hot fat. Place in casserole. Cover with white sauce mixed with one can cream of mushroom soup. Cover and bake at 350° for one hour.

Seven ounces of cooked BEEF provides the average adult's total daily protein need.

COWBELLE'S CREED

Now I sit me down to eat	If I should reach for cake or bread
I pray the Lord I will not cheat,	Please guide my hand to BEEF instead

GROUND BEEF

STEAMBURGERS (Serves 125 to 140)

20 lbs. ground beef	3 tsp. chili powder
5 c. chopped onion	7 T. salt
10 c. catsup	2 tsp. pepper
1 1/3 c. water	10 T. sugar
1 1/3 c. vinegar	7 T. potato starch or cornstarch

Brown meat and onion, salt and pepper. Mix all other ingredients and bring to a boil. Mix together. Simmer until done.

TERIYAKI MEAT BALLS (Fondue)

1 T. soy sauce	Dash monosodium glutamate
1 T. water	Dash ground ginger
2 T. sugar	1/2 lb. ground round steak
1/2 tsp. instant minced onion	1/2 c. fine soft bread crumbs
Dash of garlic salt	Salad oil

Combine soy sauce, water, sugar, onion and ginger, garlic salt and monosodium glutamate. Let stand 10 minutes. Combine ground beef and bread crumbs. Stir in soy sauce mixture. Shape into 3/4 inch balls. Spear meatballs on skewers or forks, cook in deep fat 350° in fondue pot for 1 1/2 minutes. Serve with catsup, mustard and mayonnaise mixed with dill pickles.

RUNZAS

3/4 lbs. ground beef	2 T. butter
1 medium onion, chopped	1/2 tsp. salt
2 c. cabbage chopped fine	1/8 tsp. pepper

Brown ground beef and onion. Wilt cabbage in butter, add to beef mixture with salt and pepper. Place 3 T. of meat mixture in the center of a 6 or 7 inch square of roll dough.

DOUGH FOR THE RUNZAS

2 eggs	1/2 c. shortening
4 1/2 to 5 c. flour	2 pkgs. dry yeast
1/2 c. sugar	3/4 c. milk
1 tsp. salt	1/2 c. water

Measure 1 3/4 c. flour into large mixing bowl. Stir in sugar, salt and yeast. Heat milk, water and shortening until lukewarm. Pour into flour mixture. Add eggs and beat with mixer at low speed until blended, then at high speed for 3 minutes. Add remaining flour and knead for 3 minutes. Cover and let rest for 30 minutes. Roll as desired. Put meat mixture in the center, bring the edges together in center, pinch firm and place on a greased baking sheet. Let rise about 40 minutes. Bake at 350° for 20 minutes.

Today 5% of the average income is spent for meat. 25 years ago, 6% of the average income was spent for meat.

BURGER CRUST PIE

Crust:

1 lb. ground beef
 1/2 c. tomato sauce
 1/2 c. bread crumbs
 1/4 c. chopped onions
 1/4 c. chopped green pepper
 1/2 tsp. salt
 1/2 tsp. celery salt

Filling:

1 1/2 c. potato puffs
 1/2 c. pizza sauce
 1/2 c. tomato sauce
 1/2 tsp. salt
 1 c. grated cheddar cheese

Combine ingredients for crust and mix well. Pat meat mixture into bottom and sides of a greased 9 inch pie plate. Combine ingredients for filling using 1/2 c. cheese. Spoon mixture into meat shell. Bake at 350° for 30 minutes. Drain off fat. Top with remaining cheese and bake 10 or 15 minutes longer. Garnish with parsley.

LASAGNA

1 lb. ground beef
 1/2 tsp. garlic salt
 1 (6 oz.) can tomato sauce
 1 can tomato paste
 1 tsp. Italian seasoning
 1/2 tsp. salt, pepper

1/4 tsp. chili powder
 1/4 tsp. onion salt
 1 lb. lasagna noodles, cooked
 8 oz. mozzarella cheese
 1 c. cottage cheese
 1/2 c. parmesan cheese

Brown ground beef, tomato sauce, tomato paste, and all seasonings. Simmer for 15 minutes. Place alternate layers of noodles, meat, cottage cheese, mozzarella cheese and parmesan cheese in 8 x 12 inch pan. Bake at 350° in oven for 45 minutes.

MEAT BALLS BAKED IN SOUR CREAM

2 lbs. ground beef
 1/2 c. chopped onion
 1/3 c. chopped pimiento
 Olives
 1 tsp. lemon juice
 2 eggs, slightly beaten
 1 tsp. salt
 1/4 tsp. pepper

1/4 c. butter
 2 T. flour
 1/2 c. water
 1/2 tsp. Worcestershire sauce
 1/4 tsp. salt
 1 c. dairy sour cream (cultured)
 at room temperature

Mix beef, onions, olives, eggs, salt and pepper just until blended. Shape into small balls. In a skillet, melt butter. Brown meat balls on all sides. Cook until done. Place in casserole. Pour off fat in skillet reserving 2 T. Blend in flour. Add next 5 ingredients. Cook in medium heat, stirring constantly until thickened. Cook 2 additional minutes. Remove from heat. Carefully blend in sour cream. Pour over meat balls. Place in oven for 10 to 15 minutes at 350°.

Beef satisfies, is low in calories, high in nutritive value, therefore helps the dieter to lose weight.

GROUND BEEF (Beef Dishes to Total)

ONE MEAL DISH

Sliced raw potatoes
Salt
1/3 c. uncooked rice
1 lb. ground beef
Sliced onion

Slices carrots (peas may be substituted.)
Quart of tomatoes
3 T. sugar. Dash of pepper

Into a greased baking dish, layer ingredients as listed. Cover, and bake in a moderate oven about 2 hours. Take to the field in the pan.

THERMOS HOT DISH

3 or 4 onions, sliced
Cooking oil or butter
1 1/2 lb. ground beef
1 tsp. salt

1/4 tsp. pepper
3 c. cooked macaroni
Chili powder to taste

Saute onion in oil until tender. Remove onions to 2 quart casserole. Season meat with salt and pepper, then brown in the skillet in which onions were cooked. Place ground beef, macaroni, cheese and chili powder in the casserole. Stir ingredients well. Bake at 350° for 20 to 30 minutes. Place in vacuum bottles which have been pre-heated with hot water.

COWBOY'S CAMPFIRE MEAL

In center of 10 inch square of foil, place a seasoned ground beef patty. On top of patty place thinly sliced potatoes, carrots and onions. Season with salt and pepper. Add 1 T. water. Fold foil up loosely around food. Seal tightly. Toss into hot coals for about 20 minutes, or bake 30 to 40 minutes at 450° in oven. Chili sauce or steak sauce may be spread on top of beef, if desired. Delicious for trail drives or camping.

ONE DISH PRESSURE COOKER MEAL

1 small onion
3 lbs. ground beef, browned
10 medium potatoes, sliced
Salt and pepper to taste

1 large bag frozen peas (or canned.)
2 cans tomato soup (optional)

Place all ingredients in pressure cooker. Cook at 10 lbs. pressure for one hour. Take to the field in the pan.

SLOPPY JOES

1 1/2 lbs. ground beef

1 small can V-8 juice

Sprinkle bottom of skillet well with salt. Add ground beef. Brown, stirring to separate. Add V-8 juice. Simmer until thick. Spoon into thermos. Take to trail riders and serve hot on buns. Increase proportions according to number to be served.

GROUND BEEF

PIZZA BURGERS

1 lb. ground beef
1 small onion
1 can tomato soup
1/4 tsp. oregano

Salt and pepper
1 pkg. (small) mozzarella cheese
1 1/2 c. longhorn cheese, grated

Brown ground beef and onion. Add soup, oregano, salt and pepper. Cool a little. Add the cheeses. Put on open face hamburger buns. Bake in 425° oven for 10 minutes.

CHEESE MEAT LOAF

2 lbs. ground beef
2 c. soft bread crumbs
2/3 c. milk
1/3 c. water
2 slightly beaten eggs
1/8 c. onion

1/8 c. green pepper
2 tsp. Worcestershire sauce
1 1/2 tsp. salt
1 tsp. dry mustard
1 c. cheese, cubed

Combine all ingredients except cheese. Place half of mixture in 9 x 9 x 2 pan. Press cheese cubes in meat. Cover with remaining meat. Bake at 350° for 1 hour. Cut in squares.

RICE HOT DISH

1 lb. ground beef, browned
1 c. raw rice
1 1/2 c. celery, chopped

1 can tomato soup
3 cans water

Combine all ingredients and cook at 350° for 2 hours.

GROUND BEEF HOT DISH

1 lb. ground beef
1 small onion, chopped
3 T. soy sauce
1 can cream of mushroom soup

1 can cream of chicken soup
1 1/2 c. hot water
1/2 c. uncooked rice

Blend and bake at 350° for about 1 hour or until done.

GROUND BEEF GRAVY

2 lbs. ground beef
1 tsp. salt
1/4 tsp. black pepper
1/2 tsp. chili powder

1/8 tsp. cayenne
3 T. flour
2 c. milk

Cook first 5 ingredients over low heat until beef is done. Add flour and stir well. Add milk and increase heat. Stir until mixture comes to a boil and thickens. Good over rice, potatoes, biscuits or toast.

GROUND BEEF

MEAT LOAF

1 1/2 lbs. ground beef	1 or 2 eggs, beaten
1 c. bread crumbs	1/4 tsp. salt
1 c. milk or tomato juice	6 strips bacon
1 medium onion	

Soak crumbs in milk, add eggs, meat, onions and seasonings. Form into loaf putting bacon strips on top. Bake 1 hour at 350°.

CHEESEBURGER LOAF

1 can cream of mushroom soup	2 tsp. chopped parsley
2 lbs. ground beef	1 tsp. salt
1/2 c. chopped onion	Dash of pepper

Combine soup, beef, onion, parsley and seasonings. Thoroughly mix, and shape into loaf. Bake in a shallow pan at 350° for 1 hour. Top with tomato slices and 1/2 c. shredded mild cheese. Bake 15 min.

FROSTED MEAT LOAF

2 lbs. ground beef	2 eggs
1/2 c. French dressing	1 tsp. salt
1/2 c. dry bread crumbs	1/4 tsp. pepper
1/2 c. chopped onion	1 c. hot mashed potatoes

Combine meat, French dressing, bread crumbs, onion, eggs, salt and pepper. Shape into oval loaf in a shallow baking dish. Bake 1 hour at 350°. Place on serving platter. Frost the meat loaf with the mashed potatoes. Sprinkle with paprika and add butter, olives and parsley.

VERY MODERN MEAT LOAF

2 lbs. ground beef	1 T. chopped parsley
1 egg	1 c. milk or stock
2 tsp. salt	1/4 c. catsup
1/2 tsp. sage	3 c. 40% bran flakes, crushed
1/4 tsp. pepper	Tomato sauce (optional)
3/4 c. chopped celery	1 T. minced onion
1/4 c. chopped celery leaves	

Combine all ingredients except cereal and tomato sauce. Mix well. Stir in cereal and press lightly into a greased 9 x 5 inch loaf pan. Bake at 375° for 1 hour. Serve plain or with tomato sauce.

In 1951, one hour's labor could buy 1.7 lbs. of Beef. In 1971, one hour's labor bought 3.3 pounds of higher quality beef. Beef is still a bargain!

GROUND BEEF

POT ROAST MEAT LOAF

1 lb. ground beef	Small onions
2/3 c. milk	Small carrots
1/3 c. fine dry bread crumbs	Small potatoes
Salt and pepper to taste	Sprinkle of parsley
2 tsp. Worcestershire sauce	More salt and pepper

Mix first 5 ingredients and form into loaf. Surround meat with vegetables in desired quantities. Bake at 350° for about 1 hour, tightly covered. Remove lid and bake 10 minutes to brown.

MEAT LOAF SPECIAL

1 1/2 lbs. ground beef	1 onion, minced
1 c. dry bread crumbs	1 T. chopped green pepper
2 eggs, beaten	Seasonings to taste
1 c. or small can tomato sauce	4 hard boiled eggs, peeled

Mix first 7 ingredients well. Mold into a loaf and place on a greased baking pan. Make a dent in the center of the loaf. Place hard cooked eggs end to end through the center of the loaf. Shape the loaf around the eggs. Bake at 350° for 1 hour.

POTATO CHIP GROUND BEEF BAKE

2 T. shortening	1 1/2 c. crushed potato chips
1/2 c. onion	4 oz. cheese, sliced
1 lb. ground beef, browned	1/2 c. chili sauce
1 tsp. salt	2 medium tomatoes, peeled
Dash pepper	

Heat shortening, cook onion slowly to golden brown. Add meat, salt and pepper. Brown well. Drain off excess fat. Press 1 cup potato chips in bottom of 8 x 8 baking dish. Cover with slices of cheese. Mix ground beef with chili sauce and spread over cheese. Cut tomatoes in wedges and place on top. Sprinkle with remaining crushed potato chips. Bake at 375° (350° for glass pan) 20 minutes.

SAUCY BURGERS

1 1/2 lbs. ground beef	SAUCE
1/2 c. chopped onion	1 c. catsup
1 tsp. salt	2 tsp. Worcestershire sauce
Pepper	1/2 tsp. celery salt
	Dash bottles hot pepper sauce

Combine onion with ground beef, salt and pepper. Pat into 6 burgers and broil over hot coals for 10 minutes, turning once. Brush burgers with sauce. Serve burgers in grilled buttered buns. Pass remaining sauce.

GROUND BEEF

BARBECUE BEEF DISH

1 c. soft bread crumbs
1/2 c. milk
1 lb. ground beef

1 tsp. salt
Dash of pepper

Moisten crumbs with milk, combine with beef. Shape into patties or meat balls and place in a baking dish.

SAUCE

1 1/2 tsp. Worcestershire sauce
1/4 c. vinegar
3 T. sugar
1/2 c. catsup

1/2 c. water
1/4 to 1/2 c. finely chopped onion.
1/2 c. green pepper, chopped

Mix all together and pour over meat. Bake 35 to 45 minutes at 350°.

EVERYDAY MEAT LOAF

1 1/2 lbs. ground beef
1 egg, beaten
1 1/2 c. milk
2 T. chopped onion

1 1/2 tsp. salt
1/4 tsp pepper
1/2 tsp. poultry seasoning

Mix thoroughly and pack into a 9 x 5 x 3 inch loaf pan. Top with the following piquant sauce.

SAUCE

1/2 c. catsup
2 T. brown sugar

1 tsp. mustard
1/8 tsp. nutmeg

Mix well and spread on meatloaf. Bake at 350° for 1 1/2 hrs.

STUFFED GROUND BEEF ROLL

1 1/2 lbs. ground beef
1/4 c. chopped onion
2 1/2 c. toasted bread cubes
(about 4 slices in 1/4 inch cubes)
1 egg
1/2 tsp. salt

Dash of pepper
1/4 tsp. dried sage leaves, crushed.
4 oz. sharp process American cheese, shredded
1/3 c. water

Combine onion and water. Simmer covered 5 minutes. Add bread crumbs; toss. Combine beef, egg, sage, salt and pepper. On waxed paper pat mixture into 14 x 8 inch rectangle. Spread bread mixture over. Sprinkle 3/4 of the cheese over top. Roll in jelly roll fashion. Place seam side down in 8 x 4 x 2 inch loaf dish and bake uncovered at 350° for 1 hour and 10 minutes. Top with remaining cheese. Bake until melted.

TAVERNS

1 lb. ground beef	1 tsp. prepared mustard
3/4 c. catsup	1 tsp. chili powder
3/4 c. water	2 T. brown sugar
1 medium onion, chopped	Slightly less than 1/8 c.
Salt and pepper	vinegar.

Mix all ingredients together in sauce pan and cook over medium heat about a half hour, stirring occasionally. Mixture will turn a rich reddish brown when done. Skim accumulated fat. Serve on buns.

BEEF LOAF

2 lbs. ground beef	2 tsp. salt
2 c. drained tomatoes	1/2 tsp. pepper
3/4 c. rolled oats	3 strips bacon

Mix all together, form into a loaf. Sprinkle with flour. Lay bacon on top and bake 1 hour at 400°.

MEAT BALLS AND HOMINY

2 lbs. ground chuck	2 T. shortening
2 T. cornstarch	1 #2 can hominy
1/2 tsp. seasoned salt	2 beaten eggs
1/2 tsp. dry onion	1/2 c. milk
1/2 tsp. salt	1 c. sour cream

Add seasonings and cornstarch to ground beef. Work it well with your hands. Shape into patties about 2 inches in diameter. Brown patties on both sides in small amount of shortening. Cook 30 minutes, covered. Add hominy and sour cream. Heat 10 minutes.

QUICK IDEAS FOR GROUND BEEF

Take a ground beef patty, large enough for one serving, and place a slice of onion, 2 or 3 slices of potato, and any vegetable in a piece of foil. Season and bake at 400° for 1 hour.

Brown 1 lb. of ground beef with a chopped onion. Place in a casserole. Add 1 quart tomatoes or tomato juice, 1 cup rice and 1 tsp. chili powder. Salt and pepper to taste. Bake 1 hour 350°.

Brown 1 lb. ground beef with an onion, chopped. Place in a casserole. Pour 1 can mushroom soup and 3/4 can milk over beef. Season and mix well. Put Tator Tots over the top and bake at 350° until Tator Tots are browned and crisp.

BEEF MISCELLANEOUS

DRIED BEEF (The way pioneer women cured beef for summer use)

To every 100 lbs. of beef, use: 4 lbs. brown sugar
7 lbs. pickling salt 2 ounces saltpeter

Rub mixture on meat. Put down in large crock jar for 2 or 3 weeks. It will make it's own juice. Every few days take time to rotate meat from top to bottom. After 2 or 3 weeks, take it out of the container and wash it off, as it will become slimy, but is OK. Take to the locker plant and have it smoked, like ham.

After it is smoked it is ready to eat. Slice it paper thin and serve like cold cuts. Freeze beef that is not to be used immediately. If a hunk should become moldy before it is used up, just scrape it off and wash it and put in oven to dry well.

The type of meat to use for this purpose is young cow or heiferette. Have your butcher order meat for this purpose. Use the hind quarter. An 80 lb. quarter should yield about 50 lbs. to cure. Take a sharp knife and follow the muscling. Keep the pieces from 5 to 8 lbs. in size. This sounds large, but keep in mind that it will be about half that size when through smoking, as it shrinks. The scrap meat that is left may be canned in a pressure cooker and is ready for quick meals.

CORNERED BEEF

1 1/2 c. salt	8 bay leaves
4 qts. water	5 lbs. first cut brisket of beef
1 T. sugar	8 cloves garlic
2 T. pickling spice	2 onions
1/2 ounce saltpeter	2 stalks celery

Combine first 6 ingredients. Bring to a boil and cook for 5 minutes. Cool. Place beef in stone crock or bowl (NOT METAL). Pour the cool liquid over it and add the garlic. Weight the meat down to keep it covered by the liquid. Cover with a piece of muslin and tie. Let it pickle for 12 days in refrigerator or cool place.

TO COOK: Rinse meat, add onions and celery and cover with water. Bring to boil and cook on low heat for 3 hours or until tender. Drain and slice crosswise. Cabbage and potatoes may be cooked in the stock and served with the corned beef. If you use the entire 5 pounds, it will serve 12 to 14 people.

Cold corned beef makes good sandwiches. Use rye bread, hot English-style mustard, pickles or cold sauerkraut on the side.

In 1951, one hour's labor could buy 1.7 pounds of BEEF. In 1971, one hour's labor bought 3.3 pounds of higher quality BEEF. BEEF is still a bargain!

CALICO BEANS WITH BEEF

- | | |
|----------------------|----------------------------|
| Brown: | 1 lb. ground beef |
| 1/4 lb. bacon, diced | 1/2 c. chopped onion |
|
Mix: | |
| 1/2 c. brown sugar | 1 t. salt |
| 1/2 c. catsup | 1 can lima beans |
| 2 T. vinegar | 1 can kidney beans |
| 1 T. mustard | 1 large can pork and beans |

Combine and bake at 300° for 1 1/2 hours.

CORRALLED BEEF

- 2 c. cooked roast beef, ground 1/2 can onion or celery soup

Use your favorite bread dough recipe. Roll out in 3 inch diameter circles. Place 1/2 c. of mixture on dough and fold over in half. Press edges together. Let rise 1/2 hour and bake 350° for 30 minutes or until done. Serve hot, topped with beef gravy that was left over from the roast. ALL BEEF weiners may be substituted, leaving the ends of the weiners protruding on each end of the dough.

TASTY BAR-B-QUED BEEF

- | | |
|-------------------------------------|---------------------------|
| 1 lb. beef cut into 1/2 inch cubes. | 1 c. catsup |
| 1 T. fat | 1/4 c. brown sugar |
| 1 1/2 c. water | 2 T. vinegar |
| 1 medium onion, chopped | 2 T. Worcestershire sauce |
| 1/2 c. diced celery | 1 tsp. salt |
| 1/3 c. diced green pepper | 1 tsp. chili powder |
| | 12 to 16 hamburger buns |

Brown beef in hot fat; add water and simmer in covered skillet 1 1/2 hours, (or use pressure cooker for 20 minutes at 10 lb. pressure). Reserve broth, adding enough water to make 2/3 cups. Break beef in small pieces. Cook onion and green pepper in fat until tender. Add beef, broth and the remaining ingredients. Simmer, uncovered, for 20 to 30 minutes. Serve on toasted buns.

CORNERD BEEF

- | | |
|--------------------|-----------------------------|
| 8 c. water | 1 clove garlic (optional) |
| 1 c. pickling salt | 2 tsp. pickling spices |
| 3 T. sugar | 5 or 6 lbs. brisket or rump |
| 1 bay leaf | |

Place in stone jar. Cover with liquid and place weight on top to keep meat under liquid. Leave for 3 or 4 days. Remove and cook according to your own wishes. It may be frozen and cooked later.

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BEEF builds better meals. Better meals build better bodies.

BEEF MISCELANEOUS

EASY STRAGANOFF

4 or 5 c. roast beef (cooked)	1 can mushrooms, drained
3 or 4 bouillon cubes	1 c. commercial sour cream
1 can condensed beef broth	3 T. butter
Any leftover gravy or drippings	3 T. flour
1 diced onion	

Saute onion in butter until tender. Add flour, stir, then add beef broth and bouillon cubes and drippings. Stir until blended. Add roast beef, which has been cubed. Simmer until beef is hot. Add mushrooms and sour cream. Serve at once over rice, noodles, mashed potatoes or hot biscuits.

BEEF CHOW MEIN

3 c. (or more) cubed roast beef	1 c. chopped onion
in 1/2 inch sized pieces	2 c. leftover brown gravy
2 c. celery, sliced on the bias	2 c. water

Combine ingredients and simmer for 20 or 30 minutes.

1 T. cornstarch	1 lb. can drained bean sprouts
1/4 c. soy sauce	1 (5 oz.) can drained water chestnuts. (optional)

Mix cornstarch and soy sauce and add to beef mixture to thicken. Last, add bean sprouts and water chestnuts. Heat thoroughly and serve over fluffy rice or chow mein noodles.

TWO MEAT HUNGARIAN GOULASH

2 lb. round steak, cut into 1 1/2 inch cubes.	1 1/4 c. water
2 lbs. top sirloin of beef, cut into 1 1/2 inch cubes.	3 T. paprika
1/4 c. butter	1 T. salt
1 Bermuda onion, chopped fine	1/2 tsp. pepper
	2 cans (14 oz) sauerkraut
	2 c. sour cream

Melt the butter in a large kettle and saute the onions until tender. Remove onions from pan and set aside on paper toweling. Brown the beef. Turn the heat low. Add onion, 1 cup water, paprika which has been mixed with 1/4 cup water, salt and pepper. Simmer together for 2 hours, or until all the meat is tender. Just before serving, rinse the sauerkraut twice in cold water. Drain and add to the meat. When heated through, stir in the sour cream. Simmer for a few minutes and serve. Makes 12 servings.

SPANISH HEART

1 beef heart	1 can tomato soup
1 onion, sliced	

Trim fat and gristle from heart. Slice crosswise into 1/2 inch pieces. Cover with lightly salted water. Boil about 2 hours. Skim broth. Add onion and soup. Boil 30 minutes. Thicken gravy.

RANCH BREAD

Step 1. Boil:

1 c. water
 1/3 c. sugar
 1 c. coarsely ground beef
 1 c. raisins
 Cool this mixture.

Step 2. Soak:

2 pkgs. yeast
 1 tsp. sugar
 1/2 c. warm water

Step 3. Combine:

1 1/2 c. potato water or
 scalded milk.
 3 T. melted lard or butter
 1 c. all bran
 1 T. molasses
 2 c. graham flour
 2 c. white flour
 Mix with spoon and let rise
 10 minutes.

Step 4. Add:

3 tsp. salt
 1/2 c. coarsely cut walnuts
 The cooled beef mixture
 2 or 3 cups white flour, to
 make a soft dough.

Knead. Let rise 10 minutes. Knead again, slightly. Cover.
 Let rise in warm place until doubled in bulk. Punch down and let
 rise 30 minutes. Divide into 3 loaves. Let rise. Bake at 350°
 for 35 minutes.

PRAIRIE OYSTERS

1 quart calf fries
 2 eggs, beaten
 1/4 c. milk

2 c. bread crumbs, or cracker
 crumbs.
 Salt and pepper

Skin and clean fries. Cut in halves. Soak in saltwater over-
 night. Drain. Roll in crumbs, dip in egg batter, then back into
 the crumbs. Fry to a golden brown in cooking oil. Use a frying
 pan at moderate temperature. Fry on both sides.

LIVER LYONNAISE

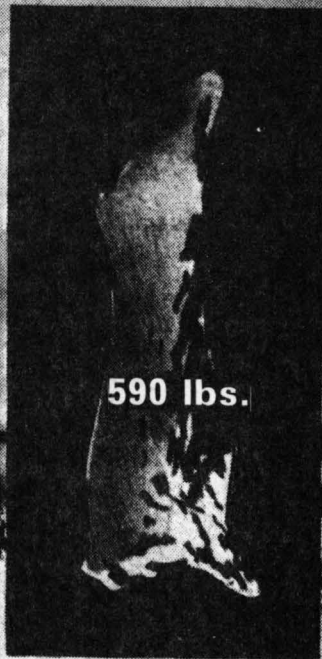
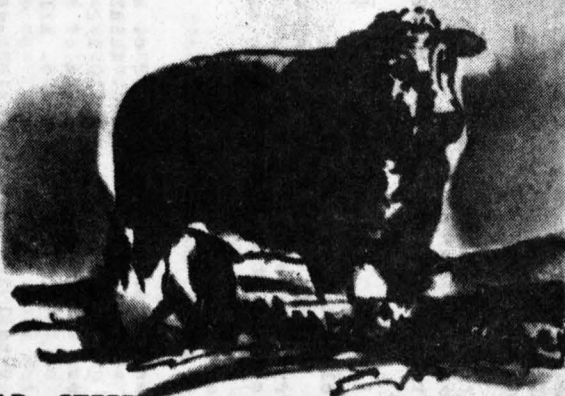
1 lb. sliced beef liver
 3 T. flour
 2 tsp. salt
 1/4 tsp. pepper
 3 T. fat

3 1/2 c. cubed potatoes
 1 c. thinly sliced onions
 1 (10 1/2 oz.) can condensed
 cream of celery soup.
 1/2 c. milk

Cut liver into 1 1/2 inch cubes. Blend flour and half the
 salt and pepper. Roll liver in flour mixture. Brown on all sides
 in hot fat in heavy skillet; remove liver from pan. Fry potatoes
 and onion in remaining fat until lightly browned and potatoes are
 tender. Alternate liver and potato-onion mixture in 1 1/2 quart
 baking dish. Combine soup, milk, salt and pepper and pour over top.
 Cover; bake in moderate oven (375°) for 40 minutes.

Beef is one of the most completely digestible and utilized
 foods.

CATTLE ARE NOT ALL BEEF BEEF IS NOT ALL STEAK



**ONE 1000 LB. STEER
PRODUCES 590 LBS. OF BEEF
MINUS 125 LBS. OF BONE AND FAT, WASTE AND SHRINKAGE,
LEAVING 465 LBS. OF RETAIL CUTS.**

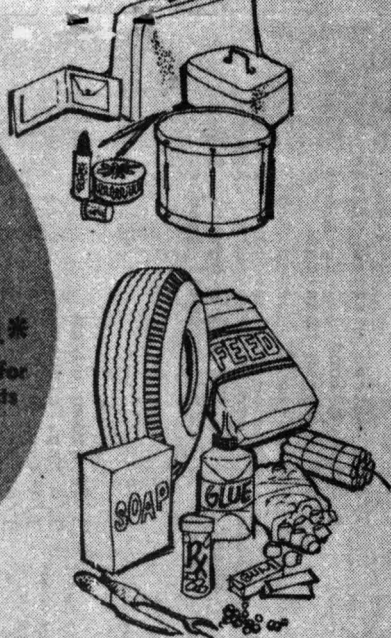
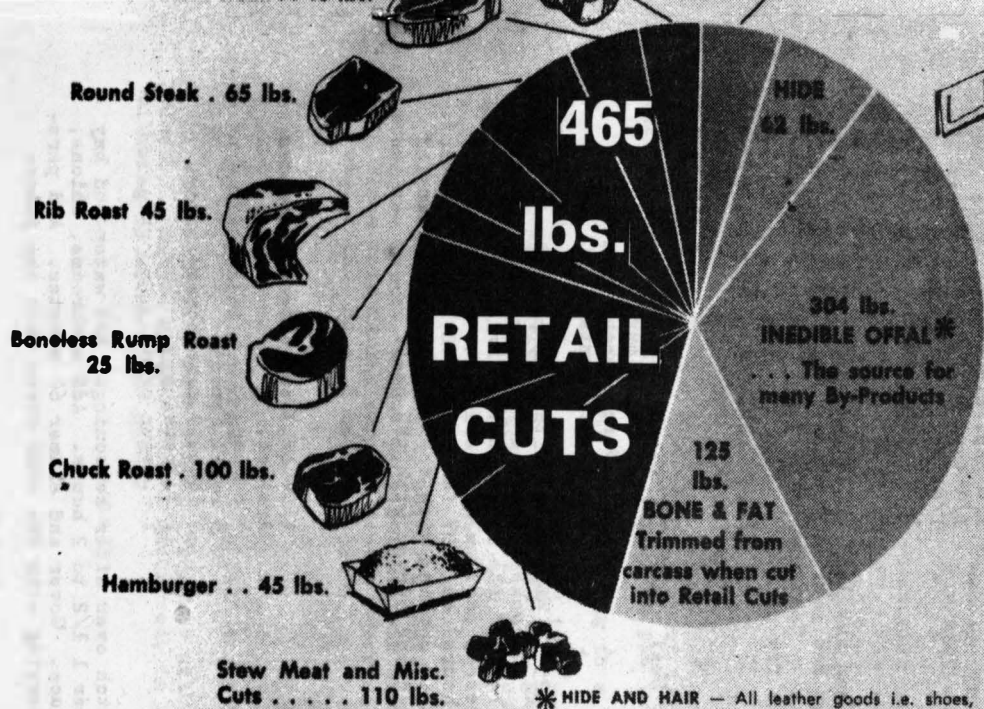
**Porterhouse, T-Bone &
Club Steak . . . 35 lbs.**

44 lbs. EDIBLE OFFAL:

**Edible Fat - Liver - Tongue - Heart
Tripe - Oxtail - Cheek Meat - Headmeat**

Sirloin Steak . . . 40 lbs.





Stew Meat and Misc. Cuts 110 lbs.

***HIDE AND HAIR** — All leather goods i.e. shoes, luggage, wallets, automobile upholstery, etc. Camels hair for artists brushes (actually from the hair in cattle ears). Curled hair for upholstery. Drumheads and violin strings.

BONES AND HORNS — Bone for bone china. Horn and bone handles for carving sets. Gelatin for marshmallows, photographic film. Steerin for chewing gum and candies. Bone charcoal for high grade steel such as ball bearings. Special glues for plywood, paper, matches, window shades. Glycerin for explosives.

GLANDS AND INTERNAL ORGANS — Medicines such as hormones, glandular extracts, insulin, pepsin, epinephrine, ACTH cortisone, and surgical sutures to name but a few. Chemicals for tires to run cooler. Binders for the asphalts in your roads. Animal fats for soaps. High protein livestock feeds and high nitrogen fertilizers.

BEEF ROASTS

BEEF BARCELONA

2 lb. chuck roast	1/2 c. sliced stuffed olives
8 oz. Catalina brand French dressing.	6 small onions
1/2 c. water	6 small whole potatoes

Brown roast in 1/4 cup dressing. Place in casserole. Add remaining dressing and water. Roast at 350° for 1 1/2 hours. Add olives, onions, and potatoes. Roast 1/2 hour or until tender.

POT ROAST (Slow braising) Quick Sauerbraten

3 to 4 lb. chuck roast	1 T. brown sugar
Salt to season	1/8 tsp. cinnamon
2 medium onions	1/4 tsp. allspice
1 bay leaf	1/8 tsp. ground cloves
1/4 c. water	1/2 c. raisins
1/4 c. vinegar	

Top with onions and bay leaf. Combine water and vinegar and sugar. Add seasonings and pour over roast. Cook 2 hours. Turn meat. Top with raisins. Continue until done. Use a cast iron Dutch oven or electric fry pan.

BARBECUED ROAST BEEF

6 or 7 lb. round bone beef roast	1/2 c. chili sauce
2 T. butter	1/4 c. brown sugar
1/2 c. chopped onion	2 T. Worcestershire sauce
1 c. catsup	1 tsp. dry mustard

Preheat oven to 325°. Wipe roast with damp paper towel and place in a heavy pan. Now make the sauce--saute onions in butter until soft. Add the rest of the ingredients. Bring to a boil. Roast the meat, uncovered, until meat thermometer registers 140° for rare (2 to 2 1/2 hours) or 160° for medium (2 1/2 to 3 hours). Baste the roast as it is cooking with the sauce. The balance of the sauce may be heated and served with the meat.

HUNGARIAN POT ROAST

3 to 4 lb chuck roast	1 (4 oz.) can sliced mushrooms, drained.
1 T. paprika	4 onions
2 tsp. salt	8 small carrots
1/4 tsp. pepper	2 (8 oz.) cans tomato sauce
2 T. oil	2 T. parsley
1/2 c. water	1 c. sour cream
1 bay leaf	

Brown meat in Dutch oven after seasoning. Add water and bay leaf. Cover and simmer 1 1/2 to 2 hours. Add mushrooms, onions, carrots and tomato sauce. Cover and simmer 60 minutes. Add parsley and just before serving stir the sour cream into the juice.

BEEF ROASTS

SMOTHERED ROAST

2 lb. chuck roast	1 can celery soup
1/2 c. flour	1 can onion soup
2 T. bacon grease	

Flour meat. Brown on both sides in an electric fry pan at 350° in bacon grease. Place meat on rack. Spread celery soup over the surface of meat; sprinkle onion soup over top. Cook for 1 hour at 225°, then turn heat up to 250° for 1/2 hour, keeping meat covered at all times. To serve, pour pan drippings over sliced meat.

A CABS ROAST

2 lb. chuck roast	Desired vegetables
1 pkg. onion soup mix	Cabbage wedges
1 T. sweet basil	Carrots, slant cut

Pan brown roast 5 minutes on each side on top of stove. Foil wrap and bake at 350° for 1 1/2 hours. Mix juice, soup mix, and basil in pan. Place vegetables around roast and pour mixture over them. Turn oven down to 300°. Bake an additional 1 1/2 hours, or until done.

INDIAN ROAST WITH BULGAR WHEAT

2 lbs. chuck roast	Salt and pepper each side as
1 T. shortening	browned in shortening. Remove
Salt and pepper	from pan and place in foil.

In skillet, add and bring to a boil:

1 c. tomato sauce	1/4 tsp. pepper
1/2 c. cooking sherry	1/2 tsp. garlic salt
1 tsp. Worcestershire sauce	1/4 tsp. curry powder
1/2 tsp. hot sauce	1 T. brown sugar
1 tsp. garlic	

In a sauce pan bring to boil 2 c. water. Add 1 c. bulgar wheat or cracked wheat. Simmer 15 minutes. Mix with 1/3 c. sliced pimento. Place this to one side of roast. Pour sauce over meat. Wrap and seal foil. Roast 2 hours at 325°.

ROAST BEEF

5 to 6 lb. rolled rib roast	Salt and pepper
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Wipe meat with damp cloth. Sprinkle with salt and pepper. Place on rack in pan and roast, uncovered, in slow oven (300°) allowing 35 minutes per pound.

BEEF ROASTS

SHORT RIBS

2 or 3 lbs. beef short ribs	1/2 c. catsup
Salt and pepper	1 T. mustard
1/2 c. melted butter	1 T. sugar
1/4 c. onion, diced	1/4 c. barbeque sauce

Brown floured ribs, salted and peppered, in electric frying pan with butter. Mix remaining ingredients and pour over ribs. Cover pan. Set control at 300°. Cook for 3 hours. Stir often.

GARDEN ROAST

2 lbs. beef	1/2 c. diced parsnips
1 medium onion, sliced	1 tsp. salt
1/2 c. diced carrots	Potatoes, or substitute other
1 1/2 c. diced turnips	vegetables.

Heat pan until hot. Brown meat on both sides. Add vegetables. Cover and cook over low heat until meat is tender, about 1 1/2 hrs. May use electric sauce pan or frypan, or cook on top of range in a utility pan.

SAUERBRATEN

2 lb. chuck roast	1/2 tsp. mustard seed
1 T. flour	3 whole cloves
3/4 tsp. salt	1/4 tsp. peppercorns
Dash pepper	2 T. flour
2 T. shortening	2 T. crushed gingersnaps
1/2 onion, sliced	

MARINADE

3/4 c. cider vinegar	1 large onion, sliced
1/4 c. red wine	2 bay leaves
1/2 c. water	6 whole cloves
6 peppercorns	1/2 tsp. mustard seed
1 T. sugar	1 tsp. salt

One day ahead, combine marinating ingredients in a large bowl. Place beef in this mixture and let stand 1 day, covered, in refrigerator. Turn meat occasionally. Remove meat and dry with paper towel. Combine salt, pepper, and flour. Coat meat on all sides with seasoned flour and brown on all sides in shortening in Dutch oven. Strain marinade. Add to meat with sliced onion, mustard seed, cloves and peppercorns. Cover; simmer 1 1/2 to 2 hours or until meat is tender. Remove to heated platter. Slice. Strain liquid. Mix flour and gingersnaps in Dutch oven. Slowly add liquid. Simmer, stirring constantly until thickened. Pour some gravy over meat. Serve remainder.

BEEF ROASTS

BEEF POT ROAST IN BEER

3 to 4 lb. beef rump roast
2 T. flour
2 T. shortening
1 tsp. salt. Dash pepper
1/2 c beer. 2 bay leaves.

6 small whole onions
4 carrots in 1 inch pieces
1 c. beer 2 T. catsup
1/4 c flour. 1/2 c. cold water

Coat beef with flour. In Dutch oven or large skillet, brown roast slowly on all sides in hot shortening. Season with salt and pepper. Add the 1/2 cup beer and bay leaves. Cover tightly. Simmer 1 1/2 hours. Remove bay leaves. Add onions and carrots. Cook 1 hour or until meat and vegetables are tender. Remove to heated platter. Skim fat from meat juices. Add enough beer to juices to make 1 1/2 cups. Put cold water in shaker with 1/4 cup flour. Shake well. Stir into juices with catsup. Cook, stirring constantly, until thickened and bubbly. Season. Cook and stir 2 to 3 minutes longer. Serve with meat and vegetables.

COMPANY CHUCK ROAST

2 lb. chuck roast
3 T. cooking oil
Flour and salt
2 T. brown sugar
1/2 c. catsup
1/2 tsp. dry mustard

1 1/2 tsp. Worcestershire sauce
1 stalk celery, diced
2 T. wine vinegar
2 T. onion flakes
1/8 tsp. allspice
1/8 tsp. ground cloves

Dust meat with flour and salt and brown slowly in oil. Mix the remaining ingredients together. Tear off five feet of aluminum foil and fold over lengthwise. Place half of the sauce in center of foil. Place meat on sauce, cover with remainder of sauce. Seal. Bake slowly. 325° for 1 1/2 hours or until done.

SHERRY BEEF

2 lb. chuck roast
1/2 c. water
3/4 c. cooking wine

1/2 can celery soup
1 pkg. dry onion soup

Place roast in baking dish. Pour water and wine over meat. Put celery soup on top of meat, then sprinkle dry onion soup over this. Bake at 325° for 2 1/2 to 3 hours.

FLAT BEEF ROAST

2 to 3 lb. roast
1 can mushroom soup
1 can tomato soup

1 small can carrots and juice
1 chopped onion

Cover. Bake 3 to 5 hours (low heat) according to the size of the roast.

BEEF ROASTS

CRANBERRY POT ROAST

3 to 4 lb. beef pot roast	2 inches stick cinnamon
2 T. flour	1/4 c. water
1 tsp. onion salt	1 (16 oz.) can whole cranberry sauce.
1 tsp. salt	2 T. water
1/4 tsp. pepper	1 T. vinegar
4 whole cloves	

Rub flour, salt, pepper and onion salt on beef. Use all the mixture. In a Dutch oven or heavy kettle, slowly brown meat on both sides in 2 T. hot shortening. Remove from heat. Add cloves, cinnamon and 1/4 c. water. Cover tightly and simmer for 2 1/2 hrs. or until tender. Add water if necessary. Pour off excess fat. Mix cranberry sauce, water and vinegar and pour over roast. Cover and cook 10 to 15 minutes longer. Pass sauce with meat.

BAR-B-Q POT ROAST

3 to 4 lbs. chuck roast, browned	2 dashes Tabasco sauce (optional)
1 c. catsup	1 c. water
1/3 c. Worcestershire sauce	1 onion, sliced in rings
1 tsp. chili powder	1 lemon, sliced
1 tsp. salt	

Drain fat from browned roast. Combine ingredients for sauce and pour over roast. Top with onion and lemon slices. Bake in a covered roaster 3 hours at 350°. Baste occasionally. Add water, if necessary. Will serve 6 to 8 people.

BEEF RIB ROAST (With Individual Yorkshire puddings)

4 to 10 lb. standing rib roast

Place roast, fat side up, on rack in open pan. Do not add water. Do not cover. Roast at 325°. For a 4 to 6 lb. roast, allow 18 to 20 minutes per pound for a rare, 20 to 22 minutes per pound for medium, and 22 to 24 minutes per pound for well done. Roast slightly less time per pound for a larger roast. About 15 minutes before roast is done, turn oven to 375°. Mix up puddings.

PUDDINGS

1 c. sifted flour	1 c. milk
3/4 tsp. salt	2 T. drippings from beef
2 eggs	

Beat eggs, add milk and drippings, then add dry ingredients. Mix well. Grease muffin tins, and pour batter into each. Will make 12. Bake until golden--about 30 minutes. Serve with roast, using juices in roasting pan to use over puddings.

Six ounces of lean BEEF daily contribute 16% of the calories recommended daily.

BEEF ROASTS

BASIC POT ROAST

2 lb. chuck roast	2 bay leaves
2 T. drippings	1 medium carrot, chopped
1 chopped onion	1 sliced celery root
1/2 c. boiling water	1 cup home canned tomatoes
1 tsp. salt. 1/2 tsp. pepper	1 T. flour

Season meat with 1 teaspoon instant meat tenderizer. Heat the fat in heavy sauce pan and brown onion in it. Add the floured meat and brown on all sides. Add the boiling water, bay leaves, carrot and celery root. Cover tightly, simmer slowly, about 1 1/2 hours or until tender. Add tomatoes 1/2 hour before serving.

POT ROAST YUGOSLAVIA

2 lb. chuck roast	2 1/2 tsp. salt
1/2 c. salad oil	1/2 tsp. pepper
2 T. cider vinegar	Mushroom soup (prepared)
1/4 c. chopped onions	1 bay leaf

Combine all ingredients except bay leaf and soup and pour over meat. Cover and marinate overnight. Remove from marinade and wipe off. Brown in oil. Spoon onion from marinade over roast. Cover with 3/4 cup mushroom soup. Add bay leaf. 325° for 3 1/2 hours.

BARBECUE MEAL IN ONE

3 to 5 lb. beef chuck roast	Potatoes (1 per person)
1 T. seasoned salt	Carrots (2 per person)
1 large onion, sliced	Barbecue sauce

Sprinkle roast with seasoned salt and rub in with fingers. Brown roast on barbecue over medium coals 15 minutes on each side. Place roast on large sheet of foil. Place sliced onion on top and potatoes and carrots around roast. Cover meat with barbecue sauce. Wrap, using drug store fold; place on grill and roast 2 hours over low coals.

BARBECUE SAUCE

1/4 c. salad oil	1 tsp. powdered mustard
3/4 c. catsup	1 tsp. brown sugar
2 tsp. seasoned salt	2 tsp. soy sauce
1/2 tsp. pepper	2 T. wine vinegar

Combine all ingredients and cook slowly over low heat, stirring constantly, until mixture comes to a boil. Use as barbecue sauce to go over chuck roast. Makes 5 or 6 servings.

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Beef is rich in B vitamins so important in helping the cells use energy from food and in keeping the nerves and skin in good condition.

BEEF SNACKS

TINY PIZZAS

2 lbs. ground beef	12 oz. shredded mozzarella cheese
1 tsp. salt	16 stuffed green olives
2 cans refrigerated biscuits	1 can mushrooms, sliced
2 cans pizza sauce (8 oz.)	

Brown beef, drain. Roll out biscuits into circles 4 to 5 inches in diameter. Spread 1 T. sauce on each. Top with cheese, then beef. Use mushrooms on half and olives on others. Bake in hot oven 375° on greased baking sheet for 10 to 12 minutes.

DRIED BEEF AND CHEESE LOG (Canapes)

Spread softened cream cheese on dried beef slices and roll into logs held together with toothpicks. Cut into 1 inch long logs. Any cheese spread may be used.

BITE SIZE PARTY SANDWICHES

1 pkg. all BEEF weiners, ground	4 T. grated onion
1/2 c. pickle relish	1/4 tsp. salt
1/2 c. mayonnaise (to taste)	

Trim crusts from 2 slices rye bread and one slice white bread. Spread filling on one slice rye bread. Cover with slice of white bread, spread with layer of cheese spread and cover with remaining slice of rye bread. Cut in fourths and then diagonally until you have 8 bite-size party sandwiches. Repeat for number desired.

BEEF SANDWICH SPREAD

1 lb. leftover beef roast	1/8 tsp. oregano (optional)
6 small sweet pickles	1 c. mayonnaise
1 small onion	1 T. vinegar
1/4 tsp. salt	1 tsp. sugar
1/8 tsp. pepper	

Grind beef, pickles and onion. Mix all ingredients and use as spread on bread or for party crackers. Garnish with olives or tiny pieces of cheese.

ECONOMICAL BEEF SANDWICH SPREAD

1 lb. BEEF bologna	Pepper to taste
1/2 c. sweet pickle relish	Enough mayonnaise to spread

Grind meat, or use blender. Add rest of ingredients. Mix well. Use on sandwiches or crackers. Make it thinner and use as a dip mix.

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Whether it is a Beef steak, Beef roast, or left over Beef, you can be sure of the same outstanding nutritive value.

GROUND BEEF CHEESE SNACKS**BEEF SNACKS**

1 lb. ground beef
Salt
Garlic salt

Onion salt
Hamburger seasoning
Cream cheese

Brown ground beef in skillet. Add seasonings. Spoon onto bread slices which have been spread with a little cream cheese. Toast as for toasted cheese sandwiches.

MARINATED BEEF STRIPS

1/2 lb. cooked beef, (either steak or roast).
1 small onion, thinly sliced and separated into rings.

3/4 tsp. salt
Dash of pepper
1 1/2 T. lemon juice
1 c. dairy sour cream

Mix together and chill. May be served on lettuce leaf with dark bread or crackers. Serves 6.

PERKY BEEF GOODIES (Appetizers)

Wrap a thin slice of roast beef around a bite-size portion of sauerkraut. Wrap this with a slice of BEEF bacon. Hold together with a toothpick and grill for 10 minutes. Serve on lettuce leaf while hot. (Pineapple may be substituted for sauerkraut.)

DRIED BEEF AND CHEESE ROLLS

Dried beef, sliced thin

Nippy cheese spread

Spread dried beef with cheese spread. Roll up, then slice in 1 1/2 inch pieces.

BEEF SALAMI SNACKS

12 slices BEEF salami or BEEF bologna.
1 pkg. cream cheese (3 oz.)
1 T. dairy sour cream

1 tsp. prepared horseradish
1/2 tsp. chopped parsley
1 T. grated onion

Mix everything except meat. Spread on 5 slices of meat and top with sixth slice. Then do this again with remaining 6 slices, stacking them one on top of the other. Cut into wedges, pie shape, and serve with toothpicks.

LIVER SAUSAGE SNACKS

1 lb. liver sausage, beef
Salted peanuts, ground

Pretzel sticks

Shape liver sausage into small balls. Roll in ground peanuts. Insert pretzel sticks into each ball. Serve chilled.

BEEF STEAK

ROLLED STEAK

1/2 c. flour	1 (3oz.) pkg. long grain wild rice
1 tsp. salt	1/2 c. tomato sauce
1 tsp. pepper	2 T. butter
2 lbs. round steak	1/4 c. water

Pound flour, salt and pepper into steak. Prepare rice according to directions on package. Add tomato sauce to rice. Spread rice mixture on steak. Roll steak and tie with string. Melt butter in an electric skillet. Brown meat on both sides and add water. Cover and let simmer for 1 hour. 6 servings.

X CHUCK WAGON SPECIAL

2 lbs. round steak, tenderized, cut into serving pieces.	1 tsp. chili powder
1 can undiluted beef broth	1/2 c. water
1/2 c. barbecue sauce	3 T. shortening
1 small green pepper diced	Flour
	Salt and pepper

Flour steak, brown in shortening, season with salt and pepper. Blend beef broth, water, chili powder and barbecue sauce. Pour over the meat. Simmer for 30 minutes. Add diced green pepper and simmer 30 minutes more. Transfer meat to platter, skim off any fat from sauce. Thicken sauce for gravy if desired. Add a sprig of parsley as a garnish.

ROUND STEAK ON DUMPLINGS

2 lbs. round steak	DUMPLINGS
2 T. fat	1 1/2 c. flour
2 T. flour	1/2 tsp. salt
1 tsp. salt	1 1/2 tsp. baking powder
1/2 tsp. paprika	3/4 c. milk
1 can onions	3 T. salad oil
1 can cream of chicken soup	1 c. crushed potato chips

Score meat with flour, salt, pepper and paprika; fry in fat, place in casserole. Place onions on top. Heat soup and liquid off onion in meat skillet. Pour over meat. Bake in oven about 45 minutes at 325°. Mix dumplings and roll in balls in salad oil and potato chips. Drop on casserole and bake about 20 minutes at 350°. 6-8 servings

SWISS STEAK

2 lb. round steak	Onion, chopped (to taste)
1 can cream of mushroom soup	1 can evaporated milk
1 can cream of celery soup	1 can water

Flour and brown the meat, then add the other ingredients. Cover and bake at 325° until tender--about 2 hours.

SAVORY PEPPER STEAK

- | | |
|------------------------|--|
| 1 1/2 lbs. round steak | 1/2 c. chopped onion |
| 1/4 c. flour | 1 small clove garlic |
| 1/2 tsp. salt | 1 T. BEEF flavor gravy base |
| 1/8 tsp. pepper | 1 1/2 tsp. Worcestershire sauce |
| 1/4 c. cooking oil | 2 large green peppers, cut
in strips. |
| 1 (8 oz.) can tomatoes | Hot cooked rice |
| 1 3/4 c. water | |

Cut steak into strips and dredge in flour, salt and pepper mixture. Cook meat in hot oil in large skillet until browned on all sides. Drain tomatoes, reserving liquid. Add tomato liquid, water, onion, garlic and gravy base to meat in skillet. Cover and simmer about 1 1/4 hours until tender. Stir in Worcestershire sauce and add green pepper strips. Cover and simmer for 5 minutes. If necessary thicken gravy with a mixture of a little flour and cold water. Add drained tomatoes and cook about five minutes more. Serve over hot rice. Makes 6 servings.

STEAK ROLLS

- | | |
|---|-------------------------------|
| 1 lb. round steak, sliced thin
(or 6 minute-steaks.) | 1/2 c. catsup |
| 1/2 c. diced celery | 1/4 tsp. Worcestershire sauce |
| 1/2 c. mushrooms stems and
pieces. | 1/4 tsp. garlic powder |
| 1 envelope onion soup mix | 1 1/2 c. water |
| | 2 T. shortening |

Pound meat thin. Combine celery and mushrooms. Place 2 tablespoons of mixture in center of each piece of meat and roll up, fastening with toothpicks. In skillet melt shortening and brown rolls of meat. Combine soup mix, catsup, worcestershire sauce, garlic powder and water. Pour into skillet. Simmer 1 1/2 hours or until fork tender.

STEAK IN WINE

- | | |
|------------------------|---------------------|
| 1 large round steak | 1 can mushrooms |
| 1 1/2 c. celery | 1 can BEEF consomme |
| 1 1/2 c. carrots | 3/4 c. white wine |
| 1 medium chopped onion | 3 T. catsup |

Cut steak into serving pieces. Flour and brown in skillet. Remove and saute celery, carrots, and onions. Add mushrooms and steak. Pour the consomme, wine and catsup over all. Bake, covered, about 2 hours at 325°. Serve over rice, noodles or potatoes.

BEEF is basic. BEEF is protein. Protein is the basic material of every cell that makes up every part of the body. The body needs protein daily for growth.

BEEF STEAK

SALISBURY STEAK

4 minute steaks	1 T. brown sugar
flour	1/2 c. ketchup
Salt and Pepper to taste	2 T. Worcestershire sauce
3 T. fat	1/4 c. water
1 onion, chopped	2 T. vinegar

Dip steaks in flour; sprinkle with salt and pepper. Brown with onion in hot fat. Add remaining ingredients. Cover and cook slowly until meat is tender, about 20 minutes.

ROUND STEAK CURRY

3 c. (3/4" cubes) of round steak	1/2 tsp. ginger
1 onion	1 1/2 tsp. curry powder
1 tsp. salt	1/2 can tomato paste
1/2 tsp. pepper	1 small can tomato sauce
1 tsp. lemon juice	4 c. minute rice, cooked
1/2 c. butter	(2 c. raw rice, 2 c. water.)

Brown meat in butter; add curry powder. Mix and add the salt, pepper and ginger. Stir well. Add tomato paste and tomato sauce and lemon juice. Simmer for at least 1 1/2 hours. Thicken slightly with flour and water. Prepare rice using directions on the box. Simmer with meat for 10 minutes. Serves 6.

ROUND STEAK WITH MUSHROOMS

6 T. flour	1 1/2 c. celery, diced
1 1/2 tsp. salt	1 1/2 c. onions, sliced
3 lbs. round steak	2 cloves garlic, minced
1/4 tsp. pepper	1 tsp. salt
1/4 c. fat	1 c. water
2 c. mushrooms, drained	

Combine flour, salt, and pepper. Cut steak into serving pieces. Pound as much of the dry ingredients as possible into meat. Brown steak in frying pan. Combine the remaining ingredients and pour over the meat. Cover and set control at 10 pounds pressure on the pressure pan. Cook for 30 minutes after correct pressure is reached.

SPICY BARBECUE STEAK

2 lbs. round steak	Salt and Pepper to taste
Flour	Shortening

Combine flour, salt and pepper; pound into steak and brown in skillet. Transfer to baking dish.

(Turn to next page for the sauce to this recipe.)

BEEF STEAK

SPICY BARBECUE STEAK (continued)

	Sauce
1 (6 oz.) can tomato sauce	4 T. brown sugar
1 c. diced onions	2 T. Worcestershire sauce
1/2 c. diced mushrooms	Pepper
2 cloves garlic	1 1/2 c. water
1/4 tsp. chili powder	1 1/2 c. catsup
2 T. vinegar	

Combine the ingredients for the sauce and pour over the meat. Bake at 300° for 2 to 2 1/2 hours.

SWISS STEAK

1/2 T. butter	1/2 c. juice from canned tomatoes
1 envelope onion soup mix	1 T. A-1 Steak Sauce
2 lbs. round steak	1 T. corn starch
1/4 lb. mushrooms, sliced	20 in. sheet heavy duty foil
1 lb. can tomatoes drained and chopped.	1 T. chopped parsley
1/4 tsp. salt	Freshly ground pepper
	Assorted garnishes as desired

Spread center of foil with butter. Cut steak into serving portions. Arrange on foil slightly over lapping each portion. Sprinkle with onion soup mix, mushrooms, pepper, tomatoes. Season. Mix juice, A-1 Sauce and cornstarch. Pour over meat and vegetables. Bring foil up over and double fold edges to seal tightly. Bake 2 hours in moderate oven (365°). Roll back foil and sprinkle with parsley. Makes 6 generous servings.

PEPPER STEAK

2 T. flour	1/2 can onion soup
1/4 tsp. salt	1/2 c. catsup
Dash pepper	1 medium green pepper, cut into
2 lbs. round steak	8 strips
2 T. shortening	

Combine flour and seasonings; pound into meat with meat hammer or edge of heavy saucer. In skillet, brown meat in shortening; pour off fat. Add soup and catsup. Cover. Cook over low heat 1 hour. Add green pepper; cook 20 minutes more until tender. Stir.

EASY SWISS STEAK

1 large round steak	1 envelope dry onion soup mix
2 T. butter	

Place steak on large sheet of foil on cookie sheet. Dab butter all over steak. Sprinkle soup mix on steak. Seal in aluminum foil and bake at 325° for 2 hours.

BEEF STEAK

CHEESE STEAK

2 lb. round steak cut into serving pieces.	1/4 tsp. garlic salt
1/4 c. flour	1/4 c. chopped onions
1/2 tsp. salt	3 T. shortening
	1 c. water

Pound round steak to 1/4 inch thickness and dredge in combined dry ingredients. Brown slowly in the shortening. Add water and simmer with the chopped onion, covered, about 1 hour until tender. Sprinkle with 1/2 cup shredded sharp cheese and 2 T. chopped parsley. Cover and cook 2 or 3 minutes until the cheese melts.

PIZZA SWISS STEAK

2 lbs. round steak, 1 in. thick	1 medium onion sliced
1 (8 oz.) can seasoned tomato sauce	1/4 c. all purpose flour
1 (5 1/2 oz.) can pizza sauce	2 tsp. salt
1/2 c. water	1/4 tsp. pepper
1/2 tsp. sugar	3 T. fat
	1/2 tsp. crushed oregano

Pound flour, salt and pepper into steak and brown slowly in hot fat. Combine the remaining ingredients except onion and pour over the meat. Top with onion slices and simmer uncovered 10 minutes. Cover and bake in moderate oven (350°) 1 hour or until done.

BRAISED FLANK STEAK

2 lb. flank steak	1 green pepper--optional
Meat tenderizer	1 c. canned tomatoes
1/2 c. flour	1/2 tsp. salt
1 1/2 c. thinly sliced potatoes	1/8 tsp. black pepper
1/2 c. sliced onion	1/2 tsp. paprika

Sprinkle meat tenderizer on the meat and let stand for about 30 minutes. Cut steak into serving squares and dredge in flour, salt, pepper and paprika combined. Brown in fry pan with shortening. Cover steak with potatoes, onion, and green pepper. Add tomatoes and simmer, covered, until meat is tender. If it becomes dry, add more tomatoes.

POOR MAN'S STEAK

2 lbs. ground sirloin	Salt and Pepper
1 tsp. minced onion	Bacon

Mix lightly. Shape into 6 patties, the thickness of a strip of bacon. Rim each patty with a strip of bacon; secure with a toothpick. Cook under broiler or on a charcoal broiler until done. Do not fry.

BEEF STEAK

MUSHROOM STEAK

2 lbs. round steak	1 (10 1/2 oz.) mushroom soup
1 (4 oz.) can mushrooms with liquid.	1/2 tsp. seasoned salt
	1 soup can water

Heat frying pan to 380°. Trim off excess fat and fry out. Cut steak into serving pieces and brown in beef fat. Season to taste. Place meat along edges of pan. In center of pan mix soup, water, mushrooms and liquid. Simmer until tender. Garnish.

OVEN ROUND STEAK

1 pkg. onion soup mix	Small amount of cooking oil
1 round steak	

Rub the oil into the steak and sprinkle it with the onion soup. Roll it up as a jelly roll and wrap in foil. Bake at 325° for 3 hours.

QUICK AND EASY SWISS STEAK

2 lbs. round steak	1/2 c. fresh mushrooms or
2 T. butter	1 small can chopped mushrooms
1 pkg. dry onion soup mix	

Lay steak on large sheet of foil. Cover with butter, onion soup mix and mushrooms. Wrap foil tightly around the steak and seal well. Place on shallow pan and bake at 275° or 300° for 2 hours.

SWINGER STEAKS

2 lbs. lean ground beef	1/2 minced stuffed olives
1 1/2 c. minced onion	2 c. shredded Cheddar cheese
1 1/2 c. finely diced green pepper.	1 tsp. salt
	1 1/2 c. chopped peeled tomato

Thoroughly mix all ingredients. Shape into thick patties and place on a platter or tray and refrigerate 2 or 3 hours. When ready to cook, again press together each meat patty firmly to prevent crumbling while cooking. Grease a hot grill or heavy skillet, add steaks and brown on each side. Turn heat low and cook until done as desired, about 10 minutes on each side for medium rare. Serve with pilaf or poppy seed noodles.

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Most Beef cuts contain less than 250 calories for a 3 1/2 oz. serving.

BEEF STEAKS

COMPANY ROUND STEAK

2 lbs. round steak, 3/4 inch thick.	1/4 c. wine vinegar
3/4 c. salad oil	1 tsp. dried parsley flakes
6 T. soy sauce	1/3 c. lemon juice
2 T. worcestershire sauce	1/2 tsp. pepper
1 tsp. salt	1 clove garlic, crushed

Mix all the ingredients except steak. Marinate the steak in this mixture for 4 hours or longer. Broil to desired doneness and cut into serving pieces. Marinade may be made ahead of time and stored in the refrigerator, covered, until used. It may be used again and again.

STUFFED FLANK STEAK

4 T. butter	2 lbs. flank steak
1/2 c. chopped onion	1/4 tsp. thyme
3/4 c. chopped celery	4 tsp. chopped parsley
1 (4 oz.) can of mushrooms	1/4 c. milk
1/2 tsp. salt	2 c. crumbled bleu cheese
Dash of pepper	Crackers (or fine dry bread crumbs.)
1 c. beef stock	

Saute onions and celery in butter until tender. Add celery, mushrooms, spices, crackers and milk. Pound steak to 1 inch thickness. Score on one side only and spread dressing on unscored side. Roll and fasten with toothpicks. Brown meat on all sides in hot fat in skillet. Place in covered pan and pour stock over meat. Bake in 350° oven 1 1/2 hours or until tender. Make gravy from the drippings.

FONDUE BOURGUIGNONNE

4 lbs. filet mignon, trimmed	1 tsp. tarragon vinegar
Salt, pepper cayenne	2 tsp. minced parsley
1 bermuda onion	1 tsp. beef extract
2 T. horseradish	2 c. salad oil
1/4 lb. sweet butter	1 jar pickled walnuts, ice cold
3 egg yolks	

Remove all fat and outer membrane of filet. Cut meat into 3/4 inch cubes. Sprinkle with salt and pepper. Mince onion very fine and combine with horseradish. Sprinkle with salt and pepper. Set aside this onion relish. Heat butter in saucepan until melted, but not brown. Put egg yolks in blender. Run blender at low speed, slowly add butter in a thin stream. Remove sauce from blender and fold in tarragon vinegar, parsley, and beef extract. Keep sauce in warm place until served, but do not put over fire or sauce will curdle. Heat oil until it shows signs of smoke. Pour into fondue dish. Let stand over trivet flame 5 minutes before serving dinner. Divide meat, pickled walnuts and onion relish among plates. Sauce may be served on plates or passed separately. Guests spear one piece of meat at a time and brown in fat about 20 to 30 seconds.

BEEF STEAK

BEEF STRAGANOFF #1

1 1/2 lbs. round steak	1 c. sour cream
1/2 c. chopped onion	1 c. sliced mushrooms
1 clove garlic, minced	1 tsp. salt
1 can tomato soup	1/8 tsp. pepper

Prepare meat in strips and brown in skillet. Add onions and garlic to meat and brown lightly. Add remaining ingredients and simmer over low heat, stirring occasionally for about 1 1/2 hours. Serve on hot cooked rice.

BEEF STRAGANOFF #2

2 1/2 lbs. round steak	1/4 c. butter
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Cut steak into serving pieces and brown in the butter. Place in a 2 1/2 quart baking dish. (Leftover roast may be substituted with less cooking time.)

SAUCE

1 can tomato soup	1 c. sour cream
6 oz. can sliced mushrooms	Salt and pepper to taste
1 T. prepared mustard	Seasoned salt
2 T. brown sugar	2 onions, thickly sliced
Dash of Worcestershire sauce	

Mix the sauce and pour over the steak. Place onions on top. Bake at 325° for 2 1/2 hours. Serve over rice.

BEEF STRAGANOFF #3

1 1/2 lbs. steak	2 c. boiling water
1 can mushrooms	1/2 container cultured sour cream
2 beef bouillon cubes	Cooked noodles

Cut steak into 3/4 inch strips, brown in fat. Dissolve the bouillon cubes in water and add to steak along with mushrooms. Simmer in oven an hour at 350°. Add sour cream. Serve at once over noodles.

BEEF STRAGANOFF #4

1 large round steak	Cream
1/2 pkg. noodles	Salt and pepper

Brown and steam steak, seasoned and cut into strips or chunks. Add cream to cover and simmer 45 minutes. Add to cooked noodles or use as topping over noodles. May be served over rice.

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Beef is a powerhouse of all essential nutrients--protein, minerals, and vitamins.

BEEF SALADS

COLD BEEF IN ASPIC

1 pkg. unflavored gelatin
1/4 c. cold water
1 1/2 c. heated consomme,
highly seasoned.

1/2 c. cooked peas
1 c. cooked beets, sliced
1 hard-cooked egg, sliced
2 c. beef, cooked and cubed

Soften gelatin in cold water. Add to hot consomme; stir. Pour this layer into greased pan. When gelatin thickens, arrange peas, eggs and beets on top. Cover with another layer of gelatin. Cool. Mix meat with remaining gelatin mixture; pour over cooled layer. Serve on lettuce garnished with radish roses.

DELLA'S BEEF SALAD

1 c. left over beef
1 c. shredded carrots
1 c. finely cut celery
1 tsp. finely cut onions

Small amount green pepper or pimiento.
1 c. salad dressing

Mix all ingredients. Chill. Just before serving, add 1 can shoestring potatoes or chow mein noodles.

BEEF TACO SALAD

1 lb. ground beef
1/4 c. chopped onion
1 head lettuce, cut fine
1 c. celery, cut fine
1/4 c. onion, cut fine

1 large tomato, cut fine
1 carrot, grated
1 can kidney beans, drained
1 c. cheese, chopped
1/2 bag Taco crackers, crushed

Brown and cook ground beef and onion. Drain fat and cool. Add remaining ingredients and mix all together. Serve with French or Bleu cheese dressing.

SWEETBREAD SALAD

1 pair beef sweetbreads
1 T. vinegar
1/2 T. oil
1/2 tsp. salt

1/8 tsp. pepper
6 heart leaves lettuce
1 c. celery, thinly sliced
1 c. mayonnaise

Prepare sweetbreads by plunging into cold water and let stand 30 minutes. Parboil 20 minutes in acidulated, salted water. (Add 1 t. salt and 1 T. vinegar to 1 qt. water.) Drain and plunge into cold water again. Remove any little strings and membranes.

Cut sweetbreads in cubes. Add oil, vinegar, salt and pepper and refrigerate one hour. Just before serving, fold celery and sweetbreads together and add half the dressing. Arrange lettuce leaves on individual plates. Place sweetbread mixture on lettuce leaves. Put remainder of dressing upon salad and serve at once.

BEEF SALADS

MARY'S CORNED BEEF SALAD

1 pkg. gelatin	1/2 c. cream, whipped
1/4 c. cold water	1/3 c. finely chopped celery
1 can tomato soup	1/4 c. finely chopped onions
2 pkgs. Philadelphia cream cheese, softened.	1/3 c. finely chopped green pepper
1/2 c. mayonnaise	1 1/2 cups corned beef
	Dash of salt

Soak gelatin in cold water. Heat soup and add gelatin mixture and cream cheese. Beat well. Cool. Fold in remaining ingredients. Chill until set.

BEEF SUPPER SALAD

2 c. cubed beef (1 lb. stew meat.)	2 hard-cooked eggs, chopped
3/4 c. kidney beans, drained	1/2 c. mayonnaise
3/4 c. diced celery	1 T. chili sauce
1/4 c. chopped onion	1 T. sweet pickle relish
	1/2 tsp. salt

Pan-fry beef to brown. Finish cooking until tender, about 45 minutes. Cool. Combine mayonnaise, chili sauce, pickle relish and salt. In bowl, combine beef, kidney beans, celery, onion and eggs. Pour dressing over mixture and toss lightly. Chill.

CORNED BEEF SALAD

1 1/2 c. V-8 juice	2 chopped hard-cooked eggs
1/2 c. water	2 tsp. green pepper
1 1/2 pkg. lemon gelatin	1 small onion, chopped
1 can corned beef, shredded	1 c. miracle whip
1 1/2 c. chopped celery	

Combine juice and water. Heat. Add gelatin and stir until dissolved. When partly set, add remaining ingredients. Mix and chill.

MOLDED CORNED BEEF SALAD

1 box lemon gelatin	1/2 onion, diced
1 c. boiling water	3/4 c. green pepper, chopped
1 c. corned beef	1 c. mayonnaise
2 c. celery, chopped	

Dissolve gelatin in boiling water. Cool. Add corned beef, celery, onion and green pepper. Stir in mayonnaise; mix well. Pour into a large mold or individual molds. When set, serve on lettuce leaves.

BEEF SANDWICHES

BEEF OPEN-FACE SANDWICHES (Western)

2 c. ground cooked beef	1/4 c. mayonnaise
2 T. finely chopped onion	3 T. butter
1/2 tsp. horseradish	6 slices white bread
1 1/2 t. salt	1/2 c. chili sauce
1/8 tsp. pepper	1/2 c. grated cheese

Combine first 6 ingredients and mix well. Butter the bread slices. Spread with meat mixture, extending well to the edge of the bread. Mix together chili sauce and cheese. Top each sandwich with 3 T. chili cheese mixture. Arrange sandwiches on a cookie sheet and place in a very hot oven (450°) for 10 minutes or until bread is toasted and cheese is melted.

CHAMPION BEEF SANDWICHES

1/2 c. sour cream	Dash fresh ground pepper
2 tsp. horseradish (drained)	16 slices dark rye bread
2 tsp. dry onion soup mix	8 slices cold roast beef

Spread bread with butter, if desired. Mix first 4 ingredients and spread on bread. Add slice of beef and top with remaining bread.

BEEF TONGUE SANDWICHES

2/3 c. ground cooked tongue	1/2 tsp. salt
2 hard cooked eggs, chopped	Few grains pepper
1/4 c. salad dressing	8 slices bread
1 tsp. grated horseradish	

Mix first 6 ingredients. Spread on half of bread slices and cover with remaining slices.

SCRAPPY BEEF

4-5 lb. rolled beef rump roast	2 cans consomme soup
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Roast, covered, at 300° for 5 hours or longer until the beef roast shreds easily. When well done, take a fork and break or shred the meat. Serve on hot buns with mustard. A sure hit for the young crowd. So easy to do.

BEEF SANDWICH SUPREME

1 c. dairy sour cream	8 slices rye or pumpernickle
3 tsp. minced onion	12 slices cooked roast beef
2 tsp. horseradish, drained	Lettuce leaves

Mix sour cream, onion and horseradish. Spread on bread. Top with slice roast beef and lettuce leaf.

BEEF SANDWICHES

HEARTY BAR-B-Q BEEF SANDWICHES

2 lbs. boiling beef
Boil until tender.

1 lb. ground beef
Brown lightly and drain.

Cut boiling beef into bite-size pieces when tender. Combine with ground beef. Do not use liquid from beef. Mix the following sauce, add beef and simmer for 15 minutes.

2 c. catsup
2 tsp. salt
2 T. vinegar

4 T. prepared mustard
4 T. sugar
1 pkg. dry onion soup mix

Serve hot on buns for a hearty easy to eat barbeque sandwich.

BARBEQUE BEEF ON A BUN

4 or 5 c. cooked beef, cut
into bite-size pieces
1 1/2 c. chopped onion
3 T. lard
Beef broth or bouillon
1 c. catsup

2 T. vinegar
2 T. brown sugar
1 T. Worcestershire sauce
1 drop tabasco sauce
1 tsp. salt

Brown beef and onion in lard. Combine liquid and remaining ingredients. Simmer until tender and blended. Serve on buns.

LIVER SAUSAGE SPREAD

Mash 3/4 lb. beef liver sausage and mix with 1/3 c. chopped sweet pickles and a little mayonnaise to give a good spreading consistency. Grated sharp cheese makes a pleasing addition. After spreading the bread, the sandwich may be left open-faced, or toasted under broiler, if desired. Makes 5 open-faced sandwiches.

DRIED BEEF SANDWICHES (Broiled)

1/2 c. shredded dried beef
1 (5 oz.) jar pimiento cheese
spread.

1/3 c. pickle relish
1/3 c. salad dressing
6 slices buttered bread

Combine beef, cheese, relish and salad dressing. Spread equal portions on bread slices. Broil until bubbly and hot.

SLIM TRIM LUNCHEON SANDWICH

To make a "knife and fork" sandwich without bread, spread a thin slice of roast beef with a mixture of shredded Cheddar cheese and salad dressing. Add thinly sliced tomato and lettuce. Top with second slice of roast beef.

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To meet the extra nutrients needed by teenagers, serve **BKF** snacks to them between meals.

BEEF STEW

BAKED BEEF STEW

1 lb. beef stew meat, cut up	1 can beef broth
1/2 c. celery, cut up	1 1/2 T. minute tapioca
2 or 3 carrots, cut up	1 1/2 tsp. sugar
1 or 2 onions, quartered	1 1/2 tsp. salt
2 or 3 potatoes, quartered	

Place all ingredients into a large casserole. Cover and bake 5 hours at 250°.

STEW IN A BASKET

1 lb. stew meat	1/2 medium green pepper (save 4 slices for garnish, chop rest)
2 medium potatoes, quartered	1 (12 oz.) can tomato sauce
1/2 medium onion, cut up	Salt and pepper
2 small carrots in small chunks	

Make double folds of regular 12 inch foil in 12 x 12 inch pieces. Center portions of meat and vegetables on each foil wrap. Pour tomato sauce over each. Season with salt and pepper. Bring sides of foil together over food. Make several folds, pressing together firmly. Bake at about 325° for 2 hours or until tender.

EXTRAORDINARY BEEF STEW

2 lbs. beef cubes (round steak or stew meat.)	2 c. water
2 T. shortening	1/2 lb. fresh green beans
1 envelope Beef flavor mushroom soup mix.	4 carrots
	3 potatoes
	3 onions, cut up for stew

Brown meat in shortening, add mix and water. Simmer, covered 1 1/2 hours. Add vegetables. Cook until tender. Serves 6.

BEEF STEW

2 or 3 lbs. round steak cut into 1 inch cubes.	1 c. corn
6 medium potatoes	1 (6 oz.) can tomato sauce
6 large carrots	1 pkg. beef stew seasoning
1 medium onion	Flour, salt and pepper
1 c. diced celery	3 T. shortening
1 c. peas	2 c. water

Roll steak cubes in flour seasoned with salt and pepper. Brown in large Dutch oven with shortening. Remove meat. Add remaining flour with water. Make a gravy, then add beef stew seasoning. Stir and add meat and all vegetables. Place in 350° oven for 90 minutes.

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BEEF builds better meals. Better meals build better bodies.

BEEF STEW

SOMETHING DIFFERENT STEW

2 lb. beef chuck	1 c. tomato juice
3 tsp. salt	1 can Italian style tomatoes
1/4 tsp. pepper	1 pkg. frozen green beans
2 qts. water	1 (16 oz.) can kidney beans
1 c. chopped celery	1 c. cut cabbage
1 c. chopped onion	1 (7 oz.) pkg. vermicilli
1 c. sliced carrots	

Season beef with salt and pepper. Add water and cover. Simmer 3 hours. Remove meat. Cut up and put back in kettle. Add vegetables and bring to a boil. Last, add vermicilli. Cook 15 minutes.

CHUCK BOURGIGNONNE

2 1/2 lbs. boned chuck (about 2 inches thick.)	2 large cloves garlic, minced
6 slices bacon, cooked and crumbled. Save drippings.	1 bay leaf
1 can beef broth	8 small white onions
1 1/4 c. water	4 medium carrots, halved
1/2 c. dry red wine	1/2 lb. fresh mushrooms or 1 (4 oz.) can, drained
	2 T. flour

Trim all fat away from chuck. Cut in 1 1/2 inch chunks. Brown in bacon fat. Pour off excess fat. Sprinkle with salt and pepper. Add bacon, soup, 1 cup water, wine garlic, bay leaf. Simmer 1 hour. Stir now and then. Add vegetables and mushrooms. Simmer 1 hour or until tender. Blend 1/4 cup water with flour. Thicken liquid. Serve over rice or add potatoes to vegetables. A crisp salad and fresh homemade bread or French bread makes it special company fare.

BEEF STEW WITH DUMPLINGS

1 lb. cubed beef	1/4 c. onions
1/2 c. potatoes	1/2 tsp. Worcestershire sauce
1/2 c. carrots	1/2 tsp. salt
3/4 pkg. brussel sprouts	Dash of pepper
1 c. mushroom soup	Enough parsley for garnish

Roll meat in flour; brown in hot fat. Add hot water. Cook slowly for 1 1/2 hours. Add vegetables, soup and seasonings. Cook for 30 minutes. Drop dumplings from spoon and cover tightly. Steam without lifting cover for 12 or 15 minutes.

STEAMED DUMPLINGS

1 c. flour	1 beaten egg
1 1/2 tsp. baking powder	1/3 c. milk
1/2 tsp. salt	2 T. salad oil

(Recipe continued on next page)

BEEF STEW

BEEF STEW WITH DUMPLINGS (Continued)

Sift flour, baking powder and salt together. Combine egg, milk and oil. Add to dry ingredients to make a soft dough. Drop from teaspoon into stew. (Stew should have liquid in it.) Cover and steam for 15 minutes.

HEARTY WINTER STEW

1 lb. chuck, cut up	3 T. fat
1/4 c. chopped potato	3 T. flour
1/8 c. carrot, sliced	1 1/2 c. vegetable juice cock-
1/8 c. onion, sliced	tail
Salt and pepper	

Coat meat with flour and seasonings and brown in the fat. Put vegetables and meat in the pressure cooker. Add liquid and close cover. Allow steam to escape, then regulate pressure to 15 pounds. Lower heat and process for 15 minutes. Cool cooker before opening.

GOOD BROWN STEW

1 lb. beef chuck	1 c. hot water
1/2 tsp. Worcestershire sauce	1/2 clove garlic
1 tsp. salt	1 small bayleaf
Pinch of allspice	1/4 tsp. pepper
1/2 tsp. sugar	1 medium onion
4 small onions	3 carrots
1/2 tsp. lemon juice	3 potatoes

Thoroughly brown meat on all sides in hot fat. Add all ingredients except vegetables. Cook for 1 1/2 hours. Add vegetables and simmer 45 minutes. Remove meat and vegetables. Thicken if needed.

BEEF BEAN SOUP

2 c. navy beans, soaked	1 c. celery
3 lbs. browned beef shank	1 1/2 c. chopped onion
2 quarts water	1 can tomato juice
4 tsp. salt	2 T. parsley
1/2 tsp. pepper	3 tsp. celery leaves

Drain beans and add to beef and water. Salt and pepper. Cover tightly and simmer 2 hours. Add celery, onion and tomato juice. Cover and continue cooking until tender, about 1 hour. Remove meat and cut it up and add to soup. Add parsley and celery leaves. Reheat before serving.

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Beef is a powerhouse of all essential nutrients--protein, minerals and vitamins.

BEEF STEW

VEGETABLE BEEF STEW

1 lb. lean beef	2 stalks celery
1 tsp. sweet basil	8 onions, boiling size
Salt to season	1 c. eggplant, cubed
2 carrots	1 c. peas, frozen or fresh
2 potatoes	2 tomatoes

Cube beef, dredge in flour and brown in small amount of fat. Add water to cover and season with salt and sweet basil. Simmer until meat is tender, about 2 hours. Add carrots, potatoes, celery, onions and eggplant. Simmer about 15 minutes. Add peas and tomato wedges. Season vegetables. Cover and simmer about 10 minutes. Good served with dumplings.

FRENCH BEEF STEW

3 lb. sirloin tip beef roast, cut in 1 inch squares.	1/2 c. white dry wine
3 large carrots, diced	4 T. minute tapioca
1 can drained onions	1 T. brown sugar
1 #2 can tomatoes	1/2 c. prepared bread crumbs
1 #2 can tiny peas, drained	1 bay leaf
1/2 can beef consomme	Salt and pepper

Mix ingredients and put into an oven pan. Cover. Cook at 250° for 6 or 7 hours or longer.

REAL GOOD STEW

2 or 3 lb. stew meat	1/2 tsp. paprika
1 sliced onion	1/2 tsp. pepper
1 tsp. garlic salt	1 tsp. worcestershire sauce
1 bay leaf	3 c. water
1 T. salt	1/2 c. water (for thickening)
1 tsp. sugar	1/4 c. flour

Brown meat slowly to make a brown base. Add remaining ingredients except for 1/2 c. water and flour. Simmer slowly for 2 or 3 hours. Meat should be real tender. Add vegetables; potatoes, carrots, parsnips, small onions, and peas. Simmer until vegetables are tender. Just before serving, thicken with the 1/2 c. water and 1/4 c. flour blended until no lumps. If too thick, add more water.

EXTRAORDINARY ROAST BEEF STEW

1 lb. chuck roast, cubed	1/4 lb. butter
Mushroom gravy mix	1 c. pancake flour
1/2 c. boiling water	1 tsp. salt
Bouillon cube	1 tsp. onion salt
1 potato, cut up	1/2 tsp. paprika
2 small carrots, cut	1/2 tsp. celery salt
1 celery stalk, cut up	1/2 tsp. seasoned salt
1/3 c. frozen peas	

(Recipe continued on next page)

BEEF STEW

EXTRAORDINARY ROAST BEEF STEW (Continued)

Shake meat in plastic bag of flour and seasonings. Fry in butter on low heat. Prepare vegetables. When meat is almost finished, make mushroom gravy mix. Stir in with meat when it comes to almost a boil. Add vegetables; simmer for 15 minutes. Bake in 350° oven for 30 minutes or until vegetables are done.

ENGLISH BROWN STEW

1 lb. beef stew meat	1 tsp. lemon juice
2 T. shortening	1/2 c. water
1/2 c. onion	2 c. potatoes
1 tsp. salt	2 c. carrots
Dash of paprika	1/2 c. celery
Dash of allspice	

Brown meat in pressure cooker and add other ingredients. Put on 15 lbs. of pressure for 12 minutes. Take off burner and let cool normally for 15 or 20 minutes. Garnish with parsley. Serve.

MEATBALL OVEN STEW

1 lb. ground beef	1 egg, beaten
2 T. onion	1/2 c. flour
1/4 c. cornmeal	2 T. fat
1 tsp. salt	2 c. tomato juice
1 1/2 tsp. dry mustard	3 potatoes, quartered
1 tsp. chili powder	6 carrots, halved
1/2 c. milk	12 small onions

Combine beef, onion, cornmeal, seasoning, milk and eggs. Make into meatballs. Sprinkle with flour and brown in hot fat. Place in casserole. Blend flour with fat in skillet. Add tomato juice. Cook until thick. Pour over meatballs. Arrange vegetables around balls. Bake 1 hour or until vegetables and meat are done.

MRS. CASSIDY'S IRISH STEW

1 lb. beef chuck, cut into 1 inch cubes.	1/4 tsp. pepper
1 T. fat	3 carrots, quartered
2 c. boiling water	2 potatoes, cubed
1 clove garlic	1/2 lb. small white onions
1 medium onion, sliced	1/2 can cream of mushroom soup
2 beef bouillon cubes	1/2 can mushrooms, cut
	1/2 pkg. frozen peas

Thoroughly brown meat in hot fat. Add next 5 ingredients. Simmer, covered, for 2 hours. Add carrots, potatoes and onions. Continue cooking for 35 minutes or until vegetables are tender. Add mushroom soup, frozen peas and mushrooms. Cook 5 minutes longer.

BEEF SWEETS

BEEFLETS (Beef Candy)

1 c. cooked ground beef	1/8 tsp. mace
1 c. chopped apple	1 tsp. cinnamon
1/2 c. raisins	1/8 tsp. cloves
1/2 c. brown sugar	1/8 tsp. nutmeg
1/4 c. fruit jelly	1 T. gelatin, softened in water
1 T. vinegar	1/2 c. nuts
1 tsp. salt	

Combine all ingredients except nuts and gelatin. Cover and cook over low heat 10 to 15 minutes until apples are cooked. Soften gelatin in cold water (1/4 cup). Stir into hot mixture until dissolved. Add the nuts. Cool and pour in lightly oiled 6 x 8 pan. When firm, cut in 1 inch squares, roll in powdered sugar and refrigerate. If weather is warm, add an extra tablespoon of gelatin.

BEEF CANDY

2 c. white sugar	1/2 c. finely ground cooked hamburger, firmly packed.
1 c. brown sugar	1 tsp. vanilla
1/2 c. corn syrup	1/2 c. chopped nuts
3 T. butter	1/2 c. coconut
1/2 c. milk	

Combine ingredients, except vanilla and nuts. Cook slowly to firm ball stage. Cool to 120° or less before beating. Beat with electric mixer until creamy. Add vanilla and nuts. Pour into a buttered pan and cut in squares.

BEEF FUDGE

2 c. white sugar	1/2 c. ground roast beef or cooked ground beef.
1 c. brown sugar	3 T. butter
1/2 c. white corn syrup	2 ounces unsweetened chocolate
1/2 c. milk	1/2 c. chopped walnuts
1 tsp. vanilla	

Cook all together in a heavy kettle to 238°. Do not stir. Remove from heat, cool to lukewarm. Add vanilla and nuts. Beat until thick. Pour and cut as for fudge.

MINCEMEAT DROP COOKIES

1 c. shortening	1 tsp. baking powder
1 1/2 c. sugar	1 tsp. soda
3 eggs	1/4 tsp. salt
2 c. moist mincemeat	1 tsp. allspice
1 tsp. vanilla	1 c. nuts
3 1/4 c. flour	

Mix and bake on cookie sheet as drop cookies. 375° for 10 minutes or until lightly browned.

BEEF SWEETS

BEEF BROWNIES

1/2 c. butter	3/4 c. flour
1 c. sugar	1/4 tsp. salt
2 eggs	1 tsp. vanilla
1 1/2 squares chocolate, melted.	1/2 c. nuts
	1/2 c. mincemeat

Cream butter and sugar together. Add eggs, one at a time. Add mincemeat, nuts, flavoring and chocolate. Fold dry ingredients into mixture. Bake in a 9 x 13 inch pan at 350° for 30 minutes. Cut in squares and roll in powdered sugar.

MINCEMEAT CRANBERRY RELISH

2 c. prepared mincemeat	1/2 c. sugar
2 c. fresh cranberries, rinsed and drained.	1/2 c. chopped pecans

Cover tightly. Simmer 15 minutes. Stir occasionally. Stir in nuts. Cool. Serve with meats. Use as topping for ice cream.

MINCEMEAT SQUARES

1/4 lb. plus 2 T. butter	1/2 tsp. salt
1 c. brown sugar	1 3/4 c. quick oatmeal
1 1/2 c. sifted flour	1 quart canned mincemeat
1 tsp. soda	

Cream butter and sugar. Add dry ingredients and mix until crumbly. Pat 1/2 of the mixture in a greased 9 x 13 pan. Cover this mixture with mincemeat. Place last 1/2 of oatmeal mixture over mincemeat and bake 30 minutes in a 350° oven.

CHOCOLATE MINCEMEAT BARS

2 c. flour	3 eggs
2 tsp. soda	1 pkg. (12 oz.) chocolate chips
1 c. sugar	1 3/4 c. mincemeat
1/2 c. shortening	

Sift together flour and soda. Combine sugar and shortening in a bowl and beat until creamy. Beat in eggs, one at a time. Continue beating until light. Stir in the flour mixture and chocolate chips and mincemeat. Spread in greased floured pan, 15 x 12. (Jelly roll pan). Bake 375° for 25 minutes. Frost while warm.

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Beef is high in quality and quantity of protein, and contains all the essential amino acids needed to build and repair body tissues.

Roast, Steak or Stew, there's a cut of BEEF for you!

1. 2. 3. 4. 5. 6. 7.

1. Roiled Rib Roast (ROAST)
2. Standing Rib Roast (ROAST)
3. Market Steak (BROIL OR PAN BROIL)
4. Club Steak (BROIL OR PAN BROIL)
5. T-Bone Steak (BROIL OR PAN BROIL)
6. Porterhouse Steak (BROIL OR PAN BROIL)
7. Sirloin Steak (BROIL OR PAN BROIL)
8. Chuck Roast (BRAISE OR ROAST)
9. Arm Roast (BRAISE)
10. Brisket (SIMMER IN WATER)
11. Pump Roast (BRAISE)
12. Round (BRAISE)
13. Stew Meat (BRAISE AND SIMMER)
14. Ground Beef (BROIL, PAN BROIL OR BAKE)
15. Short Ribs (BRAISE OR ROAST)
16. Plate (SIMMER IN WATER)
17. Flank (SCORE ON BOTH SIDES, STUFF AND BAKE OR BROIL)



**A 1,000 POUND STEER YIELDS
 465 POUNDS of RETAIL CUTS.**
 Only 75 lbs. are steaks for broiling

Annual South Dakota Beef Production: 2 BILLION Pounds, Annual South Dakota Beef Consumption only 74 MILLION Pounds
 South Dakotans consume only 4% of the BEEF produced in the State.