



EDITED BY **Perrin Davis** AND **Kate DeVivo**

Beef 101

Master
Cooking
Beef with
101 Great
Recipes

EDITED BY **Perrin Davis** AND **Kate DeVivo**

Beef 101

Master Cooking Beef with
101 Great Recipes

AGATE
DIGITAL
CHICAGO

Copyright © 2014 Agate Publishing, Inc.

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical including photocopying, recording, or by any information storage or retrieval system without express written permission from the publisher.

Ebook edition 1.0 April 2014

ISBN-13: 978-1-57284-477-3

Agate Digital is an imprint of Agate Publishing. Agate books are available in bulk at discount prices. For more information visit agatepublishing.com.

Other titles in Surrey's 101 series:

[Diabetes Cooking 101](#)

[Gluten-Free 101](#)

[Slow Cooker 101](#)

[Vegan 101](#)

[Vegetarian 101](#)

[Breakfast & Brunch 101](#)

[Soups & Stews 101](#)

CONTENTS

Introduction

Appetizers, Snacks, and Sides

Nachos

Snack-Size Pizzas

Muffin Tin Burger Biscuits

Meatloaf Muffins

Baby Porcupine Balls

Great Balls o' Beef

Dinosaur Meatballs

Magic Meatballs

San Antonio Meatballs

Meatballs in Tomato Pasilla Chile Sauce

Sweet-Sour Meatballs

Appetizer Meatballs

Dried Beef and Onion Dip

Burgers and Sandwiches

Cheeseburger Supreme

Mushroom Burger

Onion, Chive, and Garlic Burger

Kobe Blue Burger

Bacon and Blue Cheese Burger

Parmesan Burger

Reuben Burger

Beer Burger

Santa Fe Burger

Feta Burger

Green Onion and Brie Burger

Teriyaki Burger

[Taco Burger](#)

[Pizza Burger](#)

[Cheddar Beef Slider](#)

[Sloppy Joes](#)

[Chicago-Style Italian Beef Sandwiches](#)

[Soups, Stews, and Chilis](#)

[Beef Barley Soup](#)

[Beefy Bean Soup](#)

[Meatball and Vegetable Soup](#)

[Meatballs](#)

[Sweet and Sour Cabbage Soup](#)

[Fragrant Beef Stock](#)

[Savory Beef Stew with Roasted Vegetables](#)

[Beef and Vegetable Stew](#)

[Beef and Mushroom Stew](#)

[Beef and Cabbage Stew](#)

[Beef and Ancho Chili Stew](#)

[Red Pepper Rice](#)

[Barbecued Beef and Bean Stew](#)

[Chuck Wagon Beef Stew](#)

[Cubed Steak Stew](#)

[Skillet Beef Stew](#)

[Paprika–Sirloin Stew](#)

[Wine-Braised Beef Stew](#)

[Rosemary Beef Stew](#)

[Steak and Sweet Potato Stew](#)

[Meatball and Pasta Stew](#)

[Romano Meatballs](#)

[Five-Spice Beef Stew](#)

[Cincinnati Chili](#)

[Southwest Chili](#)

[Curry Soup with Meatballs](#)

[Curry Meatballs](#)

[Main Courses](#)

[Shish Kabobs](#)

[Peppercorn Beef Kababs](#)

[Eisenhower Steak](#)

[Citrus-Grilled Steak](#)

[Mushroom-Stuffed Flank Steak](#)

[Steak Diane](#)

[Pepper Steak](#)

[Pot Roast](#)

[Crumb-Crusted Roast](#)

[Round Roast with Fettuccine](#)

[Braised Short Ribs](#)

[Barbecued Brisket](#)

[Spice Rub](#)

[Sun-Dried Tomato-Stuffed Beef Tenderloin](#)

[Basic Meatloaf](#)

[Italian Meatloaf](#)

[Lemon Meatloaf](#)

[Egg Lemon Sauce](#)

[Beef Roll-Ups](#)

[Beef and Vegetable Stir-Fry](#)

[Beef and Asparagus with Rice Noodles](#)

[Beef and Brie Skillet Pie](#)

[Beef, Bacon, and Beans Dinner](#)

[Roast Beef Hash](#)

[Grilled Flank Steak on Salad Greens](#)

[Stuffed Green Peppers](#)

[Around the World](#)

[Bangkok Beef Satay](#)

[Beefsteak Tostadas](#)

[Gyros Burger](#)

[Gyros Relish](#)

[Borscht](#)

[Asian Beef Stew with Sesame Noodles](#)

[Sesame Noodles](#)

[Teriyaki Beef Stew](#)

[Greek Beef and Lentil Stew](#)

[Pakistani Beef Curry](#)

[Middle Eastern Beef and Bean Hot Pot](#)

[Curried Beef Stew with Chive Biscuits](#)

[Hungarian Goulash](#)

[Goulash Casserole](#)

[Beef Stroganoff](#)

[Boeuf à la Bourguignon](#)

[Beef Ragout](#)

[Counter Kappo Teriyaki Kebabs](#)

[Italian Sausage-Stuffed Meatloaf](#)

[Cavatelli with Beef Roll-Ups](#)

[Cavatelli](#)

[Beef Chop Suey](#)

[Teriyaki Beef and Vegetables](#)

[Asian Sliced Beef](#)

[Beef Rouladen, Italian Style](#)

[Puglian Meatballs with Tomato Sauce and Greens](#)

[Basic Tomato Sauce](#)

INTRODUCTION

Agate Surrey Books wants to help everyone, but especially kitchen beginners, learn how to explore different kinds of food and cooking and all sorts of ingredients. We are proud to introduce the 101 series, which aims to provide rewarding, successful, and fun cooking experiences for everyone, from novices to more experienced cooks.

Beef 101: Master Beef with 101 Great Recipes offers readers not only delicious recipes but also useful information about shopping for equipment, ingredients, kitchen essentials, and seasonings. Figuring out what to do with ground beef, pot roast, or steak sitting in your fridge might be a little intimidating, but we'll give you lots of simple options. So whether you've only recently acquired a taste for beef or have been a lifelong fan, *Beef 101* is a great place to find a repertoire of go-to recipes for a variety of different cuts.

Most of the recipes in these 101 series books come from a wide range of Agate Surrey authors and editors. Contributors to *Beef 101* include Sue Spitzer, editor of the "1,001" series that includes such titles as [*1,001 Best Low-Fat Recipes*](#), [*1,001 Delicious Soups and Stews*](#), and [*1,001 Best Slow-Cooker Recipes*](#); Viktorija Todorovska, author of [*The Puglian Cookbook*](#); Carol Mighton Haddix, editor of [*Chicago Cooks*](#); Barbara Grunes, author of [*Diabetes Snacks, Treats, and Easy Eats, 2nd edition*](#), and [*Diabetes Snacks, Treats, and Easy Eats for Kids*](#); Betty Marks, author of [*The Diabetes Double-Quick Cookbook*](#) and [*Light and Easy Diabetes Cuisine*](#); Anupy Singla, author of [*The Indian Slow Cooker*](#); and Rick Browne, author of [*1,001 Best Grilling Recipes*](#).

Beef 101 recipes were selected to provide a starting point for anyone beginning their cooking journey. The collection includes a variety of cuisines (Italian, Greek, Cuban, Indian, and Middle Eastern, to name a few)—be sure to check out the [Around the World](#) chapter to see them all! Most of the recipes in *Beef 101* are simple, but a handful of them are more advanced; you'll find that all are easy to follow.

A TASTE OF WHAT YOU'LL FIND IN THIS BOOK

This book contains a mix of appetizers and casual foods as well as hearty options and international fare. Some potluck or appetizer dishes include [Sweet-Sour Meatballs](#), [Meatloaf Muffins](#), or [Southwest Chili](#). Stay home on a cold winter night with [Beef and Vegetable Stew](#) or [Curry Soup with Meatballs](#). Summer cookout guests will love the extensive burger options you offer them, including [Bacon and Blue Cheese Burger](#), [Teriyaki Burger](#), [Cheeseburger Supreme](#), or [Santa Fe Burger](#). Delicious family options include the classic [Basic Meatloaf](#), [Shish Kabobs](#), and [Beef, Bacon, and Beans Dinner](#). And you'll be sure to impress your dinner guests with some of our international dishes: [Boeuf à la Bourguignon](#), [Puglian Meatballs with Tomato Sauce and Greens](#), and [Asian Beef Stew with Sesame Noodles](#), to name a few.

But before you get started cooking some of these great recipes, make sure you're up to speed on some cooking basics, and that your kitchen and pantry are ready to go!

BEEF BASICS

Making your own recipes from fresh, natural, wholesome ingredients is always the best option. The recipes in this book are, generally speaking, very simple, but involve few processed ingredients. With the obvious exception of the slow-cooker dishes, you'll be able to prepare a hot, fresh meal that will delight your whole group in no time flat!

KITCHEN EQUIPMENT BASICS

If you are a new cook, or it's been a while since you've spent time in the kitchen, here is some helpful information that will make it easy to jump into *Beef 101* recipes. If you have the following equipment, you will be prepared to make almost any recipe in this book.

Appliances

We're sure you know this already, but your kitchen should include the following standard set of appliances.

Pretty Much Mandatory

- Refrigerator/freezer (set to about 34°F to 38°F [1°C to 3°C], or as cold as you can get it without freezing vegetables or drinks)
- Freezer (if yours is not frost-free, you'll periodically need to unplug it to defrost your snow-filled box)
- Stove/oven (make sure to keep the oven very clean, as burnt foods and other odors can affect the taste of your food)
- Microwave (again, make sure it's clean and ready for use), because it's great for defrosting
- Blender (and not just for beverages and soups—you can use it in place of a food processor or an immersion blender in some instances)
- Hand mixer (well, you can always stir by hand, but sometimes, the hand mixer is indispensable)
- Slow cooker (mandatory at least for some of the recipes in this book!)
- Grill (same here ... but you can always use a stovetop griddle to grill indoors)

Optional

- Food processor
- Stand mixer

Pots and Pans

The following are useful basic equipment for any kitchen.

- Stockpot (8 to 10 quarts [7.6 to 9.5 L])
- Dutch oven (5 to 6 quarts [4.7 to 5.7 L])
- Pancake griddle
- Large stockpot with lid (6 to 8 quarts [5.7 to 7.6 L])
- Large skillet with lid (10 to 12 inches in diameter [25 to 30 cm])
- Medium skillet with lid (7 to 8 inches in diameter [17.5 to 20 cm])
- Medium or large saucepan with lid (2 or 3 quarts [1.9 to 2.8 L])
- Small saucepan with lid (1 quart [.95 L])
- Glass casserole dish (2 quarts [1.9 L])
- Square cake pan (8 or 9 inches [20 to 22.5 cm])
- Rectangular cake pan (13 by 9 inches [32.5 by 22.5 cm])
- 2 loaf pans (8 inches [20 cm] long)
- Muffin pan (12 muffins)
- Pie pan (9 inches in diameter [22.5 cm])
- 2 baking sheets

General Utensils

These are recommended basics for any kitchen.

- Knives: Chef's knife, serrated knife, and paring knife
- Measuring cups for both dry and liquid measures
- Measuring spoons
- Mixing bowls (two or three, ranging from 1 or 2 quarts to 5 or 6 quarts [.95 or 1.9 L to 4.7 or 5.7 L])
- Wooden spoons, slotted spoon, rubber or silicone spatula, ladle, whisk, tongs, and a large metal "flipper" for hamburgers and similar foods
- Colander

- Cheese grater
- Citrus zester
- Salt and pepper mills
- Kitchen scissors
- Vegetable peeler
- Can opener
- Cooling rack
- Kitchen timer
- Cutting boards
- Pot holders
- Kitchen towels

Storage and Paper Supplies

Either in a handy drawer or on a shelf, make sure you have all of these items within easy reach.

- Plastic or glass storage containers (5 to 10, varying sizes)
- Aluminum foil
- Plastic wrap
- Parchment paper
- Small baggies
- Large baggies

BASIC INGREDIENTS LIST

This section includes the basics that you should have on hand, but this is by no means a comprehensive list for every recipe in this book. If you have these ingredients as a starting point, however, you'll be in great shape to tackle almost any of the *Beef 101* recipes!

Seasonings and Flavorings

- Kosher salt
- Bay leaves
- Cayenne pepper
- Chili powder
- Curry powder
- Ground cumin
- Dry mustard
- Garlic powder
- Ground cinnamon
- Ground ginger
- Ground nutmeg
- Red pepper flakes
- Rosemary
- Italian seasoning
- Oregano

- Paprika
- Real vanilla extract (Nielsen-Massey is the best)
- White pepper
- Freshly ground black pepper

Condiments

- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice wine vinegar
- White wine vinegar
- Honey
- Hot pepper sauce (we love Sriracha)
- Ketchup
- Mustard (both yellow and whole grain)
- Olive oil
- Vegetable oil
- Low-sodium soy sauce
- Worcestershire sauce (Lea & Perrins is preferred)

Baking

- Corn starch
- Baking powder
- Baking soda
- Butter or margarine (but preferably butter)
- Vegetable shortening
- 2% milk
- Pure maple syrup
- Pure molasses
- Granulated sugar
- Light brown sugar
- Dark brown sugar
- Unbleached all-purpose flour
- Cocoa powder
- Fresh large eggs

General

- White and brown rice (basmati and jasmine are particularly nice varieties that add lots of flavor)
- Dried pasta
- Cannellini beans. They're delicious in everything from soups to salads. You'll find them in a few recipes in this book. Have a can or two on hand as well as some dried beans. We strongly recommend using dried beans in slow-cooker recipes, as the canned ones

might just disintegrate during a long cooking time.

- Garlic
- Onions
- Potatoes
- Sweet potatoes
- Canned tomatoes (Muir Glen's organic fire-roasted and regular tomatoes are truly delicious)
- Lentils
- Raisins
- Tomato sauce
- Better than Bouillon food bases. They are Perrin's secret kitchen weapon. While optimally we'd all make our own stocks and broths and keep them in the freezer for when we need them, that's never been terribly practical. Use only 1 teaspoon per cup of boiling water to make your own broth or stock in seconds, and the bases keep forever in your refrigerator. We recommend the organic chicken, mushroom, and vegetable bases, as well as the conventional beef and fish bases. Of course, you can always buy stock or broth in Tetra-Paks as well (but it's a lot more expensive). Pacific Natural Foods makes excellent chicken, beef, and vegetable broth.
- All of the recipes in this book call for fresh cuts of meat, poultry, or fish and seafood. Always avoid preseasoned or packaged meats or fish, because you can't be sure about what ingredients they contain.

COMMON COOKING TERMS

You probably are quite familiar with most of these terms. If this is your first time cooking or it's been a while since you've been in the kitchen, here is a quick refresher:

- **Brown:** To cook meat at a high temperature for a very brief period of time in order to seal in the juices and add a tremendous amount of flavor. You'll see this in a lot of this book's recipes, because it's a great flavor booster. Browning should take no more than 2 or 3 minutes on each side and is done before thoroughly cooking the meat. It may be tempting to skip this step, but please don't ... it's really worth the few minutes in terms of the flavor and texture of the meat once your recipe is complete.
- **Bake:** To cook food with dry heat, usually in the oven at a specified temperature.
- **Boil:** To cook food in boiling water (212°F [100°C]) on the stovetop.
- **Blanch:** A technique that involves immersing food in boiling water for a brief period of time and then immediately transferring into an ice bath in order to stop the cooking process. Blanching is an excellent technique for quickly cooking tender vegetables, as it helps them retain their firmness, crispness, and color.
- **Braise:** This technique is a combination of browning the surface of a meat substitute, which means to cook at a high temperature for a short amount of time, followed by cooking at a lower temperature in a covered pot with liquid for a longer period of time.
- **Broil:** To cook over a high heat at a specified distance from the heat source, usually in the oven or in the "broiler" part of the oven.
- **Deep fry:** To cook food by immersing it in preheated oil.
- **Grill:** To cook over an open flame on a metal framework, grid, or other cooking surface.
- **Roast:** To cook meat in an oven in an uncovered dish, usually resulting in a well-browned surface that seals in juices and flavors.
- **Sauté:** To cook food over a medium-high or high heat in a skillet or sauté pan in a small amount of oil, water, stock, or other liquid.
- **Steam:** To cook food with steam, usually in a steamer rack or basket positioned over (but not immersed in) a pan containing a small amount of water.
- **Stir-fry:** To cook over high heat with a small amount of oil; usually requires regular stirring as food is cooking. It can be used for several kinds of dishes and is often associated with Asian fare.

SLOW COOKING BASICS

Beef is well suited to the slow cooker. Low and slow cooking really makes the meat tender and delicious, and you can make several cuts of beef in the slow cooker.

Slow cookers have been around since the middle of the last century, but Rival's Crock Pot brand really took off in 1971. The name has become interchangeable with the slow cooker, but today countless other manufacturers make slow cookers. They all work pretty much the same—there's a round or oval stoneware, porcelain, or ceramic pot with a lid, usually made of glass or clear plastic (to prevent curiosity from getting the better of you), all set in a metal heating element that cooks food at a low temperature. Slow cooker dishes always contain at least a little liquid, and once the dish begins cooking, the liquid begins to turn into water vapor, which helps create a firm seal for the lid. The vapor condenses into liquid that returns to the food, increasing as time goes by. That is why only a little liquid is added at the start of cooking.

Slow cookers differ greatly in size. The recipes in this book call for a 6-quart cooker, but many cookers are 3½ to 4 quarts. In fact, you can buy a slow cooker today with a capacity as low as 16 ounces and as large as more than 7 quarts. Most cookers have two heat settings—high (about 280°F) and low (170°F).

The cooking process in a slow cooker is really quite simple. You place your ingredients (which, as mentioned above, must always include some liquid) in the pot and turn the device on, setting it to either high or low. The heating element reaches the desired temperature and stays there for as many hours as you have specified on the device's timer. After that time is achieved, most slow cookers will shut off and go to a “keep warm” setting, which keeps the food at about 165°F until you are ready to serve.

One of the greatest advantages of the slow cooker is its ability to turn tough, inexpensive cuts of beef into delicious, succulent morsels. You'll see that many of this book's recipes call for relatively inexpensive meat cuts. Cooking at such a low temperature means that your food won't burn—so you won't waste it! Slow cookers are also very energy efficient and keep your kitchen cool on a hot summer day.

Whatever you do, never, ever lift the lid of your slow cooker during the cooking process. The constant circulation of steam heat is critical to properly prepare your dish. In addition, if you lift the lid, heat escapes. Since the slow cooker uses a low-wattage heat source, heat recovery takes a very long time—perhaps as much as 30 minutes, which means a longer cooking time. This is why the lid is clear. We mean it. Not even a peek. Read a book or something instead.

GENERAL COOKING TIPS

No matter what you're cooking or how many people you're serving, a few universal rules of the kitchen will make your life easier. The following is a list of our recommendations for the novice cook. These great habits will ensure fewer mistakes, less stress, and ultimately more delicious food.

- **Read every recipe** from beginning to end, at least twice, before you start cooking. This will help to ensure that you understand how it should be made and what you need to make it.
- **Set up your ingredients**, pots, pans, and utensils before you begin to prepare the recipes. We never start a recipe until we have every ingredient on the counter in front of us. (If possible, we also premeasure all the ingredients and have them ready to add, because there's nothing worse than accidentally dumping half a box of kosher salt into an almost-finished recipe.) If you know you'll need a greased pan in step 4, grease it and set it aside before you even get started.
- **Keep a grocery list** and a pen attached to the refrigerator. If you go to the grocery store without a specific list of what you need, you're likely to forget at least a few items.
- **Clean up as you go.** If you take the time to clean your dishes as you're cooking, you'll find that you will have more space to work in and less to do after the meal is done.
- **Time the meal.** It can be complicated to cook multiple recipes at once and make sure that everything ends up finishing at roughly the same time. Make sure you allow for enough time for everything to get done, and for recipes to be cooked simultaneously.
- **Be careful.** It sounds silly, but never forget that you're working with high-temperature appliances and cookware and sharp utensils! Use proper precaution when lifting lids, turning pans, and straining vegetables.
- **Have fun!** We hope you enjoy learning how to cook these recipes and sharing them with others.

APPETIZERS, SNACKS, AND SIDES

Nachos

If you wish you can use refried black beans instead of the pinto beans and replace the olives with a couple of minced jalapeño or green peppers.

Yield: 8–10 servings

1½ pounds (681 g) ground beef
1 large yellow or Spanish onion, peeled and diced
1 (20.5-ounce [574-g]) can refried pinto beans
1 (7-ounce [199-g]) can diced green chilies
1½ cups (171 g) shredded Jack cheese
1½ cups (171 g) shredded Cheddar cheese
1 cup (237 mL) taco sauce
1 container guacamole
½ cup (119 mL) sour cream
½ cup (75 g) minced onions, for sprinkling
1 cup (150 g) sliced or chopped pitted olives, for sprinkling (optional)
6–8 cups (378–504 g) tortilla chips

1. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a large cast-iron or nonstick skillet, fry the ground beef and onions until the meat has turned light brown.
3. Spread the refried beans in a 9 × 13-inch (22.5 × 32.5-cm) pan. Cover the beans evenly with the ground beef mixture, chilies, and shredded cheeses. Drizzle the taco sauce over the top and bake uncovered for 25 minutes.
4. Remove the pan from the barbecue and let it cool for no more than 4 to 5 minutes.
5. Dollop the guacamole and sour cream on top and sprinkle with the minced onions and olives, if using. Serve with the tortilla chips.

Snack-Size Pizzas

These are great make-ahead appetizers, which you can assemble and freeze to reheat in the oven or microwave later.

Yield: 16 appetizers

1 stick (227 g) butter, very soft
1 teaspoon garlic powder
8 English muffins
1 pound (454 g) ground beef (chuck)
2 tablespoons minced onions
2 tablespoons tomato paste
1 teaspoon dried savory
1 teaspoon dried tarragon
Salt, to taste
Freshly ground black pepper, to taste
½ cup (50 g) freshly grated Parmesan cheese

1. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. Mix together the softened butter and the garlic powder. Split and toast the muffins and generously cover them with the garlic butter.
3. In a large cast-iron or nonstick skillet, sauté the ground chuck and onions for 10 minutes, until all the meat has browned. Add the tomato paste, savory, tarragon, salt, and pepper and cook, stirring, for another 2 to 3 minutes to incorporate the flavors.
4. Spoon the mixture onto the muffin halves, spreading it edge to edge.
5. Cover the meat mixture with generous sprinkles of the cheese and bake the muffins in the barbecue for 10 minutes, or until the meat and cheese are bubbling and the cheese is beginning to brown.
6. Remove the muffins, cool for 1 to 2 minutes, and serve.

Muffin Tin Burger Biscuits

Yield: 10 appetizers

1 pound (454 g) ground beef
½ cup (119 mL) barbecue sauce of your choice
¼ cup (38 g) minced onion
2 tablespoons brown sugar
1 teaspoon dried oregano
1 (10-ounce [284-g]) can refrigerated biscuit dough
¼ cup (29 g) shredded Cheddar or American cheese

1. Preheat the barbecue to medium-high (475°F [250°C] to 525°F [275°C]).
2. Grease or spray with nonstick spray 10 of the cups in a muffin pan. Set aside.
3. Brown the ground beef in a cast-iron or nonstick skillet. Drain the pan and then add the barbecue sauce, onion, brown sugar, and oregano and cook, stirring often, for 2 to 3 minutes to blend the flavors.

4. Separate the dough into 10 biscuits. Place 1 biscuit in each greased muffin cup; firmly press the dough into the bottom of the cup and up all sides, forming a ¼-inch (0.5-cm) rim. Spoon about ¼ cup (114 g) of the meat mixture into each biscuit-lined cup and sprinkle with the cheese.
5. Bake in the grill for 10 to 12 minutes or until the edges of the biscuits are golden brown. Let the biscuits cool in the pan for 1 minute, and then remove them from the pan and serve.

Meatloaf Muffins

Use your standard-sized muffin pan to make these fun individual-sized meatloaves. For special occasions, “frost” the muffins with hot mashed potatoes.

Yield: 12 meatloaves

1¼ pounds (454 g) lean (90%) ground beef
1 cup (120 g) chopped celery
½ cup (75 g) chopped onion
½ cup (75 g) whole-wheat breadcrumbs (see Cooks' Note)
¼ cup (59 mL) egg substitute
½ teaspoon Italian seasoning mix
Canola oil-flavored nonstick cooking spray

1. Position the oven rack in the center of the oven and preheat the oven to 375°F (190°C). Mix together the beef, celery, onions, breadcrumbs, egg substitute, and seasoning mix in a large bowl.
2. Lightly coat 2 (6-cup) or 1 (12-cup) nonstick muffin pans with cooking spray. Mound meat mixture into muffin cups. Bake about 30 minutes or until the meatloaves are browned and the juices run clear. Serve.

Cooks' Note: To make breadcrumbs, process torn slices of stale bread in a food processor or blender for 30 to 45 seconds or until crumbs are formed.

Baby Porcupine Balls

These appetizers also work as a main dish; just double the recipe and serve them with pasta or mashed potatoes and grilled corn or mixed vegetables, pouring the remaining sauce over the meatballs on the plate. This recipe comes from [1,001 Best Grilling Recipes](#) by Rick Browne.

Yield: 12–14 appetizers

MEATBALLS

¾ pound (341 g) ground beef
½ pound (227 g) ground pork
½ cup (95 g) uncooked white rice
1 large egg, beaten
2 tablespoons finely minced green bell pepper
1 tablespoon minced garlic
1 tablespoon minced onion
1 teaspoon celery salt

SAUCE

2 cups (474 mL) Bloody Mary mix
2 tablespoons Worcestershire sauce
2 whole cloves garlic, peeled and mashed
½ teaspoon dried oregano
½ teaspoon ground ginger

1. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]) or turn a side burner to medium.
2. In a large bowl, combine the ground meats, rice, egg, green bell pepper, garlic, onion, and celery salt and mix well.
3. With your hands form the mixture into 1½-inch (3.5-cm) diameter balls (golf ball-sized) and place them in a saucepan on the grill or side burner.
4. In a small bowl, stir together the Bloody Mary mix, Worcestershire sauce, garlic, oregano, and ginger. Add the sauce to the meatballs, cover, and simmer for 45 to 50 minutes.
5. Remove from the heat and serve with toothpicks.

Great Balls o' Beef

Yield: 20 appetizers

1½ pounds (681 g) ground beef, cooked
1 cup (60 g) fresh breadcrumbs
2 large eggs
2 tablespoons minced green onions, green and white parts
1 tablespoon minced fresh parsley
1 teaspoon prepared mustard
½ teaspoon granulated garlic
½ teaspoon seasoned salt
½ teaspoon freshly ground black pepper
1 (10-ounce [284-g]) jar apricot jam
½ cup (119 mL) barbecue sauce of your choice
½ teaspoon ground cumin

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, combine the beef, breadcrumbs, eggs, green onions, parsley, mustard, garlic, salt, and pepper, stirring until well combined.
3. With your hands, roll the meat into 1½- to 2-inch (3.5- to 5-cm) balls. Put the finished balls on a plate as you work.
4. Carefully place the meatballs on your grill and cook them for 15 to 20 minutes, rolling them around to cook on all sides. When they are finished, remove them from grill and set them aside. Keep the grill flame medium-high.
5. While the meat is cooking, in a medium saucepan, combine the jam and barbecue sauce. Stir well, add the cumin, and stir again. Cook until the sauce bubbles and remove the pan from the heat. Add the meatballs and return the pan to the burner or grill. Cook for an additional 5 minutes, or until the sauce is bubbling.
6. Serve in a casserole or chafing dish, or serve individual portions of 3 to 4 meatballs per person.

Dinosaur Meatballs

This fun recipe comes from [Diabetes Snacks, Treats, and Easy Eats for Kids](#) by Barbara Grunes, who calls these dinosaur meatballs because they're larger than standard meatballs.

Yield: 4 servings (1 meatball per serving)

1 pound (454 g) lean ground beef
¼ cup (38 g) Italian-flavored breadcrumbs
¼ cup (59 mL) egg substitute, or 1 egg
1 teaspoon ground Italian spice mix

1. Preheat the oven to 450°F (230°C).
2. Using a mixing bowl, combine the ground beef, breadcrumbs, egg substitute, and seasoning. Shape the mixture into 4 large balls, using your hands or an ice cream scooper. Arrange the meatballs on an ungreased baking sheet.
3. Bake in the center of the oven for 30 minutes or until cooked through. Turn the oven up to broil, and broil the meatballs for 2 minutes, until browned, or pan fry the meatballs in a nonstick frying pan coated with cooking spray.
4. Serve hot. These are cute served centered on a bed of whole-wheat spaghetti and drizzled with 2 tablespoons of spaghetti sauce.

Magic Meatballs

For variety, these may also be prepared with salsa. This recipe is from [The Diabetes Double-Quick Cookbook](#) by Betty Marks.

Yield: 4 servings

1 pound (454 g) ground sirloin
½ cup (75 g) whole wheat breadcrumbs, crushed fine
1 egg, beaten
1 tablespoon Worcestershire or steak sauce
½ teaspoon freshly ground black pepper
½ teaspoon garlic powder
¼ teaspoon Hungarian paprika
Dash salt
Pinch dried oregano

1. Combine all the ingredients and shape into 12 meatballs. Arrange the meatballs on a deep 10-inch (25-cm) dish and cover with wax paper. Microwave on high for about 10 minutes, rotating once mid-cycle. Serve with rice or pasta.

San Antonio Meatballs

These are pungent and fiery and will test even those who like hot sauces. You should definitely provide an alternative, milder sauce for those who don't normally carry fire extinguishers with them to lunch or dinner.

Yield: 6–8 servings

PECOS RIVER BARBECUE SAUCE

2 tablespoons butter
¼ cup (38 g) finely chopped yellow onion
¼ cup (38 g) finely chopped bell pepper, any color
½ jalapeño pepper, finely minced
1½ cups (356 mL) ketchup
¼ cup (59 mL) bottled chili sauce
2½ tablespoons (37 mL) cider vinegar
1 tablespoon Worcestershire sauce
1 teaspoon chili powder
1 teaspoon hot pepper sauce

MEATBALLS

1 pound (454 g) lean ground beef
½ pound (227 g) Italian or pork sausage
1 (16-ounce [454-g]) can evaporated milk
3 tablespoons (20 g) onion soup mix
2 tablespoons Worcestershire sauce

1. Make sure the grill is clean and generously sprayed with nonstick spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a medium saucepan, melt the butter over medium heat. Add the onion and peppers and cook until the onion becomes translucent; do not brown. Add the ketchup, chili sauce, vinegar, Worcestershire sauce, chili powder, and hot pepper sauce and simmer, stirring often, for about 10 minutes, or until the sauce is heated through and the seasonings are blended.
3. In a large bowl, combine the ground beef, sausage, evaporated milk, soup mix, and Worcestershire sauce and mix well. Shape the mixture into balls, using 4 heaping tablespoons (60 mL) of meat mixture for each ball.
4. Cook the meatballs directly on the grill, carefully turning several times with long tongs, about 10 to 12 minutes.
5. Remove the meatballs from the grill and serve with Pecos River Barbecue Sauce on the side.

Meatballs in Tomato Pasilla Chile Sauce

The meatballs can be made in advance and frozen; thaw before using. Pasilla chilies are picante—use three only if you enjoy a truly hot sauce!

Yield: 12 servings (2 meatballs each)

FOR THE MEATBALLS:

8 ounces (227 g) lean ground beef
8 ounces (227 g) ground pork tenderloin
1 egg
¼ cup (38 g) seasoned dry breadcrumbs
¼ cup (38 g) finely chopped onion
2 cloves garlic, minced
1 teaspoon minced jalapeño pepper
1 teaspoon dried oregano
½ teaspoon salt

FOR THE PASILLA CHILE SAUCE:

2–3 pasilla chilies
2 (16-ounce [454-g]) cans diced tomatoes, undrained
Salt, to taste

1. Mix all meatball ingredients; shape into 24 meatballs.
2. Cook the pasilla chilies in a lightly greased large saucepan over medium heat until softened; discard the stems, seeds, and veins. Process the chilies and tomatoes with their liquid in a blender until smooth; season to taste with salt.
3. Combine the tomato mixture and meatballs in a slow cooker; cover and cook on high until the meatballs are cooked, about 4 hours. Turn the heat to low to keep warm for serving.

Sweet-Sour Meatballs

This recipe can be made substituting 1 pound kielbasa, smoked sausage, or hot dogs for the Appetizer Meatballs. The recipe comes from [1,001 Best Slow-Cooker Recipes](#) by Sue Spitler.

Yield: 12 servings (2 meatballs each)

Appetizer Meatballs (recipe follows)
2 cups (474 mL) chili sauce
1 cup (237 mL) apricot jelly
1 tablespoon Dijon mustard
1 tablespoon fresh lemon juice

1. Combine Appetizer Meatballs and the remaining ingredients in a slow cooker; cover and cook on high until the meatballs are cooked, about 4 hours. Turn heat to low to keep warm for serving.

VARIATION

Make the recipe as directed, substituting 2 cups (474 mL) barbecue sauce, 1½ cups (356 mL) orange marmalade, 1 (8-ounce [227-g]) can of drained pineapple tidbits, and ¾ teaspoon of ground allspice for the sauce.

Appetizer Meatballs

Yield: 12 servings (2 meatballs each)

- 1 pound (454 g) lean ground beef
- ¼ cup (38 g) unseasoned dry breadcrumbs
- 1 egg
- 2 tablespoons dried minced onion
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon freshly ground black pepper

1. Mix all the ingredients; shape into 24 meatballs.

Dried Beef and Onion Dip

This warm, creamy dip can also be served cold—just beat cream cheese and sour cream until smooth and mix in remaining ingredients.

Yield: 16 servings (about 3 tablespoons [45 mL] each)

- 12 ounces (341 g) cream cheese, room temperature
- ¾ cup (178 mL) mayonnaise
- 1 (4½-ounce [128-g]) package dried beef, chopped
- ½ cup (33 g) thinly sliced green onions
- 2 tablespoons dried onion flakes
- 1 teaspoon garlic salt
- Crackers, assorted vegetables, bread sticks, for dippers

1. Place the cream cheese in a 1½-quart (1.4-L) slow cooker; cover and cook until the cheese is melted, about 30 minutes. Mix in the remaining ingredients, except the dippers; cover and cook until hot, 1 to 1½ hours. Serve with the dippers.

BURGERS AND SANDWICHES

Cheeseburger Supreme

Serve these great burgers with french fries.

Yield: 4 servings

1 pound (454 g) very lean ground beef
2–4 tablespoons (19–38 g) finely chopped onion
3 tablespoons (45 mL) water
½ teaspoon salt
¼ teaspoon freshly ground black pepper
4 (1-ounce [28-g]) slices Cheddar or Swiss cheese
4 hamburger buns, toasted

1. Mix the ground beef, onion, water, salt, and pepper in medium bowl just until blended. Shape the mixture into four 1-inch (2.5-cm) thick patties. Cook the burgers in a lightly greased skillet to the desired degree of doneness, 3 to 4 minutes per side for medium. Top each burger with a slice of cheese; cover the skillet and cook until the cheese is beginning to melt, 1 to 2 minutes. Serve in the buns.

Mushroom Burger

You can also use rehydrated dried or fresh mushrooms if you wish.

Yield: 6 servings

1½ pounds (681 g) lean ground beef
1 (10-ounce [284-g]) can mushroom stems and pieces, drained and finely chopped
1 tablespoon minced onion
1 tablespoon soy sauce
¼ teaspoon freshly ground black pepper

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, combine all the ingredients. Shape the mixture into 6 (1½-inch [3.5-cm]) thick patties.
3. Place the patties on the grill or in a pan, and cook for 5 to 7 minutes on each side.
4. Toast the buns on the grill and serve the burgers on the toasted buns.

Onion, Chive, and Garlic Burger

Before cooking any hamburger patties, make an indent using your thumb into the center of each patty. This reduces shrinkage and prevents the patties from puffing up when they are cooked. This recipe comes from [1,001 Best Low-Fat Recipes](#) by Sue Spitzer.

Yield: 4–6 servings

2 pounds (908 g) ground beef
¼ cup (12 g) finely chopped fresh chives
3 tablespoons (45 mL) Worcestershire sauce
3–4 cloves garlic, peeled and finely minced
1 small onion, peeled and finely minced
1½ teaspoons Montreal steak seasoning
½ teaspoon dried oregano
8–10 unsalted crackers, crushed into crumbs

1. Make sure the grill is clean and generously sprayed with nonstick spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, mix together the beef, chives, Worcestershire sauce, garlic, onion, steak seasoning, and oregano. Add a small amount of the crushed cracker crumbs to hold the mixture together. Shape the mixture into 4 or 6 patties, place the finished patties on a large plate, and cover with plastic wrap.
3. To get the best flavor results, refrigerate the patties, covered, for 1 to 2 hours.
4. Grill or broil the patties 4 to 5 minutes per side, or until cooked to your desired doneness. Serve on grilled and buttered buns or Texas toast.

Kobe Blue Burger

If you prefer, use Wagyu beef, the United States' own version of Kobe beef. It's a bit more expensive than ordinary hamburger, but the taste and moistness of these burgers make it worth every penny.

Yield: 4 servings

1½ pounds (681 g) ground Kobe beef (chuck, round, or sirloin)
4 teaspoons smoky barbecue sauce of your choice
1 teaspoon balsamic vinegar
Salt, to taste
Freshly ground black pepper, to taste
4 tablespoons (38 g) minced sweet onion, divided
4 tablespoons (29 g) crumbled blue cheese, divided

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, mix together the beef, barbecue sauce, vinegar, salt, and pepper. Form the mixture into 8 thin patties. Make a depression in the center of each of 4 of the patties and place 1 tablespoon of the onion and 1

tablespoon of the blue cheese in each depression. Top these with the 4 remaining patties, pressing on the edges with your fingers or a fork to seal the edges all around.

3. Cook the burgers on the grill until done to your taste (no more than medium, or, even better, medium-rare, 4 to 5 minutes per side). Serve on hamburger buns that have been buttered with garlic butter and grilled until light brown.

Bacon and Blue Cheese Burger

For a tasty treat, add a thin slice of your favorite eating apple on top of the cheese and bacon burger. It adds a crunch and a nice sweetness that goes well with the bacon.

Yield: 4 servings

8 slices smoked bacon
2 pounds (908 g) ground beef (chuck)
2 teaspoons dried savory or oregano
1 teaspoon garlic salt
1 teaspoon freshly ground black pepper
1 teaspoon dried marjoram
½ cup (57 g) crumbled blue cheese
4 sesame seed or onion hamburger rolls, toasted

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. Cook the bacon in a dry skillet over medium heat until it's as crispy as you desire. Drain the slices on paper towels and set aside.
3. In a medium bowl, mix together the ground beef, savory or oregano, garlic salt, pepper, and marjoram. Form the mixture into 8 thin patties.
4. Place a heaping tablespoon or two of the cheese in the center of one patty, leaving an edge of about ½ inch (1 cm) all the way around. Top with another patty and pinch the seams together to make sure the cheese won't leak out during cooking. Repeat with the remaining patties and cheese.
5. Cook the burgers until medium-rare, about 4 minutes per side.
6. Serve the burgers, topped with the bacon, on the toasted rolls.

Parmesan Burger

The only Parmesan cheese to use is freshly grated Parmigiano-Reggiano. It's a bit pricey, but it provides a huge flavor not found in other Parmesan cheeses.

Yield: 6 servings

2 tablespoons olive oil
½ cup (50 g) finely minced red onion
1½ teaspoons minced garlic
2 pounds (908 g) fresh Italian plum tomatoes, coarsely chopped
2 tablespoons minced fresh basil
1 teaspoon freshly ground black pepper, divided
1 teaspoon granulated sugar
½ teaspoon kosher salt
1 cup (152 g) seasoned breadcrumbs, divided
¼ cup (25 g) minced green onion, green and white parts
1½ tablespoons freshly grated Parmigiano-Reggiano cheese
1 tablespoon minced fresh Italian parsley
1 teaspoon dried basil
1 teaspoon dried oregano
2 large egg whites, divided
1½ pounds (681 g) ground beef
1 tablespoon cold water
6 thin slices mozzarella cheese

1. In a large skillet or saucepan over medium heat, heat the olive oil. Add the red onions and sauté, stirring constantly, until soft but not brown, about 4 minutes. Add the garlic and cook for an additional minute. Stir in the tomatoes, fresh basil, ½ teaspoon of the pepper, the sugar, and the salt, raise the heat to high, and bring the sauce to a boil. Reduce the heat to medium low and cook, stirring often, until the sauce is slightly thickened, about 25 minutes. Remove from the heat, cover the pan, and let the sauce rest for at least 1 hour before using.
2. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]). Lightly spray a shallow baking or roasting pan with nonstick cooking spray.
3. In a deep bowl, combine ½ cup (76 g) of the breadcrumbs, the green onions, the cheese, the parsley, the dried basil, the oregano, and the remaining pepper. Fold in 1 of the egg whites, add the meat, and mix well. Shape this mixture into 6 patties and refrigerate for 15 minutes to firm up.
4. In a small bowl, beat the remaining egg white with the water. Place the remaining ½ cup (72 g) breadcrumbs in a flat pan. Dip the patties in the egg white mixture and thoroughly dredge them in the breadcrumbs. Place the patties in the prepared pan and bake in the barbecue until the coating is crisp and lightly golden, about 15 minutes.
5. Remove the patties from the barbecue, spoon 2 tablespoons of the tomato sauce over each patty, and place a slice of cheese on top of each patty. Return the burgers to the barbecue for about 5 minutes, or until the sauce and cheese boil and bubble. Transfer the cooked patties to plates and serve.

Reuben Burger

The best flavor is achieved with fresh deli sauerkraut. If you can't get that, buy sauerkraut packaged in a jar, which tastes much better than canned.

Yield: 6 servings

2 pounds (908 g) ground corned beef
¼ cup (38 g) finely minced yellow onion
2 cloves garlic, finely minced
¼ teaspoon salt
¼ teaspoon dry yellow mustard
¼ teaspoon freshly ground black pepper
10 ounces (284 g) deli or jarred sauerkraut, drained
6 slices Swiss or Emmentaler cheese

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, mix together the ground corned beef, onion, garlic, salt, dry mustard, and pepper. With your hands, form the mixture into 6 patties (about ¾ inch [1.5 cm] thick).
3. Grill the patties for about 5 minutes per side, or until the inside is barely pink, turning once. Top each patty with a slice (or two) of Swiss cheese, then top that with 2 tablespoons of the sauerkraut and cook until the cheese begins to melt.
4. Serve on toasted pumpernickel or rye hamburger buns (or rolls) or toasted slices of marbled rye bread. Accompany with an ice-cold beer or iced tea.

Beer Burger

Use your favorite beer in this recipe. For more kick, use a porter or other dark beer.

Yield: 4 servings

¼ cup (59 mL) steak sauce
¼ cup (59 mL) beer
1½ pounds (681 g) ground beef
1 large Vidalia onion, peeled and sliced
4 slices Swiss cheese
4 hamburger buns
Tomato slices, for serving
Lettuce, for serving

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a 1-cup (237-mL) glass measuring cup, combine the steak sauce and beer. Microwave on high for 1 to 1½ minutes. Alternatively, heat the sauce in a saucepan until bubbly. Set aside.

3. Shape the ground beef into $\frac{3}{4}$ -inch (1.5-cm) thick patties.
4. Place the onion slices on the grill and cook, uncovered, for 3 to 4 minutes.
5. Add the patties to the grill and cook for 5 to 6 minutes per side, or until the burger centers are done to your preference, turning occasionally. Season to taste.
6. Approximately 2 minutes before the burgers are done, brush them generously with the sauce mixture, reserving some for the table, and add a slice of cheese to each patty. When the cheese begins to melt, remove the burgers from the grill.
7. Place the burgers on buns and top with beer sauce, tomato slices, and lettuce to serve.

Santa Fe Burger

Try a four-cheese Mexican blend that includes Monterey Jack, mild Cheddar, Queso Quesadilla, and Asadero cheeses. The combination adds a creamy, smooth flavor to these burgers.

Yield: 4 servings

1 pound (454 g) ground beef
½ pound (227 g) ground turkey
1 cup (114 g) Sargento 4 Cheese Mexican blend, divided
½ cup (119 mL) salsa of your choice, divided
¼ cup (16 g) crushed tortilla chips
¼ cup (25 g) thinly sliced green onions, green and white parts
1 teaspoon chili powder
½ teaspoon ground cumin
½ teaspoon garlic salt
8 slices sourdough bread
2 tablespoons butter, softened
4 tomato slices, for serving
Lettuce, for serving

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a medium bowl, combine the ground beef, ground turkey, $\frac{3}{4}$ cup (85 g) of the cheese, $\frac{1}{4}$ cup (59 mL) of the salsa, the crushed tortilla chips, the green onion, the chili powder, the cumin, and the garlic salt and mix together lightly but thoroughly.
3. Shape this mixture into 4 ($\frac{1}{2}$ -inch [1-cm] thick) patties. Grill the patties for 4 to 5 minutes per side, or until they reach your desired doneness.
4. Grill or lightly toast the sourdough bread on the grill. Butter both sides, then place the burgers on the bread. Top each patty with some of the remaining salsa and sprinkle with the remaining cheese. Serve with the lettuce and tomato slices.

Feta Burger

Imported feta cheese is usually made with goat's or sheep's milk, as is the original Greek feta cheese. Domestic feta is often made with cow's milk, which is a good choice for lactose-intolerant folks.

Yield: 4 servings

¼ cup (59 mL) plain yogurt
1 tablespoon crumbled feta cheese
½ teaspoon ground cumin
1 pound (454 g) ground beef
¼ cup (25 g) minced green onions, green and white parts
¼ cup (4 g) finely minced fresh cilantro
1 large clove garlic, peeled, crushed, and minced
1 tablespoon minced fresh ginger
Lettuce, for serving
Peeled and sliced cucumber, for serving
4 onion rolls, split and toasted

1. In a small bowl, combine the yogurt, cheese, and cumin and blend with a fork until the cheese is finely crumbled and incorporated. Cover and refrigerate for an hour.
2. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
3. In a large bowl, combine the beef, green onions, cilantro, garlic, and ginger and stir to incorporate. Shape the meat mixture into 4 patties and grill for 4 to 5 minutes per side, or until the meat and juices are no longer pink and the burgers are done to your liking.
4. Place a lettuce leaf, a few slices of cucumber, and a beef patty on one half of each onion roll. Spoon 2 tablespoons of the yogurt mixture on top of each patty, cover with the top of the roll, and serve.

Green Onion and Brie Burger

These take a little time, but they elevate the backyard burger to four-star restaurant status and will have your guests raving about your grilling skills. Leave out the jalapeño pepper for a less-spicy version.

Yield: 4 servings

4 green onions, thinly sliced, green and white parts
2 cloves garlic, peeled and finely minced
1 jalapeño pepper, seeded and finely minced
1 teaspoon dried oregano
½ teaspoon grated lemon zest
2 tablespoons extra virgin olive oil
¼ teaspoon garlic salt
1½ pounds (681 g) ground beef
4 slices bacon, cooked, drained, and chopped
¼ teaspoon seasoned salt

⅓ teaspoon freshly ground black pepper
4 (1-ounce [28-g]) slices Brie cheese, rind removed
4 sesame-seed hamburger buns
¼ cup (59 mL) mayonnaise
Tomato slices, for serving
Onion slices, for serving
Fresh lettuce, for serving

1. Make sure the grill is clean and generously sprayed with nonstick spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a small bowl, combine the green onions, garlic, jalapeño, oregano, and lemon zest, mashing the mixture as you stir. Stir in the olive oil and garlic salt. Set aside.
3. In a large bowl, combine the ground beef, bacon, seasoned salt, and pepper. Form this mixture into 8 (4-inch [10-cm]) patties. Top 4 of the patties with a slice of Brie cheese and a scant tablespoon of the green onion paste. Cover with the 4 remaining patties, pinching the edges all around to seal the burgers.
4. Grill the burgers, turning once or twice, about 4 to 5 minutes per side for medium-rare. Near the end of the grilling time, lightly toast the bun halves on the grill.
5. In a small bowl, mix the mayonnaise with the remaining green onion paste. Spread this mixture on the bottoms of the toasted buns. To each bun, add a burger patty, condiments, tomato, onion, and lettuce and serve.

Teriyaki Burger

These are great topped with a slice of fresh pineapple. Better yet, quickly grill the pineapple slices before you add them.

Yield: 6 servings

1 (8-ounce [227-g]) can water chestnuts, drained and finely chopped
⅓ cup (79 mL) teriyaki sauce
2 cloves garlic, peeled and minced
3–4 green onions, green and white parts, chopped
Salt, to taste
Freshly ground black pepper, to taste
1½ pounds (681 g) ground beef
6 hamburger buns

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, combine the water chestnuts, teriyaki, garlic, and onions. Season with the salt and pepper. Add the ground beef, mix together, and shape into 6 patties.
3. Grill for 6 to 10 minutes on each side, or until the inside is no longer pink and reaches the desired doneness.
4. Serve on grilled or toasted buns with tomato, sliced onion, and lettuce.

Taco Burger

Yield: 4–6 servings

1½ pounds (681 g) ground beef
1 small green bell pepper, finely diced
1 large egg
2 tablespoons water
¼ cup (15 g) soft breadcrumbs
½ (1¼-ounce [35-g]) packet taco seasoning mix
1 teaspoon chili powder
4–6 slices Swiss or Monterey Jack cheese
4–6 hamburger buns
10 ounces (284 g) salsa

1. Make sure the grill is clean and generously sprayed with nonstick spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, combine the beef, bell pepper, egg, water, breadcrumbs, taco seasoning mix, and chili powder and mix well. If the mixture is too moist, add breadcrumbs, a tablespoon at a time.
3. Form the mixture into 4 to 6 patties, whatever size you wish.
4. Grill the patties until they are done to your preference, 5 to 6 minutes per side for medium-rare.
5. Add a slice of cheese to each burger during the last 2 minutes of grilling.
6. Serve on a hamburger bun, with a spoonful of salsa on top of each burger.

Pizza Burger

These burgers make a great meal for watching baseball or football games. They're quick to fix and filling, and kids love them, too.

Yield: 8–10 servings

1 pound (454 g) ground beef (chuck)
1 (26-ounce [728-g]) jar spaghetti sauce
4 slices American cheese
8–10 hamburger buns
2 cups (228 g) shredded mozzarella cheese
2 cups (228 g) shredded Cheddar cheese

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]) for indirect heating, and place a water pan under the unheated side of the grill.
2. Brown the hamburger and pour off the excess grease. Add the spaghetti sauce and bring to a hard simmer.
3. Add the American cheese slices and cook, stirring, until the cheese melts. Turn the heat to low and simmer for about 10 to 15 minutes, or until the mixture thickens.

4. When the meat mixture is done simmering, spoon the mixture onto the hamburger buns (tops and bottoms) spreading it over the entire surface.
5. Sprinkle each with shredded Cheddar and mozzarella cheeses to your personal preference.
6. Place in the barbecue over the unheated side of the grill, and cook for 10 to 15 minutes, or until the cheese has melted and slightly browned and the hamburger bun has become crispy and lightly browned. Serve.

Cheddar Beef Slider

You can also sandwich two of these patties together with a slice of Cheddar or blue cheese between them and serve on the buns.

Yield: 4–6 servings

1¼ pounds (567 g) ground beef
2 tablespoons sweet pickle relish
2 tablespoons steak sauce
1 tablespoon garlic salt
1 teaspoon sweet paprika
½ cup (119 mL) ranch dressing
½ cup (119 mL) ketchup
1 teaspoon freshly ground black pepper
1 pinch salt
10 soft dinner rolls, split
Lettuce, for serving
1 yellow onion, peeled and finely diced, for serving
Dill pickle slices, for serving
4 slices extra-sharp Cheddar cheese, for serving

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
2. In a large bowl, mix together the meat, pickle relish, steak sauce, garlic salt, and paprika. Divide the meat in half and score each half into 5 pieces. Roll each piece into a golf ball-sized ball, then flatten each into a small, thin patty about 3 inches (7.5 cm) across (for a total of 10 to 14 patties).
3. Cook the burgers on the grill for about 2 to 3 minutes on each side for medium doneness.
4. While burgers are cooking, make the Slida' Sauce: in a small bowl, combine the ranch dressing, ketchup, black pepper, and salt.
5. Serve the burgers on dinner rolls with the lettuce, chopped onion, dill pickle slices, cheese slices, and Slida' Sauce.

Sloppy Joes

Toasted buns are a must for this sweet-sour beef filling.

Yield: 4 servings

1 pound (454 g) ground beef eye of round
½ cup (75 g) chopped onion
½ cup (75 g) chopped red or green bell pepper
½ cup (60 g) chopped celery
2 cloves garlic, minced
1 cup (237 mL) ketchup
½ cup (119 mL) water
2 tablespoons prepared mustard
1 tablespoon cider vinegar
2 teaspoons packed light brown sugar
Salt and freshly ground black pepper, to taste
4 hamburger buns, toasted

1. Cook the ground beef, onion, celery, bell pepper, and garlic in a lightly greased medium skillet over medium heat until the beef is browned and the vegetables are tender, about 10 minutes. Stir in the remaining ingredients, except the salt, pepper, and buns; heat to boiling. Reduce heat and simmer, uncovered, until the mixture is thickened, about 5 minutes. Season to taste with salt and pepper. Serve in buns.

Chicago-Style Italian Beef Sandwiches

Beef stands have sprung up in many neighborhoods; most locals have their favorite. This *Chicago Tribune* recipe, also found in [Chicago Cooks](#) by Carol Mighton Haddix, makes it easy to make your own. Don't forget to offer both hot and sweet peppers.

Yield: 8 servings

1 teaspoon crushed red pepper
1 teaspoon garlic powder
1 teaspoon dried basil
1 teaspoon dried oregano
1 teaspoon freshly ground black pepper
½ teaspoon salt
1 small sirloin tip roast, about 2½ pounds (1.1 kg)
1 cup (237 mL) cold water
8 soft or hard Italian rolls, warmed, split
Pickled hot sport peppers for serving
Sautéed sweet bell peppers, sliced, for serving

1. Preheat the oven to 450°F (230°C). Combine the seasonings; rub ½ of the mixture over the meat, including some under the fat layer. Put the meat into a shallow pan just large enough to hold it. Roast for 15 minutes, then reduce the temperature to 350°F (180°C). Continue to cook 20 minutes longer.

2. Remove from the oven; pour cold water and the remaining seasoning mixture into the pan. Return to the oven; cook until the meat registers 135°F (57°C), about 20 minutes. Remove from the pan; cool 20 minutes. (Temperature will continue to rise, reaching 145°F (63°C) for medium-rare.)
3. Meanwhile, degrease the juices and transfer to a saucepan; cook over medium heat until heated through, about 3 minutes. Slice the meat into paper-thin slices. For each sandwich, dip meat slices briefly into juice. Layer the meat and juices into a warmed, split roll. Serve immediately, topped with peppers as desired.

SOUPS, STEWS, AND CHILIS

Beef Barley Soup

This hearty, rib-sticking soup is even better if made a day or so in advance. This recipe comes from [1,001 Delicious Soups and Stews](#), edited by Sue Spitler.

Yield: 8 entrée servings

1 pound (454 g) lean beef stew meat, cubed
1 cup (150 g) chopped onion
1 cup (150 g) chopped celery
1 cup (120 g) chopped carrots
1 clove garlic, minced
1 tablespoon all-purpose flour
4 cups (948 mL) water
1 (14½-ounce [411-g]) can beef broth
1 (14½-ounce [411-g]) can undrained diced tomatoes
½ teaspoon dried marjoram
½ teaspoon dried thyme
1 bay leaf
1 cup (150 g) cubed parsnips or potatoes
1 cup (128 g) cut green beans
½ cup (67 g) frozen peas
½ cup (100 g) quick-cooking barley
Salt, to taste
Freshly ground black pepper, to taste

1. Cook the beef in a lightly greased Dutch oven over medium heat until browned, 8 to 10 minutes. Add the onion, celery, carrots, and garlic; cook until the onion is tender, about 5 minutes. Stir in the flour; cook 1 minute. Add the water, broth, tomatoes with liquid, and herbs; heat to boiling. Reduce heat and simmer, covered, until the beef is very tender, about 1 hour, adding the remaining vegetables and barley during last 15 minutes. Discard the bay leaf. Season the soup to taste with salt and pepper and serve.

Beefy Bean Soup

Meaty beef shanks flavor this bean soup. You can substitute 1 pound cubed lean beef for the beef shanks to turn it into a stew.

Yield: 8 entrée servings

2 quarts water
2 (15-ounce [426-g]) cans kidney beans, rinsed, drained
1 pound (454 g) meaty beef shanks
1 (14½-ounce [411-g]) can stewed tomatoes
1 cup (150 g) diced onion
1 cup (150 g) diced turnips
1 cup (128 g) cut green beans
1 cup (128 g) sliced carrots
1 rib celery
1 onion, halved
1 teaspoon dried oregano
1 teaspoon dried thyme
1 bay leaf
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the salt and pepper, in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Remove the beef shanks; cut the meat from the bones and return it to the soup. Discard the bones and bay leaf; season the soup to taste with salt and pepper.

Meatball and Vegetable Soup

The meatballs are baked for easy preparation.

Yield: 6 entrée servings

½ cup (75 g) finely chopped onion
½ cup (64 g) finely chopped carrots
½ cup (60 g) finely chopped celery
1 garlic clove, minced
1 quart (.95 L) [Fragrant Beef Stock](#)
2 cups (474 mL) water
Meatballs (recipe follows)
1 (14½-ounce [411-g]) can crushed tomatoes
1 (8-ounce [227-g]) can tomato sauce
2 cups (320 g) whole kernel corn
2 cups (256 g) cut green beans
2 cups (200 g) small cauliflower florets
¼ cup (50 g) quick-cooking barley
2 teaspoons granulated sugar
1 teaspoon dried basil
½ teaspoon dried thyme
½ teaspoon dry mustard
½ teaspoon chili powder
2 bay leaves
Salt, to taste
Freshly ground black pepper, to taste

1. Sauté the onion, carrots, celery and garlic in a lightly greased large saucepan until the onion is tender, about 8 minutes. Add the remaining ingredients, except salt and pepper, to the saucepan; heat to boiling. Reduce heat and simmer, covered, until the vegetables and barley are tender, about 15 minutes. Discard the bay leaves; season the soup to taste with salt and pepper.

Meatballs

Yield: 18 meatballs

1 pound (454 g) ground beef round
¼ cup (23 g) quick-cooking oats
2 tablespoons finely chopped onion
1 egg white
2 tablespoons ketchup
¼ teaspoon salt
¼ teaspoon freshly ground black pepper
⅛ teaspoon dried thyme
⅛ teaspoon dry mustard

1. Combine all the ingredients; roll into 18 meatballs. Bake in a baking pan at 350°F (180°C) until cooked and browned, about 10 minutes.

Sweet and Sour Cabbage Soup

This rich, tangy cabbage soup is made with both beef and turkey.

Yield: 8 entrée servings

8 ounces (227 g) ground beef round
8 ounces (227 g) ground turkey breast
1 large onion, chopped
½ cup (64 g) sliced carrots
2 garlic cloves, minced
2 quarts (1.9 L) [Fragrant Beef Stock](#) (recipe follows)
4 cups (.95 L) thinly sliced green cabbage
1 (15-ounce [426-g]) can tomato sauce
⅓ cup (55 g) raisins
2 tablespoons cider vinegar
2 tablespoons brown sugar
1 bay leaf
1 teaspoon dried thyme
⅛ teaspoon ground cinnamon
½ cup (87 g) uncooked white rice
Salt, to taste
Freshly ground black pepper, to taste

1. Cook the ground beef, turkey, onion, carrots, and garlic in a Dutch oven over medium heat until the meat is browned, about 5 minutes; crumble the meat with a fork. Add the remaining ingredients, except the rice, salt, and pepper; heat to boiling. Reduce heat and simmer, covered, 40 minutes, adding the rice during the last 20 to 25 minutes. Discard the bay leaf; season the soup to taste with salt and pepper.

Fragrant Beef Stock

Dried mushrooms, red wine, and herbs give a rich flavor to this stock.

Yield: About 3½ quarts (3.3 L)

4 quarts (3.8 L) water
1 cup (237 mL) dry red wine or water
2 pounds (908 g) short ribs of beef, fat trimmed
2 pounds (908 g) beef marrow bones
1 pound (454 g) cubed beef chuck, fat trimmed
1 large onion, chopped
3 medium carrots, thickly sliced
3 ribs celery, thickly sliced
½ cup (38 g) dried mushrooms
1 clove garlic, halved
10 black peppercorns
1 bay leaf
1 teaspoon dried basil
1 teaspoon dried thyme
1 tablespoon soy sauce
Salt, to taste
Freshly ground black pepper, to taste

1. Heat all the ingredients, except salt and pepper, to boiling in large Dutch oven; reduce heat and simmer, covered, 3 to 4 hours, skimming any foam from the surface. Strain the stock through a double layer of cheesecloth, discarding the bones, meat, vegetables, and seasonings; season the soup to taste with salt and pepper. Refrigerate until chilled; remove the congealed fat from the surface of the stock.

Savory Beef Stew with Roasted Vegetables

This simple recipe from the National Cattlemen's Beef Association is a delicious combination of savory, tender beef with balsamic-infused roasted vegetables—it is party-perfect. This can be found in [Chicago Cooks](#), by Carol Mighton Haddix.

Yield: 6 servings

1¾–2 pounds (632–908 g) boneless beef chuck shoulder, or bottom round
2½ tablespoons (37 mL) olive oil, divided
3 garlic cloves, crushed
1 (14½ ounce [411-g]) can ready-to-serve beef broth
2 teaspoons dried thyme
¾ teaspoon freshly ground black pepper
12 medium mushrooms
6 plum tomatoes, each cut lengthwise into quarters, seeded
3 small onions, each cut lengthwise into quarters
1½ tablespoons plus 2 teaspoons balsamic vinegar, divided
1 tablespoon cornstarch
2 tablespoons water
Fresh thyme, chopped (optional)

1. Trim the fat from the beef. Cut the beef into 1-inch (2.5-cm) pieces. Heat 1 tablespoon of the oil in a Dutch oven over medium heat until hot. Add half of the beef and garlic and brown evenly, stirring occasionally, about 10 minutes. Remove the browned meat to a plate and brown the remaining beef and garlic. Pour off the pan drippings. Return all the meat to the pot and add the broth, dried thyme, and pepper. Bring to a boil; reduce heat to low. Cover tightly and simmer, stirring occasionally, until the beef is fork tender, 1½ to 2 hours.
2. Preheat the oven to 425°F (220°C). Lightly spray a jelly roll pan with nonstick cooking spray. Place the mushrooms, tomatoes, and onions in the pan. Combine the remaining 1½ tablespoons oil and 1½ tablespoons vinegar; drizzle the mixture over the vegetables, tossing to coat. Roast in 425°F (220°C) oven until tender, 20 to 25 minutes.
3. Bring the beef stew to a boil over medium-high heat. Add the combined cornstarch and water; cook and stir until the sauce is slightly thickened and bubbly, about 2 minutes. Stir in the roasted vegetables and the remaining 2 teaspoons vinegar. Sprinkle with fresh thyme, if desired, and serve.

Beef and Vegetable Stew

Use your family's favorite vegetables in this stew.

Yield: 8 entrée servings

2 pounds (908 g) lean beef stew meat, cubed (1-inch)
1 (14½ ounce [411 g]) can diced tomatoes, undrained
1 cup (237 mL) beef broth
2 cups (300 g) cubed unpeeled medium potatoes
2 cups (300 g) cubed rutabaga or turnips
1½ cups (225 g) chopped onions
1 cup (128 g) thickly sliced carrots
2 large ribs celery, sliced
4 cloves garlic, minced
½–¾ teaspoon dried marjoram
½–¾ teaspoon dried thyme
1 bay leaf
2 tablespoons cornstarch
¼ cup (59 mL) cold water
2–3 teaspoons Worcestershire sauce
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the cornstarch, water, Worcestershire sauce, salt, and pepper in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Discard the bay leaf; season the stew to taste with the Worcestershire sauce, salt, and pepper. Serve.

Beef and Mushroom Stew

This beef stew boasts an ample assortment of vegetables to make a well-rounded meal.

Yield: 6 entrée servings

1½ pounds lean beef round steak, cubed (1-inch [2.5-cm])
1 cup (237 mL) beef broth
½ cup (119 mL) red wine or beef broth
6 medium carrots, quartered
4 small potatoes, quartered
4 onions, quartered
2 small zucchini, sliced
1 cup (75 g) small mushrooms
1 clove garlic, minced
1 teaspoon Worcestershire sauce
2 bay leaves
1 tablespoon cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the cornstarch, water, salt, and pepper, in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Discard the bay leaves; season the stew to taste with salt and pepper and serve.

Beef and Cabbage Stew

A robust beef stew that includes both potatoes and rice. The potatoes add chunky texture and the rice helps thicken the flavorful sauce.

Yield: 4 entrée servings

1 pound (454 g) lean beef round steak, cubed
1½ cups (356 mL) beef broth
1½ cups (105 g) coarsely shredded cabbage
2 small unpeeled potatoes, sliced
1 large onion, finely chopped
1 carrot, sliced
2 cloves garlic, minced
½ cup (119 mL) dry red wine or beef broth
¼ cup (56 mL) ketchup
2 teaspoons brown sugar
1½ teaspoons cider vinegar
1½ teaspoons dried thyme
½ teaspoon dry mustard
¼ cup (48 g) uncooked converted long-grain rice
2 tablespoons cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the rice, cornstarch, water, salt, and pepper, in a slow cooker; cover and cook on low 6 to 8 hours, adding the rice during the last 2 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with salt and pepper and serve.

Beef and Ancho Chili Stew

Complement this delicious stew with sour cream; serve with warm tortillas.

Yield: 8 entrée servings

3 cups (711 mL) boiling water
4–6 ancho chilies, stems, seeds, and veins discarded
4 medium tomatoes, cut into wedges
2 pounds (908 g) lean beef eye of round steak, cubed (¾-inch [1.5-cm])
1 large onion, chopped
2 cloves garlic, minced
1 teaspoon minced jalapeño pepper
1 teaspoon dried oregano
1 teaspoon crushed cumin
2 tablespoons all-purpose flour
Salt, to taste
Freshly ground black pepper, to taste
[Red Pepper Rice](#) (recipe follows)

1. Pour the boiling water over the chilies in a bowl; let stand until softened, about 10 minutes. Process the chilies, water, and tomatoes in a food processor or blender until smooth.
2. Cook the beef in a lightly greased Dutch oven over medium heat until browned, about 8 minutes. Add the onion, garlic, jalapeño, and herbs; cook until the onion is tender, about 5 minutes. Stir in the flour; cook 1 minute. Add the ancho chili mixture; heat to boiling. Reduce heat and simmer, covered, until the beef is tender, 45 to 60 minutes. Season to taste with salt and pepper; serve over Red Pepper Rice.

Red Pepper Rice

Yield: 6 servings

1½ cups (356 mL) uncooked long-grain rice
¼ teaspoon ground turmeric
½ teaspoon paprika
1 roasted red pepper, coarsely chopped

1. Cook rice according to package directions, stirring turmeric into cooking water. Stir paprika and roasted red pepper into cooked rice.

Barbecued Beef and Bean Stew

This spicy barbecued beef and bean dinner is sure to please!

Yield: 6 entrée servings

1 pound (454 g) lean beef round steak, cut into strips (½ inch [1 cm])
3 (15-ounce [426-g]) cans rinsed, drained kidney beans
1 (8-ounce [227-g]) can tomato sauce
1½ cups (225 g) finely chopped onions
½ cup (119 mL) mild or medium salsa
2–3 tablespoons (30–45 mL) brown sugar
2 tablespoons cider vinegar
2 cloves garlic, minced
2–3 teaspoons chili powder
2 teaspoons Worcestershire sauce
1 cup (160 g) whole kernel corn
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the corn, salt, and pepper, in a slow cooker; cover and cook on low 6 to 8 hours, stirring in the corn in the last 30 minutes. Season to taste with salt and pepper and serve.

Chuck Wagon Beef Stew

One of the heartiest stews you can rustle up! Serve with warm buttermilk biscuits.

Yield: 6 entrée servings

1 pound (454 g) lean beef round steak, cubed (¾-inch [1.5-cm])
1 (15-ounce [426-g]) can red kidney beans, rinsed, drained
1 (14½-ounce [411-g]) can diced tomatoes, undrained
¾ cup (178 mL) beef broth
½ cup (75 g) chopped onion
3 small unpeeled red potatoes, cubed
3 carrots, sliced
1 tablespoon cornstarch
2 tablespoons cold water
2–3 teaspoons Worcestershire sauce
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the cornstarch, water, Worcestershire sauce, salt, and pepper, in a slow cooker; cover and cook on low 6 to 8 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with the Worcestershire sauce, salt, and pepper and serve.

Cubed Steak Stew

Beef cubed steaks are quick-cooking and make it possible to have beef stew in less than 45 minutes.

Yield: 6 entrée servings

1½ pounds (681 g) lean beef cubed steaks, cut into strips (2 × ½ inch [5 x 1 cm])
3 tablespoons (23 g) all-purpose flour
½ teaspoon garlic powder
1 tablespoon olive oil
1 large onion, thinly sliced
1 (14½-ounce [411-g]) can diced tomatoes with Italian herbs, undrained
1 (8-ounce [227-g]) can tomato sauce
4 medium potatoes, cubed
1 (10-ounce [284-g]) package frozen peas and carrots
Salt, to taste
Freshly ground black pepper, to taste

1. Coat the beef with the combined flour and garlic powder; cook in the oil in a large skillet over medium heat until browned, about 10 minutes. Add the onion, tomatoes with liquid, and tomato sauce; heat to boiling. Reduce heat and simmer, uncovered, until the meat is tender, about 30 minutes, adding the potatoes, peas, and carrots during the last 10 minutes. Season to taste with salt and pepper and serve.

Skillet Beef Stew

Make this stew in an attractive skillet that can go to the table for serving.

Yield: 6 entrée servings

1 pound (454 g) lean beef round steak, cubed
2 tablespoons canola oil
8 ounces (227 g) thinly sliced mushrooms
¼ cup (38 g) chopped onion
1 clove garlic, minced
2 cups (474 mL) beef broth
1 tablespoon dried Italian seasoning
1½ tablespoons cornstarch
½ cup (119 mL) dry white wine or beef broth
Salt, to taste
Freshly ground black pepper, to taste
4 cups (360 g) cooked wide noodles, warm

1. Cook the beef in the oil in a large skillet over medium heat until browned, about 8 minutes. Add the mushrooms, onion, and garlic and cook 5 minutes. Stir in the broth and Italian seasoning; heat to boiling. Reduce heat and simmer, covered, until the beef is tender, about 45 to 60 minutes. Heat the stew to boiling; add the combined cornstarch and wine, stirring until thickened, about 3 minutes. Season to taste with salt and pepper; serve over the noodles.

Paprika–Sirloin Stew

Tender beef and vegetables in a paprika-spiked sour cream sauce are ready to eat in less than 45 minutes.

Yield: 4 entrée servings

1 pound (454 g) boneless beef sirloin steak, fat trimmed, cut into strips (1 × ½ inch [2.5 x 1.3 cm])
1 cup (150 g) peeled pearl onions
1 cup (237 mL) beef broth
8 ounces (227 g) Italian green beans
12 ounces (341 g) red potatoes, cubed
1 (14½-ounce [411-g]) can diced tomatoes, undrained
2 bay leaves
1 tablespoon paprika
½ cup (119 mL) sour cream
Salt, to taste
Freshly ground black pepper, to taste

1. Cook the beef and onions in a lightly greased large skillet over medium heat until the beef is lightly browned, 8 to 10 minutes; add the remaining ingredients, except the sour cream, salt, and pepper and heat to boiling. Reduce heat and simmer until the beef and vegetables are tender, about 15 minutes. Stir in the sour cream; season to taste with salt and pepper and serve.

Wine-Braised Beef Stew

The slow cooking gives this dish a rich flavor. A good-quality Chianti is an excellent wine choice.

Yield: 6 entrée servings

1½ pounds (681 g) boneless beef round steak, cubed
1 cup (237 mL) beef broth
1 cup (237 mL) tomato sauce
½ cup (119 mL) dry red wine or beef broth
2 cups (150 g) sliced mushrooms
1 cup (150 g) chopped onion
½ cup (60 g) thinly sliced celery
12 baby carrots
6 small potatoes, halved
1 teaspoon minced garlic
1 teaspoon dried thyme
2 large bay leaves
1–2 tablespoons cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the cornstarch, water, salt, and pepper, in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Turn the heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Discard the bay leaves; season the stew to taste with salt and pepper and serve.

Rosemary Beef Stew

Fragrant rosemary is the highlight of this delicious stew.

Yield: 6 entrée servings

1½ pounds (681 g) lean beef stew meat, cubed
1½ cups (356 mL) beef broth
1 (8-ounce [227-g]) can tomato sauce
2 tablespoons dry sherry (optional)
3 cups (384 g) cut green beans
1 cup (150 g) finely chopped onion
½ cup (64 g) sliced carrots
½ cup (60 g) sliced celery
1 large clove garlic, minced
1 teaspoon dried rosemary
1 bay leaf
1–2 tablespoons cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste
4 cups (696 g) cooked rice, warm

1. Combine all the ingredients, except the cornstarch, water, salt, pepper, and rice, in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Discard the bay leaf; season to taste with salt and pepper; serve over the rice.

Steak and Sweet Potato Stew

Apples give this autumn stew a touch of sweetness.

Yield: 4 entrée servings

1 pound (454 g) lean beef round steak, cubed (¾-inch [1.9-cm])
1½ cups (356 mL) beef broth
1 pound (454 g) sweet potatoes, peeled, cubed
2 medium onions, cut into thin wedges
1 teaspoon dried savory
2 medium apples, peeled, thickly sliced
½ cup (67 g) frozen peas, thawed
2 tablespoons cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the apples, peas, cornstarch, water, salt, and pepper, in a slow cooker; cover and cook on low 6 to 8 hours, adding the apples during the last 15 minutes. Add the peas, turn heat to high, and cook 10 minutes. Stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with salt and pepper.

Meatball and Pasta Stew

Romano Meatballs combine with vegetables and tricolor pasta in a delectable stew. Meatballs will be less fragile to handle if browned in a lightly greased skillet.

Yield: 4 entrée servings

Romano Meatballs (recipe follows)
2 (14-ounce [397-g]) cans beef broth
1 (14½ ounce [411-g]) can plum tomatoes, undrained, chopped
¼ cup (38 g) chopped onion
1 teaspoon dried Italian seasoning
4 ounces (114 g) tri-color corkscrew pasta, cooked
2 cups (176 g) small broccoli florets
3 tablespoons (23 g) cornstarch
½ cup (79 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the pasta, broccoli, cornstarch, water, salt, and pepper, in a slow cooker, making sure the meatballs are submerged; cover and cook on low 6 to 8 hours, adding the pasta and broccoli during the last 15 minutes. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with salt and pepper.

Romano Meatballs

Yield: 16 meatballs

8 ounces (227 g) lean ground beef
1 egg white
½ cup (45 g) quick-cooking oats
½ cup (50 g) grated Romano cheese
1 tablespoon dried minced onion
½ teaspoon dried Italian seasoning

1. Combine all the ingredients; shape the mixture into 16 meatballs.

Five-Spice Beef Stew

A simple-to-make stew with lots of Asian flavor, thanks to five-spice powder and Chinese chili sauce.

Yield: 4 entrée servings

1 pound (454 g) lean beef round steak, cubed (1-inch [2.5-cm])
¾ cup (178 mL) orange juice
¾ cup (178 mL) beef broth
2 cups (140 g) coarsely sliced Napa cabbage
1 medium onion, cut into thin wedges
1 red bell pepper, thinly sliced
1 tablespoon teriyaki sauce

1¼ teaspoons five-spice powder
1 teaspoon Chinese chili sauce with garlic
4 ounces (114 g) bean thread noodles
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the noodles, salt, and pepper, in a slow cooker; cover and cook 6 to 8 hours.
2. During the last hour of cooking time, soak the bean thread noodles in hot water to cover in a large bowl for 15 minutes; drain and stir into the stew during the last 30 minutes of cooking time. Season to taste with salt and pepper.

Cincinnati Chili

Cincinnati Chili is a specialty from the city for which it is named. The chili is flavored with cinnamon and served over spaghetti with various condiments. The customers choose their favorite condiments, ordering the dish one way, two way, or three way, depending on the condiments ordered.

Yield: 8 entrée servings

12 ounces (341 g) lean ground beef
½ cup (75 g) chopped onion
4 cloves garlic, minced
1 (28-ounce [794-g]) can crushed tomatoes, undrained
1 (8-ounce [227-g]) can tomato sauce
½ cup (119 mL) water
2–3 tablespoons (16–24 g) chili powder
1 tablespoon cocoa
2 teaspoons dried oregano
1 teaspoon ground cinnamon
1 teaspoon ground allspice
½ teaspoon paprika
½ teaspoon salt
½ teaspoon freshly ground black pepper
16 ounces (454 g) spaghetti, cooked, warm
Canned, drained pinto beans, for serving
Chopped onions, for serving
Shredded Cheddar cheese, for serving

1. Sauté the ground beef in a large saucepan over medium heat until it's beginning to brown, about 5 minutes. Add the onion and garlic and sauté until the onion is tender, about 5 minutes. Stir in the remaining ingredients except the spaghetti and garnishes; heat to boiling. Reduce heat and simmer, covered, 15 minutes; simmer, uncovered, until the sauce is thickened, about 15 minutes more. Serve over the spaghetti; add the beans, onions, and shredded cheese, as desired.

Southwest Chili

A flavorful chili that will satisfy the heartiest of appetites!

Yield: 8 entrée servings

1 pound (454 g) lean ground beef
2 (14½-ounce [411-g]) can diced tomatoes, undrained
1 (15-ounce [426-g]) can red kidney beans, rinsed, drained
1 cup (150 g) chopped onions
1 cup (150 g) chopped green bell pepper
¾ cup (178 mL) beer or water
1 (6-ounce [170-g]) can tomato paste
2 cloves garlic, minced
1–2 tablespoons chili powder
1 tablespoon packed light brown sugar
1 tablespoon unsweetened cocoa
2 teaspoons ground cumin
2 teaspoons dried oregano
Salt, to taste
Freshly ground black pepper, to taste
½ cup (57 g) shredded Cheddar cheese
½ cup (50 g) sliced green onions
½ cup (119 mL) sour cream

1. Cook the ground beef in a lightly greased large skillet over medium heat until the meat is browned, about 10 minutes, crumbling with a fork. Combine the beef and remaining ingredients, except the salt, pepper, cheese, green onions, and sour cream, in a slow cooker; cover and cook on low 6 to 8 hours. Season to taste with salt and pepper. Sprinkle each bowl of chili with the cheese, green onions, and sour cream. Serve.

VARIATION

Make the recipe as above, substituting black or pinto beans for the red kidney beans, and adding 1 minced jalapeño pepper. Garnish each bowl with chopped cilantro.

Curry Soup with Meatballs

This lightly thickened soup is delicately flavored with curry powder.

Yield: 4 entrée servings

½ cup (75 g) chopped onion
2 teaspoons minced garlic
2 teaspoons curry powder
1 teaspoon canola oil
2 tablespoons all-purpose flour
1¼ quarts (1.2 L) [Fragrant Beef Stock](#)
Curry Meatballs (recipe follows)
2 ounces (57 g) uncooked vermicelli, broken into pieces (2 inch [5 cm])
Salt, to taste
Freshly ground black pepper, to taste
1 tablespoon chopped fresh mint

1. Sauté the onion, garlic, and curry powder in the oil in a large skillet until the onion is tender, about 5 minutes; sprinkle with the flour and cook 1 to 2 minutes. Stir in the stock and heat to boiling, stirring until thickened, about 1 minute. Stir in the Curry Meatballs and pasta; simmer, uncovered, until the meatballs are cooked and the pasta is al dente, about 10 minutes. Season to taste with salt and pepper. Stir in the mint and serve.

Curry Meatballs

Yield: 12 meatballs

8 ounces (227 g) lean ground beef
½ cup (50 g) minced onion
1½ teaspoons curry powder
½ teaspoon salt
¼ teaspoon freshly ground black pepper

1. Combine all the ingredients; shape into 12 meatballs.

MAIN COURSES

Shish Kabobs

To prevent charring, soak bamboo or wooden skewers in water for 20 minutes before threading on the meat and vegetables. This recipe is from [*Diabetes Snacks, Treats, and Easy Eats*](#) by Barbara Grunes.

Yield: 4 skewers

4 ounces (114 g) sirloin steak, trimmed of fat and cubed
1 cup (237 mL) Russian salad dressing
16 cherry tomatoes
2 cups (300 g) square-cut seeded red bell pepper
16 mushrooms, cleaned and stems removed
4 wooden, or metal, skewers

1. Toss the steak with the dressing in a glass bowl. Cover lightly with plastic wrap and refrigerate overnight, turning the steak once or twice.
2. Just before cooking, remove the steak from the marinade. Discard the marinade.
3. Thread the skewers with the meat, tomatoes, peppers, and mushrooms.
4. Preheat the outdoor grill, stovetop or electric indoor grill, or broiler. Cook the skewers, turning every 4 minutes, until the beef is cooked to the desired doneness. Serve.

Peppercorn Beef Kababs

Try sprinkling the meat with brown sugar just before it goes on the grill. The sugar quickly caramelizes, giving the kebabs a sweet, charred flavor.

Yield: 4 servings

1 (1-pound [454-g]) beef sirloin steak, cut 1 inch (2.5 cm) thick
1 teaspoon black peppercorns, freshly cracked
½ teaspoon salt
½ teaspoon paprika
1 clove garlic, peeled and mashed
1 medium onion, peeled and cut into 12 wedges

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (450°F [240°C] to 475°F [250°C]).

2. With a sharp knife, cut the steak into 1-inch (2.5-cm) pieces, place the pieces in a shallow dish, and set aside.
3. In a small bowl, mix together the peppercorns, salt, paprika, and garlic. Pour this mixture over the beef and toss to coat. Let marinade for 30 minutes to 1 hour, covered, at room temperature.
4. Thread an equal number of beef pieces onto each of 4 (12-inch [30-cm]) skewers, separated by onion wedges. Place the kebabs on the grill and cook for 8 to 10 minutes, turning often, for rare to medium-rare.
5. Remove the kebabs from grill and serve one per person.

Eisenhower Steak

This technique works well for any relatively tender steak or chop of a uniform thickness.

Yield: 4 servings

4 (8-ounce [227-g]) beef ribeye, sirloin, T-bone, or strip steaks, cut 1 inch (2.5 cm) thick, at room temperature

Kosher salt, to taste

Freshly ground black pepper, to taste

½ cup (119 mL) unsalted butter (optional)

1 lemon, quartered (optional)

1. Sprinkle both sides of the steaks liberally with salt and pepper. Set aside.
2. Fill a charcoal chimney with charcoal briquettes. Set the chimney on the bottom grill grate and light. When the coals are ready, dump them into the bottom of your grill. Cover half of your bottom grate with briquettes.
3. When the briquettes are grayed over, use long-handled tongs or a fork to place each steak directly onto the hot coals. Leave the steaks on the coals for 2 minutes. Turn them over and grill for another 2 to 3 minutes for rare (125°F [52°C] on a meat thermometer). For medium-rare (135°F [57°C]) to medium (140°F [60°C]), leave the steaks on the coals for 1 to 2 minutes longer.
4. Remove the steaks from the coals and brush off the ashes. Put the steaks on a heated plate and add a pat of butter to each, if desired. Cover the steaks with aluminum foil and wait 5 minutes for the meat juices to resettle. Serve the lemon wedges on the side to squeeze over hot steaks if desired.

Citrus-Grilled Steak

An unusual but delicious combination of orange juice and meat makes a tangy, sweet steak sauce that goes well with the charred strip steaks.

Yield: 2 servings

1 cup (237 mL) frozen orange juice concentrate, thawed
½ cup (119 mL) A1 Steak Sauce
¼ cup (59 mL) dry sherry
Juice of 1 lemon
1 clove garlic, peeled and minced
2 (8-ounce [227-g]) beef strip steaks, about 1 inch (2.5 cm) thick

1. In a small bowl, combine the orange juice concentrate, steak sauce, sherry, lemon juice, and garlic. Place the steaks in a flat glass baking dish and pour in half of the orange juice mixture. Cover and refrigerate for 1 hour, turning the meat occasionally.
2. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
3. In a small saucepan over medium heat, cook the remaining orange juice mixture until it is reduced by half. Turn off the burner and keep the sauce warm.
4. Remove the steaks from the marinade and grill them over direct heat for 4 minutes on each side until they get a light char, or until done to your liking, turning once.
5. Serve the steaks with the warm orange sauce on the side.

Mushroom-Stuffed Flank Steak

An impressive meat dish that's very easy to make!

Yield: 6 servings

3 slices bacon
8 ounces (227 g) cremini mushrooms, sliced
¼ cup (38 g) chopped onion
¾ teaspoon dried thyme
Salt, to taste
Freshly ground black pepper, to taste
1 beef flank steak (about 1½ pounds [681 g])
¾ cup (178 mL) dry red wine or beef broth
4 cups (696 g) cooked rice

1. Cook the bacon in a large skillet until crisp; drain and crumble. Discard all but 1 tablespoon of the bacon fat; add the mushrooms, onion and thyme to the skillet and sauté until tender, 5 to 8 minutes. Mix in the bacon; season to taste with salt and pepper.

2. Pound the meat with a meat mallet, if necessary, to make it even in thickness. Spoon the stuffing over the meat and roll it up, beginning from the long side. Secure with short skewers and place in a slow cooker; add the wine. Cover and cook on low 6 to 8 hours. Slice and serve over the rice, spooning the juices over.

Steak Diane

Yield: 4 servings

4 beef eye of round steaks (4 ounces [114 g] each), visible fat trimmed
Salt, to taste
Freshly ground black pepper, to taste
⅓ cup (79 mL) brandy or beef broth
¼ cup (59 mL) sour cream
Finely chopped chives or parsley, for garnish

1. Cook the steaks in a lightly greased medium skillet over medium heat to the desired degree of doneness, 3 to 4 minutes on each side for medium. Season the steaks lightly with salt and pepper; arrange on serving plates.
2. Add the brandy to the skillet and heat to boiling. Boil, scraping the bottom of the skillet to loosen cooked particles. Boil until reduced to about 2 tablespoons, 2 to 3 minutes; stir in the sour cream and cook over low heat 1 to 2 minutes. Spoon the sauce over steaks; sprinkle with the chives; and serve.

Pepper Steak

Always popular for buffet-style entertaining.

Yield: 6 servings

3 cups (593 mL) thickly sliced green, red, and yellow bell peppers
1 pound (454 g) beef eye of round or sirloin, fat trimmed, cut into strips (3 x ¼-inch [7.5 x .6-cm])
2 cups (300 g) sliced onions
4 cloves garlic, minced
3 tablespoons (23 g) all-purpose flour
2 cups (474 mL) beef broth, divided
1 tablespoon tomato paste
½ teaspoon dried Italian seasoning
1½ cups (240 g) halved cherry tomatoes
1–2 tablespoons Worcestershire sauce
Salt, to taste
Freshly ground black pepper, to taste
4 cups (360 g) cooked noodles, warm

1. Sauté the bell peppers in a lightly greased Dutch oven until tender, about 5 minutes; remove from the pan. Add the beef, onions, and garlic to skillet; cook over medium heat until the beef is browned, 5 to 8 minutes. Stir in the flour and cook 1 minute.
2. Add the broth, tomato paste, and Italian seasoning; heat to boiling. Reduce the heat and simmer, covered, until the beef is tender, about 45 minutes, adding the tomatoes and cooked bell peppers during the last 10 minutes. Season to taste with the Worcestershire sauce, salt, and pepper. Serve with the noodles.

Pot Roast

Pot roast with vegetables can't be beat for a cold weather meal—add the wine, or not, for extra flavor.

Yield: 8 servings

1 beef chuck roast (about 3 pounds [1.4 kg])
2 large onions, halved and sliced
1 (1-ounce [28-g]) package onion soup mix
1 pound (454 g) carrots, thickly sliced
6–8 medium red potatoes, unpeeled
½ small head cabbage, cut into 6–8 wedges
Salt, to taste
Freshly ground black pepper, to taste
½ cup (119 mL) dry red wine or beef broth

1. Place the beef on the onions in a 6-quart (5.7-L) slow cooker and sprinkle with the soup mix. Arrange the vegetables around the beef and sprinkle lightly with salt and pepper; add the wine, cover, and cook on low 6 to 8 hours. Serve the beef and vegetables with broth, or make gravy.

Crumb-Crusted Roast

Don't throw away the drippings from the cooked roast. Use them to make Yorkshire pudding or gravy or brush the fat on a pan of roasted potatoes 10 minutes before taking them out of the oven.

Yield: 8–10 servings

1 (9–10 pound [4.1–4.5 kg]) 4- or 5-rib prime rib roast, trimmed, chine bone removed
1 tablespoon salt
1 tablespoon dried rosemary
1 tablespoon dried savory
½ teaspoon freshly ground black pepper
¼ cup (59 mL) extra virgin olive oil, divided
1½ cups (90 g) fresh breadcrumbs
½ cup (8 g) chopped fresh rosemary
1 tablespoon dried oregano
1 tablespoon granulated garlic
1 tablespoon minced lemon zest
1 teaspoon dried thyme
½ teaspoon fresh lemon juice
¼ cup (59 mL) prepared yellow mustard
Fresh rosemary sprigs, for garnish

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (450°F [240°C] to 500°F [260°C]) for direct and indirect heating.
2. In a small bowl, mix together the salt, dried rosemary, savory, and pepper to make a rub. Place the roast in a medium size roasting pan, fat side up. Brush all surfaces with 3 tablespoons (45 mL) of the olive oil and sprinkle the rub on all sides of the roast, patting it into the meat as you turn the roast.

3. In a separate small bowl, mix together remaining olive oil, breadcrumbs, fresh rosemary, oregano, garlic, lemon zest, thyme, and lemon juice and set aside.
4. Place the prime rib in the roasting pan into the barbecue over direct heat and cook for 45 minutes. Remove the roast from the barbecue and roasting pan and generously brush the mustard over the entire roast. Gently press the bread mixture onto the mustard-coated roast.
5. Return the roast to the pan and place the pan on the unheated side of the barbecue. Cook for 1½ to 1¾ hours, or until the coating is golden and a meat thermometer inserted into the center of roast, not touching a bone, registers 130°F (54°C).
6. Remove the pan from the grill and transfer the meat to a heated platter. Cover the roast with aluminum foil and let it rest for 10 minutes so the juices redistribute throughout the roast. The internal temperature of meat will then rise to 140 to 145°F (60 to 63°C) for medium-rare upon standing. Carve and serve.

Round Roast with Fettuccine

Slice this perfectly cooked roast and serve with fettuccine.

Yield: 8 servings

1 boneless top or beef bottom round roast (about 3 pounds [1.4 kg])
Salt, to taste
Freshly ground black pepper, to taste
1 cup (150 g) sliced onion
½ cup (119 mL) beef broth
1 tablespoon cornstarch
2 tablespoons water
½ cup (67 g) frozen thawed petite peas
½ cup (50 g) grated Romano cheese
1 pound (454 g) fettuccine, cooked, warm

1. Sprinkle the beef lightly with salt and pepper; place in a slow cooker with the onion and broth; insert a meat thermometer so the tip is in the center of the roast. Cover and cook on low until the meat thermometer registers 155°F (68°C) for medium doneness, about 4 hours. Remove to serving platter and cover loosely with foil.
2. Add the peas to the slow cooker; cover and cook on high 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Stir in the Romano cheese; season to taste with salt and pepper. Toss with the fettuccine and serve.

Braised Short Ribs

You'll find these short ribs especially tasty and juicy—nibbling on the bones is allowed!

Yield: 4 servings

1 cup (237 mL) dry red wine or beef broth
4 large carrots, thickly sliced
1 large onion, cut into wedges
2 bay leaves
1 teaspoon dried marjoram
2 pounds (908 g) beef short ribs

1. Combine all the ingredients in a slow cooker, placing the short ribs on the top; cover and cook on low 7 to 8 hours.

Serve.

Barbecued Brisket

This delicious brisket is prepared with an easy spice rub, and slow cooked to perfection with barbecue sauce.

Yield: 10 servings

1 beef brisket, fat trimmed (about 3 pounds [1.4 kg])
Spice Rub (recipe follows)
2 cups (474 mL) barbecue sauce
¼ cup (59 mL) red wine vinegar
¼ cup (56 g) packed light brown sugar
2 medium onions, sliced
½ cup (119 mL) water
1 pound (454 g) fettuccine, cooked, warm

1. Rub the brisket with the Spice Rub and place in a slow cooker; pour in the combined remaining ingredients, except the fettuccine. Cover and cook on low 6 to 8 hours, turning heat to high during the last 20 to 30 minutes. Remove the brisket to a serving platter and let stand, covered with foil, 10 minutes. Slice and serve with the barbecue sauce and onions over the fettuccine.

Spice Rub

Yield: About 2 tablespoons

2 tablespoons minced fresh parsley
1 teaspoon minced garlic
½ teaspoon seasoned salt
½ teaspoon ground ginger
½ teaspoon ground nutmeg
½ teaspoon freshly ground black pepper This recipe comes from *The Puglian Cookbook* by Viktorija Todorovska.

1. Mix all the ingredients.

Sun-Dried Tomato-Stuffed Beef Tenderloin

This is a terrific choice for entertaining because it is tasty and versatile. It can be found in Carol Mighton Haddix's book [Chicago Cooks](#), and was created by beef experts (Recipe courtesy of National Cattlemen's Beef Association on behalf of The Beef Checkoff). It's great on its own, but also works well as an appetizer when it is sliced thin and served on crostini.

Yield: 8 servings

1 center-cut beef tenderloin roast (2–3 pounds [.9–1.4 kg]), not tied

½ cup (79 mL) sun-dried tomato spread

2 tablespoons finely chopped parsley

1. Preheat the oven to 425°F (220°C). Make a horizontal cut through the center of the beef roast, parallel to the surface of the meat. Cut to, but not through, the opposite side. Open the meat so it lies flat, like an open book.
2. Combine the sun-dried tomato spread and parsley in a small bowl. Spread it lengthwise over half of the meat. Fold the other half of the meat over to form the original shape of the roast. Tie at 1½- to 2-inch (3.8- to 5-cm) intervals with kitchen twine and trim off any excess twine.
3. Place the roast on a rack in a shallow roasting pan. Insert an ovenproof meat thermometer so the tip is centered in the thickest part of the beef, not resting in fat. Roast until the meat thermometer registers 135°F (57°C), 30 to 40 minutes. Transfer the roast to a carving board; tent loosely with aluminum foil. Let stand 10 minutes before slicing. (The temperature will continue to rise about 10°F [5.5°C], to reach 145°F [62°C] for medium rare.) Serve thinly sliced.

Basic Meatloaf

Moist, the way meatloaf should be, with plenty of leftovers for sandwiches, too!

Yield: 6 servings

1½ pounds (681 g) lean ground beef

1 cup (90 g) quick-cooking oats

½ cup (119 mL) milk

1 egg

¼ cup (59 mL) ketchup or chili sauce

½ cup (75 g) chopped onion

½ cup (75 g) green bell pepper

1 teaspoon minced garlic

1 teaspoon dried Italian seasoning

1 teaspoon salt

½ teaspoon freshly ground black pepper

1. Make foil handles and fit into a slow cooker. Mix all the ingredients until blended; pat the mixture into a loaf shape and place in the slow cooker, making sure the sides of the loaf do not touch crock. Insert a meat thermometer so the tip is in the center of the loaf; cover and cook on low until the meat thermometer registers 170°F (77°C), 6 to 7 hours. Remove, using the foil handles, and let stand, loosely covered with foil, for 10 minutes before serving.

VARIATIONS

Italian Meatloaf—Make the recipe as above, adding $\frac{1}{4}$ cup (25 g) grated Parmesan cheese, $\frac{1}{2}$ cup (57 g) shredded mozzarella cheese, and 2 tablespoons chopped pitted ripe olives. At the end of cooking time, top with 2 tablespoons seasoned tomato sauce or ketchup and sprinkle with 2 tablespoons each grated Parmesan and shredded mozzarella cheeses; cover and cook until cheeses are melted, 5 to 10 minutes.

Lemon Meatloaf

Meatloaf takes on a new dimension with a lemon accent and a smooth Egg Lemon Sauce.

Yield: 6 servings

1½ pounds (681 g) very lean ground beef
1 cup (60 g) fresh breadcrumbs
1 egg
 $\frac{1}{3}$ cup (50 g) chopped onion
 $\frac{1}{3}$ cup (50 g) chopped green bell pepper
1 clove garlic, minced
1 tablespoon lemon juice
1 tablespoon grated lemon zest
1 teaspoon Dijon mustard
 $\frac{3}{4}$ teaspoon salt
 $\frac{1}{2}$ teaspoon dried savory
 $\frac{1}{2}$ teaspoon freshly ground black pepper
Egg Lemon Sauce (recipe follows)

1. Mix all the ingredients except Egg Lemon Sauce; pat the mixture into an ungreased loaf pan, 9 x 5 inches (22.5 x 12.5 cm), or shape into a loaf in a baking pan. Bake at 350°F (180°C) until the juices run clear and a meat thermometer registers 170°F (77°C), about 1 hour. Let stand in the pan 5 minutes; invert onto a serving plate. Serve with Egg Lemon Sauce.

Egg Lemon Sauce

Yield: About 1¼ cups (296 mL)

1 tablespoon margarine or butter
2 tablespoons all-purpose flour
 $\frac{1}{2}$ cup (119 mL) chicken broth
 $\frac{1}{2}$ cup (119 mL) milk
1 egg, lightly beaten
3–4 tablespoons (45–60 mL) lemon juice
1 teaspoon grated lemon zest
Salt, to taste
Ground white pepper, to taste

1. Melt the margarine in a medium saucepan; whisk in the flour and cook 1 minute. Whisk in the broth and milk; heat to boiling, whisking until thickened, about 1 minute. Whisk about $\frac{1}{2}$ of the broth mixture into the egg; whisk the mixture back into saucepan. Whisk over medium heat 1 minute. Add the lemon juice and zest; season to taste with salt and white pepper.

Beef Roll-Ups

Serve this dish with roasted potatoes and a full-bodied red wine, such as a good Aglianico or the Salice Salentino Riserva. This recipe comes from [The Puglian Cookbook](#) by Viktorija Todorovska.

Yield: 6 servings

6 thin slices sirloin*
6 slices speck or prosciutto
2 ounces (57 g) smoked mozzarella cheese, cut into long sticks, about ¼-inch (.5-cm) thick
3 tablespoons (45 mL) extra virgin olive oil
1 medium onion, peeled and chopped
1½ cups (356 mL) dry white wine
1 cup (237 mL) tomato juice (the juice from 1 [14-ounce (397-g)] can tomatoes)
Salt and freshly ground black pepper, to taste

1. Place the slices of beef on a clean work surface. Cover them with plastic wrap and pound them to a ⅛-inch (0.25-cm) thickness.
2. Place a slice of speck on each slice of beef. Put a piece of mozzarella cheese on one end and roll up the meat, securing the ends with toothpicks.
3. In a large pan, heat the olive oil over medium-high. Add the roll-ups and cook until they are browned on all sides, about 3 minutes per side. Add the onion. Stir to release any browned bits from the bottom of the pan and cook for another 2 minutes, until the onion starts to soften.
4. Add the wine and cook until the alcohol evaporates and the wine is reduced by half, about 4 minutes.
5. Add the tomato juice. Reduce the heat to low, cover the pan, and cook for at least 45 minutes. The beef roll-ups should be very tender when pierced with a fork.
6. Season with salt and pepper to taste. Serve hot.

* Ask your butcher to thinly slice a sirloin roast.

Beef and Vegetable Stir-Fry

The chili oil and crushed red pepper are hot, so begin with less, adding more to taste. Asian sesame oil can be substituted for the hot chili oil.

Yield: 4 servings

1 cup (237 mL) beef broth, divided
¼ cup (59 mL) orange juice
¼ cup (59 mL) soy sauce
1–2 teaspoons hot chili oil
1–2 pinches crushed red pepper
12–16 ounces (341–454 g) beef flank steak, fat trimmed, thinly sliced
1 cup (134 g) thickly sliced asparagus
1 cup (128 g) thickly sliced carrots

1 cup (150 g) diced red bell pepper
1 cup (63 g) snow peas
½ cup (50 g) sliced green onions
½ cup (38 g) shiitake or cremini mushrooms
2–3 teaspoons minced fresh ginger
4 cloves garlic, minced
2 tablespoons cornstarch
Salt, to taste
Freshly ground black pepper, to taste
4 cups (760 g) cooked brown rice, warm
¼ cup (40 g) peanuts (optional)

1. Combine ½ cup (119 mL) of the broth, the orange juice, the soy sauce, the hot chili oil, and the red pepper; pour over the beef in a shallow glass dish and let stand 30 minutes. Drain, reserving the marinade.
2. Stir-fry the beef in a lightly greased wok or large skillet until browned, 4 to 5 minutes. Add the vegetables, ginger, and garlic; stir-fry until crisp-tender, 8 to 10 minutes. Add the reserved marinade and heat to boiling; stir in the combined cornstarch and remaining ½ cup (119 mL) broth, stirring, until thickened, about 1 minute. Season to taste with salt and pepper. Serve over the rice; sprinkle with peanuts.

Beef and Asparagus with Rice Noodles

Using frozen stir-fry vegetables saves kitchen prep time!

Yield: 4 entrée servings

8 ounces (227 g) rice noodles
1 pound (454 g) boneless beef round steak, cut into strips (1½ x ½ inch [3.8 x 1.3 cm])
12 ounces (341 g) fresh asparagus, sliced (1 inch [2.5 cm])
1 (16-ounce [454-g]) package frozen stir-fry vegetables, thawed, drained
¾ cup (178 mL) beef broth
2 tablespoons all-purpose flour
1 tablespoon soy sauce
1 tablespoon ketchup
1 teaspoon minced garlic
¼ teaspoon pepper
3–4 drops hot pepper sauce

1. Soak the rice noodles in cold water to cover in a bowl for 10 minutes; drain. Combine the noodles, beef, and asparagus and stir-fry vegetables in a 2½-quart (2.4 L) casserole. Whisk the beef broth and remaining ingredients and pour over the casserole. Bake, covered, at 350°F (180°C) until the beef is tender, 45 to 60 minutes. Serve.

Beef and Brie Skillet Pie

This recipe comes from [1,001 Best Grilling Recipes](#) by Rick Browne, who writes, "I invented this meal while driving an RV 36,000 miles around the country promoting my 'Barbecue America' TV series with my wife, Kate. We used what we had in the refrigerator and came up with a unique way to make a savory beef pie."

Yield: 4–6 servings

1 pound (454 g) ground beef
1 cup (237 mL) smoky barbecue sauce of your choice
5 strips cooked bacon, crumbled
½ cup (75 g) minced onions
½ cup (64 g) cooked minced carrots
½ teaspoon dried oregano
½ teaspoon dried thyme
1 (8-ounce [227-g]) can refrigerated crescent rolls
1 (8-ounce [227-g]) wheel Brie cheese, sliced

1. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. In a cast-iron skillet, brown the ground beef. Drain off the grease, then add the barbecue sauce, bacon, onions, carrots, oregano, and thyme and stir to mix well. Cool the pan to room temperature by placing it in the refrigerator for 12 to 15 minutes.
3. Completely cover the cooled meat with slices of the Brie cheese.
4. Roll out the crescent roll dough into a 13 × 15-inch (32.5 × 37.5-cm) rectangle and lay it over the top of the cast-iron skillet, folding the edges underneath. Using a sharp knife, cut 3 vents in the pastry to let steam escape.
5. Bake in the barbecue for 20 to 25 minutes or until the crescent roll dough is nicely browned. Let cool for 3 to 4 minutes.
6. With a sharp knife and a pie spatula, remove slices of the pie and serve.

Beef, Bacon, and Beans Dinner

Perhaps the oldest cultivated food on earth, beans have been around since man first put a stick in the ground to plant a seed.

Yield: 4–6 servings

½ pound (227 g) bacon, chopped
1½ pounds (681 g) ground beef
1 cup (150 g) chopped onions
1 (28-ounce [784 g]) can Bush's Black Bean Fiesta Grillin' Beans
1 (21-ounce [588-g]) can Bush's pinto beans, drained
1 (17-ounce [482-g]) can Bush's cannellini beans, drained
1 (15½-ounce [440-g]) can Bush's kidney beans, drained
1 cup (75 g) chopped mushrooms
1 cup (237 mL) ketchup

⅔ cup (158 mL) barbecue sauce
1 teaspoon dried marjoram
1 teaspoon dried oregano
½ teaspoon ground ginger
¼ cup (10 g) chopped fresh parsley, for garnish

1. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. Spray a Dutch oven or a large heatproof casserole with nonstick cooking spray.
3. In a large skillet, cook the bacon until it's crisp. Remove the bacon from the pan, leaving the grease, drain bacon, break it into bite-sized pieces, and set aside.
4. Brown the ground beef and onion together in the bacon grease, then drain.
5. In the prepared Dutch oven or casserole, combine the beef, onions, and bacon pieces. Fold in the beans, mushrooms, ketchup, barbecue sauce, marjoram, oregano, and ginger and mix together.
6. Bake in the barbecue for 1 hour.
7. Remove from the barbecue, garnish with chopped parsley, and serve.

Roast Beef Hash

Any leftover lean beef or pork can be used in this recipe.

Yield: 4 servings

½ cup (75 g) chopped onion
½ cup (75 g) green bell pepper
2 cloves garlic, minced
2 cups (459 g) shredded cooked lean beef
2 cups (300 g) cooked, cubed potatoes (½ inch [1.3 cm])
½ teaspoon dried marjoram
½ teaspoon dried thyme
Salt, to taste
Freshly ground black pepper, to taste

1. Sauté the onion, bell pepper, and garlic in a large lightly greased skillet until tender, about 5 minutes. Add the beef, potatoes, and herbs; cook over medium heat until the meat and potatoes are browned, about 10 minutes. Season to taste with salt and pepper and serve.

VARIATION

Corned Beef Hash—Make the recipe as above, substituting lean corned beef for the roast beef.

Grilled Flank Steak on Salad Greens

For easier slicing, use a Japanese trick and chill the meat in the freezer, nearly to the point of freezing, and always cut against the grain.

Yield: 8 servings

8 cups (240 g) assorted greens or spinach, washed and drained
Olive oil-flavored nonstick cooking spray
1 bunch fresh asparagus, bottom ends trimmed
2 cups (320 g) sliced tomatoes
 $\frac{3}{4}$ cup (178 mL) balsamic vinaigrette dressing
1 pound (454 g) lean flank steak, sliced

1. Arrange the greens on 8 dinner plates.
2. Lightly coat a nonstick, indoor electric or stovetop grill or nonstick fry pan with cooking spray and preheat. Grill or pan fry the asparagus over medium heat, about 4 minutes or until slightly browned and tender-crisp. Cut asparagus in 2-inch (5-cm) pieces and scatter over the greens. Arrange tomatoes over the asparagus. Drizzle $\frac{1}{2}$ cup (119 mL) dressing equally over salads.
3. Brush the steak slices with the remaining $\frac{1}{4}$ cup (59 mL) vinaigrette. Grill or pan fry the steak 5 to 7 minutes or to desired doneness. Serve the steak arranged over the salads.

Stuffed Green Peppers

You can use green, yellow, and orange bell peppers for a more colorful dish, serving each person two different-colored peppers.

Yield: 6 servings

6 large bell peppers
1 teaspoon salt
1 pound (454 g) ground beef
 $\frac{1}{2}$ pound (227 g) ground pork
1 cup (190 g) instant rice
1 small onion, peeled and diced
1 large egg, beaten
1 teaspoon minced garlic
 $\frac{1}{4}$ teaspoon dried oregano
 $\frac{1}{4}$ teaspoon dried basil
 $\frac{1}{4}$ teaspoon ground cumin
1 (16-ounce [454-g]) can tomato sauce
 $\frac{1}{4}$ cup (59 mL) barbecue sauce
 $\frac{1}{4}$ cup (10 g) minced parsley, for garnish

1. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
2. Seed the peppers and split them lengthwise. Boil the peppers with the salt just until their color changes, then drain.
3. In a small bowl, combine the beef, pork, rice, onion, egg, garlic, oregano, basil, and cumin and mix thoroughly.
4. In a separate small bowl, mix the tomato and barbecue sauces and stir to combine.
5. Pour half the sauce into the beef mixture and stir well, then spoon the meat into the bell pepper halves. Place the peppers in a Dutch oven or roasting pan, put the pan in the grill, and cook for 8 to 9 minutes. Serve.

AROUND THE WORLD

Bangkok Beef Satay

Although recipes and ingredients vary, satay usually consists of chunks or slices of meat on skewers that are grilled over wood or charcoal fires. Satay is usually served with a spicy peanut sauce or peanut gravy and accompanied by slivers of onion and cucumber in vinegar.

Yield: 4–6 servings

6 tablespoons (90 mL) dark soy sauce, divided
6 tablespoons (90 mL) freshly squeezed lime juice (from about 3 limes), divided
6 tablespoons (90 mL) smooth or chunky peanut butter
3 tablespoons (3 g) chopped fresh cilantro
2 tablespoons brown sugar, divided
1 tablespoon sweet rice vinegar
2 teaspoons Sriracha or other Asian hot chili sauce, divided
3 green onions, white and green parts, minced
1 (1-inch [2.5-cm]) piece fresh ginger, peeled and chopped
2 cloves garlic, peeled and minced
Zest of 1 lime
1 tablespoon vegetable oil
1 (1½-pound [681-g]) beef steak (round, sirloin, rib-eye, or chuck)

1. Soak about 18 wooden or bamboo skewers in water for 1 hour.
2. In a medium bowl, combine 4 tablespoons (60 mL) of the soy sauce, 4 tablespoons (60 mL) of the lime juice, the peanut butter, the cilantro, 1 tablespoon of the sugar, the vinegar, and 1 teaspoon of the chili sauce, stirring until it reaches a smooth, thick, gravy-like consistency. Cover and set aside.
3. To make the marinade, combine the remaining 2 tablespoons of the soy sauce, the remaining 2 tablespoons of the lime juice, the remaining 1 tablespoon of the sugar, the remaining 1 teaspoon of the chili sauce, the onions, the ginger, the garlic, the lime zest, and the oil. Process until puréed and set aside.
4. Cut the beef against the grain into pieces 6 inches long and ½ inch wide (15 cm x 1 cm). Thread the beef lengthwise, piercing it in several places in an accordion fold, on the prepared skewers. Transfer the skewers to a large, shallow pan and pour the marinade over the meat. Cover and refrigerate for 3 to 4 hours.
5. Make sure the grill is clean and generously sprayed with nonstick grilling spray. Preheat the barbecue to medium-high (350°F [180°C] to 400°F [200°C]).
6. Place a strip of heavy-duty aluminum foil across the front 3 to 4 inches (7.5 to 10 cm) of the grill. The bottom part of the satay skewers can rest on this, protecting the part you handle from burning.

7. Remove the skewers from the marinade and drain, discarding the marinade. Place the skewers on the grill over direct heat for 2 minutes per side, or until cooked through. Meanwhile, warm the peanut sauce in a small saucepan over low heat until it just barely begins to bubble.
8. Serve the satay on the skewers with small bowls of the warmed peanut sauce on the side, for dipping.

Beefsteak Tostadas

Yield: 6 servings

1 pound (454 g) ground sirloin
1 large onion, chopped
½ cup (60 g) chopped celery
1 (8-ounce [227-g]) can tomato sauce
1 (16-ounce [454-g]) can red kidney beans, drained
2 teaspoons chili powder
¼ teaspoon salt
¼ teaspoon dried oregano
½ teaspoon freshly ground black pepper
½ cup (57 g) grated Jack cheese
½ cup (32 g) tortilla chips, crushed
1 cup (237 mL) combined fresh avocado slices, olives, hot pepper slices, chopped tomatoes and shredded lettuce
Dollop sour cream

1. In a 2–3 quart (1.9–2.8 L) casserole, combine the first three ingredients, cover with plastic wrap, and microwave on high for 5 to 9 minutes. Pour off the excess liquid and stir in the next six ingredients. Cover again and microwave on high 4 to 5 minutes, stirring during cooking time. Remove from the oven, sprinkle with the cheese and chips, and microwave for 2 to 3 minutes on high. Remove from the oven and top with the remaining mixture and a dollop of sour cream to serve.

Gyros Burger

These delicious burgers combine ground lamb and beef.

Yield: 4 servings

8 ounces (227 g) lean ground beef
8 ounces (227 g) ground lamb
2 tablespoons chopped onion
2 cloves garlic, minced
½ teaspoon dried oregano
½ teaspoon dried dill
1 teaspoon salt
4 pita breads
Gyros Relish (recipe follows)

1. Combine the ground meats, onion, garlic, herbs, and salt; shape into 4 patties. Cook in a large skillet over medium heat to desired degree of doneness, about 5 minutes on each side for medium. Serve in the pitas with Gyros Relish.

Gyros Relish

Yield: About 2 cups (474 mL)

- ⅔ cup (158 mL) plain yogurt
- ½ cup (80 g) chopped tomato
- ½ cup (65 g) seeded, chopped cucumber
- ½ cup (50 g) sliced green onion
- 1 teaspoon dried mint
- 1 teaspoon dried oregano

1. Mix all the ingredients.

Borscht

Yield: 8 entrée servings

- 2 quarts (1.9 L) beef broth
- 12 ounces (341 g) cooked shredded lean beef
- 3 cups (210 g) coarsely shredded cabbage
- 1 (16-ounce [474-g]) can shredded beets, undrained
- 1½ cups (192 g) sliced carrot
- 1 cup (150 g) chopped onion
- 2 tablespoons fresh or 1 tablespoon dried dill
- 1/3 cup (79 mL) cider vinegar
- Salt, to taste
- Freshly ground black pepper, to taste
- Sour cream, as garnish

1. Heat the broth, beef, vegetables, dill, and vinegar to boiling in large saucepan; reduce the heat and simmer, covered, until the vegetables are tender, about 20 minutes. Season to taste with salt and pepper. Garnish each bowl of soup with a dollop of sour cream to serve.

Asian Beef Stew with Sesame Noodles

Sesame Noodles are the perfect accompaniment for this fragrant stew.

Yield: 8 entrée servings

- 2 pounds (908 g) lean beef stew meat, cubed (1-inch [2.5-cm])
- 1 cup (237 mL) water
- 2 thin slices fresh ginger
- 2 cloves garlic, halved
- 2 green onions, sliced
- 3–4 tablespoons (45–60 mL) soy sauce
- 2–3 teaspoons granulated sugar
- 3 tablespoons (45 mL) dry sherry (optional)
- ½ cup (67 g) frozen peas, thawed
- 2 tablespoons cornstarch
- ¼ cup (59 mL) cold water

Salt, to taste
Freshly ground black pepper, to taste
Sesame Noodles (recipe follows)
1 tablespoon sesame seeds, toasted
Finely chopped cilantro, as garnish

1. Combine all the ingredients, except the peas, cornstarch, cold water, salt, pepper, noodles, sesame seeds, and cilantro, in a slow cooker; cover and cook on low 6 to 8 hours. Add the peas, turn heat to high, and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with salt and pepper.
Serve over Sesame Noodles; sprinkle with sesame seeds and cilantro.

Sesame Noodles

Yield: 8 servings

1(12-ounce [341-g]) package Asian or any thin noodles, cooked, warm
2–4 teaspoons soy sauce
2 teaspoons Asian sesame oil
2 green onions, thinly sliced

1. Toss the warm noodles with the remaining ingredients.

Teriyaki Beef Stew

The stew can also be served over whole-wheat thin spaghetti or any cooked grain.

Yield: 4 entrée servings

12–16 ounces (341–454 g) lean beef round steak, cut into thin strips
1 medium onion, cut into thin wedges
1 tablespoon minced fresh ginger
2 teaspoons olive oil
1½ cups (356 mL) beef broth
2 tablespoons teriyaki sauce
2 carrots, thinly sliced
2 cups (176 g) small broccoli florets
Salt, to taste
Freshly ground black pepper, to taste
8 ounces (227 g) noodles, cooked, warm

1. Sauté the beef, onion, and ginger in the oil in a Dutch oven over medium heat until the meat is browned, 5 to 8 minutes. Add the broth and teriyaki sauce; heat to boiling. Reduce heat and simmer, covered, until the beef is tender, about 45 minutes, adding the carrots and broccoli during the last 10 minutes. Season to taste with salt and pepper; serve over the noodles.

Greek Beef and Lentil Stew

Lentils and fresh vegetables partner deliciously in this easy stew.

Yield: 6 entrée servings

1 cup (150 g) chopped onion
1 cup (150 g) chopped green bell pepper
1 cup (124 g) cubed zucchini
2 teaspoons minced garlic
2 cups (300 g) cubed Idaho potatoes
2 cups (256 g) cut green beans
1 cup (198 g) dry lentils
1 (14½-ounce [411-g]) can diced tomatoes, undrained
3 cups (711 mL) beef broth
1 teaspoon dried oregano
1 teaspoon dried mint
½ teaspoon ground turmeric
½ teaspoon ground coriander
12 ounces (341 g) cooked, cubed lean beef eye of round
Salt, to taste
Freshly ground black pepper, to taste

1. Sauté the onion, bell pepper, zucchini, and garlic in a lightly greased large saucepan until tender, about 5 minutes.
Add the remaining ingredients, except salt and pepper; heat to boiling. Reduce heat and simmer, covered, until the lentils are tender and the stew is thickened, 20 to 30 minutes. Season to taste with salt and pepper. Serve.

Pakistani Beef Curry

This recipe comes from [The Indian Slow Cooker](#) by Anupy Singla, who writes, "Nihari is a traditional Pakistani dish made from beef. A Mexican-American friend dubbed it 'old clothes' curry because he says it resembles a Cuban dish where the beef falls apart just like old clothes. Making this traditional stew in a slow cooker made total sense, but no one I knew had tried making it this way. When my husband had his first bowl, his eyes grew dark and emotional. He said it reminded him of times with old, good friends, eating nihari after a late night of partying. Wow! What an endorsement!"

Yield: 8 entrée servings

2 medium yellow onions, peeled and sliced
2 pounds (908 g) beef brisket, trimmed of fat
1 (2-inch [5 cm]) piece fresh ginger, peeled and cut into chunks
10 cloves garlic, peeled
1 heaping teaspoon ground ginger
4 green or white cardamom pods
3 fresh or dried Indian or regular bay leaves
1 (4-inch [10 cm]) cinnamon stick
1 tablespoon garam masala
2 tablespoons ground fennel
1 tablespoon red chile powder
2 pinches ground nutmeg
1 teaspoon turmeric powder

1 teaspoon white salt
1 teaspoon black salt
½ cup (119 mL) vegetable or canola oil

1. Put the onions in the slow cooker. Add the beef.
2. In a food processor, grind the ginger and garlic to a paste and add it to the slow cooker.
3. Add the ground ginger, cardamom pods, bay leaves, cinnamon stick, garam masala, fennel, red chile powder, ground nutmeg, turmeric, white salt, and black salt. Drizzle the oil over everything. There's no need to mix.
4. Cook on low for 9 hours. The dish is done when the beef starts to fall apart easily, just like old clothes. Enjoy with thick naan and a side salad of onions.

Middle Eastern Beef and Bean Hot Pot

Sweet spices give Middle Eastern flavor accents to this stew.

Yield: 8 entrée servings

1 quart (948 mL) beef broth
1 pound (454 g) lean beef stew meat, cubed
1 cup (227 g) dried Great Northern beans
2 cups (300 g) chopped onions
2 cloves garlic, minced
2 bay leaves
1 teaspoon dried thyme
½ teaspoon ground cinnamon
1/8 teaspoon ground cloves
1½ cups (240 g) diced tomatoes
1¼ cups (218 g) cooked rice
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the rice, salt, and pepper, in a 6-quart (5.7-L) slow cooker; cover and cook on low until the beans are tender, 7 to 8 hours, adding the tomatoes and rice during the last 30 minutes. Discard the bay leaves; season the stew to taste with salt and pepper and serve.

Curried Beef Stew with Chive Biscuits

Part of the beef in this aromatic stew is coarsely chopped, giving the stew an extra-rich texture.

Yield: 8 entrée servings

2 pounds (908 g) lean beef stew meat, divided
1½ cups (356 mL) beef broth
1½ cups (225 g) chopped onions
1 large tomato, coarsely chopped
1½ teaspoons curry powder
2 bay leaves
Salt, to taste
Freshly ground black pepper, to taste
1 (10-ounce [284-g]) package frozen peas, thawed
4 biscuits, baked, halved
Melted butter
Chopped fresh or dried chives

1. Cut 1 pound (454 g) of the beef into scant 1-inch (2.5-cm) cubes; coarsely chop the remaining 1 pound beef.

Combine the beef and the remaining ingredients, except the salt, pepper, peas, biscuits, margarine, and chives, in a slow cooker; cover and cook on low 6 to 8 hours. Discard the bay leaves; season the stew to taste with salt and pepper. Add the peas and place the biscuit halves, cut sides down, on stew. Brush the biscuits lightly with margarine and sprinkle with chives; cover and cook 15 minutes. Serve hot.

Hungarian Goulash

Hungarian goulash is slow cooked to tender goodness.

Yield: 6 entrée servings

2 pounds (908 g) lean beef round steak, cubed (1 inch [2.5 cm])
1(14½-ounce [411-g]) can diced tomatoes, undrained
1 medium onion, finely chopped
1 teaspoon minced garlic
1½ teaspoons paprika
1 bay leaf
1 cup (237 mL) sour cream
2 tablespoons cornstarch
Salt, to taste
Freshly ground black pepper, to taste
12 ounces (341 g) egg noodles, cooked, warm

1. Combine all the ingredients, except the sour cream, cornstarch, salt, pepper, and noodles, in a slow cooker; cover and cook on low 6 to 8 hours. Stir in the combined sour cream and cornstarch, stirring 2 to 3 minutes. Discard the bay leaf; season to taste with salt and pepper. Serve over the noodles.

Goulash Casserole

This sauerkraut dish, creamy with sour cream and seasoned with caraway, is excellent served with mashed potatoes.

Yield: 4 entrée servings

1 pound (454 g) ground beef eye of round
2 medium onions, chopped
1½ cups (225 g) chopped red and green bell pepper
2 cloves garlic, minced
1 tablespoon all-purpose flour
2 teaspoons paprika
1 teaspoon crushed caraway seeds
1 (14-ounce [397-g]) can sauerkraut, rinsed, drained
1 large tomato, coarsely chopped
1 cup (237 mL) sour cream
Salt, to taste
Freshly ground black pepper, to taste

1. Cook the ground beef in a lightly greased large skillet until browned, about 8 minutes; add the onions, bell peppers, and garlic and cook until tender, 8 to 10 minutes. Stir in the flour, paprika, and caraway seeds; cook 1 minute. Spoon into a greased 2-quart (1.9-L) casserole. Stir in the sauerkraut, tomato, and sour cream; season to taste with salt and pepper. Bake, covered, at 350°F (180°C) until hot, about 30 minutes. Serve.

Beef Stroganoff

A favorite for buffet entertaining, this dish enjoys well-deserved popularity.

Yield: 4 entrée servings

1 pound (454 g) lean beef eye of round or sirloin steak, cut into thin strips
1 tablespoon butter
3 cups (225 g) sliced mushrooms
½ cup (75 g) sliced onion
2 cloves garlic, minced
2 tablespoons all-purpose flour
1½ cups (356 mL) beef broth
1 teaspoon Dijon mustard
½ teaspoon dried thyme
½ cup (119 mL) sour cream
Salt, to taste
Freshly ground black pepper, to taste
3 cups (270 g) cooked noodles, warm

1. Cook the beef in the margarine in a large saucepan over medium heat until browned, about 5 minutes; remove the meat and reserve. Add the mushrooms, onion, and garlic to the saucepan; sauté until tender, 5 to 8 minutes; stir in the flour and cook 1 minute. Add the beef, beef broth, mustard, and thyme and heat to boiling; reduce heat and simmer, covered, until the beef is tender, 45 to 60 minutes. Reduce heat to low; stir in the sour cream and cook until hot, 2 to 3 minutes. Season to taste with salt and pepper; serve over the noodles.

Boeuf à la Bourguignon

This French-inspired stew is perfect for special occasions, when ordinary beef stew is not quite elegant enough!

Yield: 8 entrée servings

2 pounds (908 g) lean beef stew meat
1½ cups (225 g) peeled pearl onions
1½ cups (225 g) chopped onions
1½ cups (113 g) sliced mushrooms
3 tablespoons (23 g) all-purpose flour
1 teaspoon thyme
1 teaspoon rosemary
1 teaspoon tarragon
1 cup (237 mL) Burgundy or other red wine
1 cup (237 mL) beef broth
1 tablespoon tomato paste
½ cup (20 g) chopped parsley
Salt, to taste
Freshly ground black pepper, to taste

1. Cook the beef in a lightly greased Dutch oven over medium heat until browned, 8 to 10 minutes. Remove and reserve. Add the onions and mushrooms to the Dutch oven and sauté until the mushrooms are tender, about 5 minutes. Sprinkle with the flour and cook 2 minutes. Place the thyme, rosemary, and tarragon into a cheesecloth bag and tie it closed. Stir in the reserved beef, wine, broth, tomato paste, and herb bouquet; heat to boiling. Reduce the heat and simmer, covered, until beef is tender, about 1 hour. Discard the herb bouquet; stir in the parsley and season to taste with salt and pepper. Serve.

Beef Ragout

Serve this stew over rice, noodles, or a cooked grain, such as barley, wheat berries, or oat groats.

Yield: 8 entrée servings

2 pounds (908 g) lean beef stew meat, cubed (1 inch [2.5 cm])
1½ cups (119 mL) beef broth
2 cups (256 g) sliced carrots
2 cups (240 g) sliced celery
8 ounces (227 g) frozen pearl onions, thawed
1 clove garlic, chopped
1 teaspoon dried oregano
1 teaspoon dried thyme
2 tablespoons cornstarch
¼ cup (59 mL) cold water
Salt, to taste
Freshly ground black pepper, to taste

1. Combine all the ingredients, except the cornstarch, water, salt, and pepper, in a 6-quart (5.7-L) slow cooker; cover and cook on low 6 to 8 hours. Turn heat to high and cook 10 minutes; stir in the combined cornstarch and water, stirring 2 to 3 minutes. Season to taste with salt and pepper, and serve.

Counter Kappo Teriyaki Kebabs

Popular in Japan, eateries called Counter Kappo—meaning "cut and grill"—feature sit-down counters like those in American diners.

Yield: 4–6 servings

1 pound (454 g) beef flank steak
½ cup (119 mL) teriyaki sauce
¼ cup (59 mL) beef broth
1/4 cup (59 mL) vegetable oil
1 teaspoon minced fresh ginger
12 green onions, white parts only, cut into 2-inch (5-cm) long pieces
2 medium red bell peppers, cut into 1½-inch (3.5-cm) squares

1. Soak 12 to 15 bamboo skewers in water for 2 hours.
2. Freeze the beef for 1 hour.
3. In a medium bowl, combine the teriyaki sauce, beef broth, oil, and ginger and stir to combine.
4. Remove the beef from freezer and, using a sharp knife, cut it across the grain into ⅛-inch (0.25-cm) thick slices. Place the beef strips in a 1- to 2-gallon (3.8- to 7.6-L) resealable plastic bag, pour in the marinade, and refrigerate for 1 to 2 hours.
5. Make sure the grill is clean and generously sprayed with nonstick spray. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]).
6. Working with one strip of marinated beef at a time, roll the green onions up in slices of beef and skewer them on the bamboo skewers, alternating with pieces of red pepper.
7. Pour the remaining marinade into a saucepan and boil for 10 minutes. Using a pastry brush, lightly coat each kebab with the marinade, placing the kebabs directly on the grill to cook for 2 to 3 minutes per side, turning once.
8. Remove the kebabs and place one on a plate of grilled vegetables and rice for each person.

Italian Sausage-Stuffed Meatloaf

This meatloaf has a surprise inside—whole Italian sausages in the middle of the beef and pork mixture.

Yield: 4–6 servings

4 sweet Italian sausages
2 pounds (908 g) ground beef
1 pound (454 g) ground pork
1 cup (177 g) cooked and drained red kidney beans (or use canned)
½ cup (75 g) grated onion
½ cup (119 mL) bottled chili sauce
3 green onions, chopped, white and green parts
2 large eggs, beaten
3 tablespoons (24 g) chili powder
1 tablespoon grated garlic
1 tablespoon Dijon mustard
2 teaspoons garlic salt
1½ teaspoons freshly ground black pepper
1½ teaspoons ground cumin
1 teaspoon dried basil
1 teaspoon dried oregano
1 cup (150 g) diced red bell pepper
1 cup (150 g) diced green (or yellow) bell pepper
2 cups (228 g) coarsely grated sharp Cheddar cheese
1 cup (40 g) coarsely chopped fresh parsley

1. Preheat the barbecue to medium high (350°F [180°C] to 400°F [200°C]). Grease or spray with nonstick cooking spray a shallow baking pan.
2. In a cast-iron or nonstick skillet, cook the sausages for 20 minutes, or until nicely browned. Transfer the sausages to paper towels to drain.
3. In a large bowl, combine the ground beef and pork, kidney beans, onion, chili sauce, green onions, eggs, chili powder, garlic, mustard, garlic salt, pepper, cumin, basil, and oregano. Mix gently with your hands, being careful not to over mix.
4. On a flat surface, place a 24-inch (60-cm) long piece of waxed paper. Spread the meatloaf mixture with a spatula to form a 11 × 14-inch (27.5 × 35-cm) rectangle about ½ inch (1 cm) thick. Spoon the diced peppers evenly over the surface, patting them lightly into the meat. Sprinkle with the Cheddar cheese and parsley and pat them into the meat.
5. Place the reserved sausages in a line along a 14-inch (35-cm) side of the meat rectangle. Using the waxed paper, carefully roll the meat and stuffing into a jelly roll shape and place it in the prepared baking pan, seam side down.
6. Bake in the barbecue for 60 to 70 minutes, or until the top of the meat-loaf is browned. With two spatulas, carefully transfer the meatloaf to a warmed serving platter. Cover and let rest for 15 minutes before slicing and serving.

Cavatelli with Beef Roll-Ups

This recipe can be found in [The Puglian Cookbook](#), by Viktorija Todorovska. The meat is used to flavor the sauce, but it isn't the main focus. The beef in this recipe will be so tender that it crumbles when tossed with the pasta. The trick is to brown the beef rolls really well before adding the wine, which gives it a deep flavor.

Yield: 4 servings

½ pound (227 g) sirloin, thinly sliced and pounded ⅛ inch (0.25 cm) thick*
½ cup (50 g) grated pecorino cheese
4 cloves garlic, peeled and thinly sliced
½ cup (20 g) finely chopped parsley
Salt, to taste
Freshly ground black pepper, to taste
¼ cup (59 mL) extra virgin olive oil
2 cups (474 mL) red wine
1 (28-ounce [784-g]) can tomatoes, chopped
1 recipe Cavatelli (recipe follows) or 11 ounces (312 g) dried cavatelli

1. Place the sirloin slices on a large flat work surface. Evenly divide the pecorino cheese, garlic, and parsley among the sirloin slices, leaving a ½-inch (1-cm) border. Roll up the slices and close them with toothpicks or tie them with kitchen string.
2. In a large pan, heat the olive oil over medium-high heat. Brown the roll-ups well on all sides, about 3 minutes per side. Add the wine, increase the heat to high, and cook until the wine starts to evaporate. Add the tomatoes, reduce the heat to low, and cook slowly for 2 hours. Toward the end of the cooking time, adjust the seasoning.
3. In a large pot, bring to a boil 4 quarts (3.8 L) of water. Salt the water generously, add the cavatelli, and cook to al dente, about 4 minutes. Drain.
4. Toss the pasta with the beef roll-up sauce and serve hot.

*Ask your butcher to slice a sirloin roast thinly.

Cavatelli

Fresh pasta is one of the most incredible delicacies; making it yourself increases the enjoyment. Puglian pasta does not contain any eggs, and people are always amazed to discover that a simple combination of flour, salt, and water can yield such great flavor.

Yield: 4 servings

1 cup (121 g) all-purpose flour
1 cup (175 g) semolina flour
Salt, to taste
Water, as needed

1. In a bowl, mix together the flours and the salt. Add about ¾ cup (178 mL) of water and start incorporating the water into the flour. As you are mixing, you can add more water, but be careful not to add too much. The dough will gradually absorb the water and become moist.

2. When the dough comes together in a ball, take it out of the bowl and knead it on a flat surface for at least 10 minutes.
3. Wrap the dough in plastic wrap and let it rest for at least 20 minutes. Pinch small pieces of dough (about the size of a marble) and press them with your thumb against a kitchen towel, pushing your thumb away from your body, so each small dough ball is flattened and curls.
4. Cook the fresh pasta in boiled water.

Beef Chop Suey

This recipe comes from [Light and Easy Diabetes Cuisine](#) by Betty Marks. Serve with rice and a spinach salad.

Yield: 4 servings

1 pound (454 g) beef round steak
1 tablespoon vegetable oil
1 teaspoon sesame oil
1 tablespoon soy sauce
3 celery stalks, thinly sliced diagonally
2 medium-size onions, sliced
1 cup (237 mL) chicken broth
2 cups (208 g) bean sprouts, rinsed

1. Trim any fat from the steak and dice. In a large non-stick skillet or wok, heat the oils and stir-fry the meat over high heat 1 minute. Stir in the soy sauce. Remove the meat with a slotted spoon and keep warm. Add the celery, onions and broth to the skillet. Bring to a boil, reduce heat and cook 5 minutes. Add the bean sprouts. Cook 3 minutes more, then return meat and stir to heat. Serve with rice.

Teriyaki Beef and Vegetables

Serve this dish with quinoa.

Yield: 4 servings

1 pound (454 g) beef top round steak
2½ (37 mL) tablespoons soy sauce
1 tablespoon sesame oil
2 teaspoons arrowroot
1 tablespoon peanut oil
1 red bell pepper, cut in 1-inch (2.5-cm) pieces
1 green bell pepper, cut in 1-inch (2.5-cm) pieces
6 green onions, chopped

1. Cut the steak into thin strips across the grain. Mix together the soy sauce, sesame oil and arrowroot; marinate the meat in the mixture 20 minutes. In a large non-stick skillet or wok, heat the peanut oil. Add the bell peppers and green onions and stir-fry 3 to 4 minutes. Remove from skillet and keep warm. Stir-fry the beef slices 2 to 3 minutes. Combine all the ingredients in skillet and stir-fry until hot. Serve hot over quinoa.

Asian Sliced Beef

Yield: 4 servings

2 tablespoons soy sauce
2 tablespoons water
1 teaspoon sesame oil
1 clove garlic, minced
1 teaspoon Dijon mustard
1 teaspoon grated fresh ginger
1 pound (454 g) lean flank steak, sliced thin across the grain (this is done more easily if steak is partially frozen)
1 red bell pepper, julienned
4 scallions, chopped
1 teaspoon toasted sesame seeds, for garnish
Chopped fresh parsley, for garnish

1. Blend the first six ingredients and place in a 2-quart (1.9 L) casserole. Add the sliced meat and stir to coat. Mix in the peppers and scallions. Microwave on high 3 to 4 minutes, stirring once. Remove from the oven and check for doneness. Some pieces may be more rare than others, and your choice will dictate further cooking for another minute or so. Garnish with the sesame seeds and parsley and serve.

Beef Rouladen, Italian Style

Thin sandwich steaks make easy work of Rouladen.

Yield: 4 servings

4 small or 2 large thin beef sandwich steaks (about 1 pound [454 g])
Salt, to taste
Freshly ground black pepper, to taste
4 slices smoked ham (about 1 ounce [28 g] each)
1 cup (75 g) finely chopped mushrooms
¼ cup (61 g) finely chopped dill pickle
¼ cup (38 g) finely chopped onion
1–2 tablespoons Dijon mustard
1 teaspoon dried dill
½ cup (119 mL) beef broth

1. Sprinkle the sandwich steaks lightly with salt and pepper; top each steak with a ham slice. Mix the remaining ingredients, except the broth, and spread over the ham slices. Roll up the steaks, securing with toothpicks; place, seam sides down, in a slow cooker. Add broth; cover and cook on low 5 to 6 hours before serving.

Puglian Meatballs with Tomato Sauce and Greens

This Puglian version of the ubiquitous meatballs in tomato sauce is made interesting by the addition of dandelion greens. The greens add an element of texture and a slight bitterness, which counteracts the sweetness of the meatballs. Serve Meatballs with Tomato Sauce and Greens with a medium-bodied red wine, such as Negroamaro or Nero di Troia.

Yield: 6 servings

½ pound (277 g) ground beef
½ pound (277 g) ground pork
1 egg
1 large slice country bread, soaked in milk, squeezed dry, and torn into pieces
½ cup (50 g) grated pecorino cheese
½ cup (20 g) finely chopped parsley
Salt, to taste
Freshly ground black pepper, to taste
½ cup (119 mL) extra virgin olive oil
1 bunch dandelion greens, washed and cut into bite-sized pieces
1 recipe Basic Tomato Sauce (recipe follows)
Pasta or fresh bread for serving

1. In a large bowl, combine the ground beef, ground pork, egg, bread pieces, pecorino cheese, parsley, salt, and pepper. Mix until just combined (do not overmix). Tear off golf ball-sized pieces and shape them into meatballs.
2. In a large pan, heat the olive oil over medium-high heat. When the oil is hot (but not smoking), add the meatballs to the pan and cook them until they are browned on all sides. Remove them from the pan and place them on a paper towel to drain.
3. Bring a large stockpot of salted water to a boil. Add the dandelion greens and boil for 2 minutes, or until the greens start to wilt. Remove the stockpot from the heat and transfer the greens to a strainer. Discard the water.
4. In the now-empty stockpot, combine the tomato sauce and the cooked greens and bring to a boil. Add the hot meatballs. Stir the mixture together and cook for 2 minutes. Serve hot, either over pasta or in the form of meatball sandwiches on fresh bread.
5. If you prefer, you can instead bake the meatballs in the oven at 375°F (190°C) for 20 to 30 minutes (depending on size), until they are brown on top.

Basic Tomato Sauce

This is the most typical southern Italian pasta sauce—simple and delicious.

Yield: 6 servings

2 tablespoons extra virgin olive oil
4 cloves garlic, peeled and thinly sliced
2 (28-ounce [784-g]) canned whole tomatoes (preferably San Marzano), chopped
Salt, to taste
1 teaspoon granulated sugar

1. In a medium pan, heat the olive oil and garlic over low heat. When the garlic starts to sizzle, continue to cook it for a couple of minutes, or until it starts to change color. Do not let the garlic become brown, as that means it is burnt and will taste bitter.
2. Add the tomatoes and their juice and continue cooking at a slow simmer over low heat for 15 to 20 minutes, or until the sauce thickens. As the sauce starts to thicken, season with salt to taste and add the sugar (to balance the acidity of the tomatoes).