EAT BEEF! THANK YOU KANSAS CATTLE PRODUCERS!

Burgundy Beef & Vegetable Stew (2 1/2 hours 6 servings)

- 1-1/2 lb beef eye round, 1-1/2" pieces
- 1 T. vegetable oil
- 1 t. dried thyme leaves
- 1 can (13-3/4 oz) ready-to-serve beef broth
- 1/2 c. Burgundy wine
- 3 large cloves garlic, crushed
- 1-1/2 c. baby carrots
- 1 c. frozen whole pearl onions
- 2. T. cornstarch, dissolved in 2 T. water 1 pkg. (8 oz) frozen sugar snap peas
- In Dutch oven, heat oil over medium-high heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Season with thyme, 1/2 t. salt and 1/2 t. pepper. Stir in broth, wine and garlic. Bring to a boil; reduce heat to low. Cover tightly and simmer 1-1/2 hours. Add carrots and onions; cover and cook 35 to 40 minutes or until beef and vegetables are tender. Stir in cornstarch mixture. Bring to a boil; cook and stir 1 minute. Stir in sugar snap peas. Reduce heat to medium; cook 3 to 4 minutes or until peas are heated through.

Beef Stroganoff

- 1 lb. Roundsteak—3/4 inch cubes
- 2 T. oil
- 1 pkg dry onion soup mix
- 1 can mushroom soup
- 1 can beef broth or 1 c. beef boullion
- 1 c. sour cream
- 1 T. Worchestershire sauce

Dip meat in flour and brown in oil. Add remaining ingredients and simmer until meat is tender. Serve over rice or noodles.

Sloppy Joes

1 lb. hamburger, 1 can chicken gumbo soup, 3 T. ketchup, 1 T. mustard, 1 medium onion.

Brown hamburger and onion and put in a crockpot, add soup.

add flavor with

MARINADES

Marinades are an easy way to add flavor to beef. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar.

WHAT TO MARINATE

Less tender cuts of beef should be marinated to enhance tenderness. Cuts include: top round steak, eye round steak, chuck shoulder steak, and flank steak. Tender cuts of beef can be marinated for flavor.

HOW TO MARINATE

- Marinate in the refrigerator,
 NEVER at room temperature.
- Marinate in a glass utility dish or food-safe plastic bag.
- Turn meat occasionally while marinating so all sides are equally exposed to marinade.
- Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of beef.



WHEN TO MARINATE

- For *flavor* only, marinate for 15 minutes to 2 hours.
- For tenderizing, marinate for at least 6 hours, but no more than 24 (Marinating longer can result in a mushy surface texture).

MARINATING FOOD SAFETY

If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding the beef. Never save and reuse a marinade.

TASTY MARINADE RECIPES Red Wine Marinade

Each recipe yields 1/2 cup

of marinade.

Southwestern Marinade

2 tablespoons chopped

2 tablespoons fresh lime

1 tablespoon vegetable oil

1 clove garlic, minced

Combine all ingredients and

1/4 teaspoon ground cumin

1/4 cup prepared salsa

cilantro

juice

mix well.

- 1/3 cup red wine vinegar
- 2 tablespoons vegetable oil
- l tablespoon Dijon-style mustard
- 2 cloves garlic, minced
- 3/4 teaspoon dried Italian seasoning
- 1/4 teaspoon coarse grind black pepper

Combine all ingredients and mix well.

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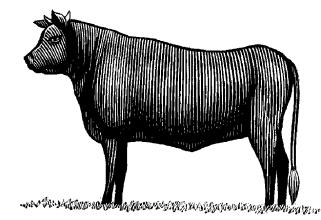


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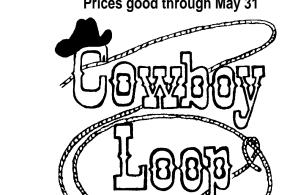


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