

Main Dish Recipes

Beef



Making a Pot Roast Beef Dinner

Serves 6 to 8

1 to 3 lbs	beef roast (baron of beef, round, sirloin, chuck, cross or blade)	0.5 to 1.5 kg
$\frac{3}{4}$ cup	water	175 mL
	salt and pepper to taste	
6 to 8	potatoes, scrubbed	6 to 8
4	carrots, cut into sticks	4

How to Make:

1. Heat oven to 325° F (160° C).
2. Trim fat from meat and place in a medium sized roasting pan. Sprinkle with salt and pepper. Roast uncovered at 325° F (160° C) for $\frac{1}{2}$ hour.
3. Pour $\frac{3}{4}$ cup water over meat, cover and roast for another $\frac{1}{2}$ hour.
4. While meat is roasting, prepare vegetables. Leave potatoes whole if they are small or cut in half if they are large.
5. Add vegetables around the roast after the second half hour of cooking. Sprinkle them with salt and pepper. Put a lid on and bake for 45 to 60 minutes or until vegetables are tender.
6. Remove meat and vegetables from the roasting pan and cover to keep warm.

Note:

- Other vegetables that are nice with a roast are small or halved onions and parsnips. Cook in the same way as potatoes and carrots.
- You can add extra flavoring to the water you cook your roast in by adding a bouillon cube or granules or herbs such as thyme or bay leaf.

To Make Gravy: (for Pot Roast Beef dinner)

1. Measure juice left in pan and add enough water to equal 1 ½ cups.
2. In a small bowl or measuring cup stir ¼ cup flour into ½ cup cold water. Stir this into the juices in the roasting pan.
3. Cook and stir over medium heat making sure all the brown bits around the edges of the pan are stirred into the gravy. Heat until thickened and bubbly. Cook 1 minute more and serve with roast and vegetables.

Cooking a Tender Roast of Beef

Tender cuts of beef include cuts such as:

- standing rib roast
- top sirloin
- rib eye
- strip loin

To cook tender meats:

1. Place the meat fat side up in a roasting pan.
2. Place a meat thermometer in the center of the roast, making sure it does not touch the bone.
3. Cook uncovered at 325° F (160°C) until a meat thermometer reaches the desired degree of doneness.
4. When temperature has reached the level you want (see table below), remove roast from oven, cover the pan and let stand 15 minutes before serving.

Approximate cooking times for roasts:

RARE:	20 minutes per pound (500g)
MEDIUM:	25 minutes per pound (500g)
WELL DONE:	30 minutes per pound (500g)

Temperature rating of cooked meat and what it means.

When roast is taken from oven, if the thermometer registers:

140° F (60° C)	the roast is RARE
160° F (71° C)	the roast is MEDIUM
170° F (77° C),	the roast is WELL DONE

Beef and Vegetable Chili

Serves 8

1 lb	ground beef	.50 kg
2 medium	onions, chopped	2
1 large clove	garlic, minced	1
1 cup	chopped carrots	250 mL
1 cup	chopped celery	250 mL
1	green pepper, chopped	1
1 can (28 oz)	tomatoes	796 mL
3 cans (14 oz)	kidney beans, drained and rinsed	3 - 398 mL
1 - 2 Tbsp	chili powder	15 - 30 mL
1 Tbsp	lemon juice	15 mL

How to Make:

1. In a large pot over medium heat, cook the beef with the onion and garlic. Cook for 5 to 10 minutes until the beef is brown. Pour off any fat.
2. Add celery, carrots, and green pepper. Cook for 3 to 5 minutes.
3. Add tomatoes, beans, and seasoning.
4. Cover and simmer for 15 minutes or until vegetables are tender.

Note:

- You can add a can of beans in tomato sauce, tomato soup, or a mixture of beans.
- Add 1/2 cup (125 mL) of water if your chili is too thick.
- For extra spicy chili, add ¼ tsp (1 mL) hot pepper flakes.
- For extra flavor, add 1 tsp (5 mL) cumin.

Beef Stew

Serves 8

1 ½ lbs	stewing beef, cubed	.68 kg
½ cup	flour	125 mL
1	bay leaf	1
1 tsp	salt	5 mL
½ tsp	pepper	2 mL
1 tsp	dried thyme	5 mL
1 clove	garlic, halved	1
1	onion, chopped	1
3 cups	water	750 mL
3	beef bouillon cubes	3
3	large potatoes, cut in large pieces	3
3 stalks	celery, cut in large pieces	3
3	carrots, sliced	3
2 Tbsp	flour	30 mL

How to Make:

1. Mix ½ cup (125 mL) flour with salt and pepper to coat beef.
2. Brown beef in a small amount of oil in a large heavy pot.
3. Add bay leaf, thyme, garlic, onion, beef bouillon and water to pot.
4. Cover and simmer for 2 hours.
5. Add potatoes, carrots, and celery. Cook 30 minutes more.
6. Make the gravy thick by mixing the 2 Tbsp (30 mL) of flour with a small amount of cold water and adding it to the stew. Continue to heat and stir until gravy gets thick.

Note:

You can add other vegetables like turnips, corn, peas or green beans. You can use other herbs such as parsley, basil, savory, and cumin.

Beef Stir Fry (Sukiyaki)

Serves 4

1 lb	steak	.50 kg
2 Tbsp	oil	30 mL
1 cup	sliced fresh mushrooms	250 mL
1 large	onion	1
1 cup	broccoli pieces	250 mL
1 cup	sliced celery	250 mL
1 Tbsp	sugar	15 mL
¼ cup	soy sauce	50 mL
½ cup	beef broth	125 mL
1 tsp	cornstarch	5 mL

How to Make:

1. Cut steak into thin strips.
2. Slice mushrooms, onions, and celery. Cut broccoli into pieces.
3. Heat oil in skillet and add meat. Cook until browned.
4. Add vegetables. Cook until tender.
5. In a small bowl, mix soy sauce, beef bouillon, sugar and cornstarch to make a sauce.
6. Pour sauce over meat and vegetables. Cook until sauce is thick and clear.
7. Serve with rice.

Note:

You can add as much garlic or other vegetables such as carrots, zucchini or green pepper as you like.

Cabbage Roll Casserole

Serves 8

1 lb	ground beef	.50 kg
2 medium	onions, chopped	2
2 cloves	garlic, minced	2
½ tsp	salt	2 mL
1 tsp	pepper	5 mL
1 tsp	dry mustard	5 mL
1 can (14 oz)	tomato sauce	398 mL
2 cups	beef broth	500 mL
½ cup	uncooked long grain white or brown rice	125 mL
1 small	cabbage, coarsely grated	1

How to Make:

1. Heat oven to 350 ° F (180° C).
2. In a large frying pan over medium heat, cook the beef with the onion and garlic. Cook for 5 to 10 minutes until the beef is brown. Pour off any fat.
3. Add salt, pepper, dry mustard, tomato sauce and broth.
4. Bring to boil and stir in rice.
5. Cover and simmer 20 minutes (30 minutes for brown rice).
6. Place one half of the cabbage in a large greased casserole dish or 9 x13 inch (4 L) baking pan.
7. Cover with one half of the ground beef and rice mixture.
8. Cover with the cabbage that is left and then cover with the ground beef rice mixture.
9. Cover and bake at 350 ° F (180° C) for 1 hour and 15 minutes.

Note:

Good served with a spoon of sour cream or yogurt.

Crusty Italian Casserole

Serves 4

1 lb	ground beef	.50 kg
½ cup	finely chopped onion	125 mL
½ cup	chopped red or green pepper	125 mL
1 small clove	garlic, minced	1
½ tsp	oregano	2 mL
1 cup	sliced fresh mushrooms	250 mL
1 can (7 oz)	tomato sauce	213 mL
1 cup	grated cheddar cheese	250 mL
½ cup	grated parmesan cheese	125 mL
Crust:		
½ cup	milk	125 mL
1 tsp	vegetable oil	5 mL
1	egg	1
½ cup	flour	125 mL
¼ tsp	salt	1 mL

How to Make:

1. Heat oven to 400° F (200° C).
2. In a large frying pan over medium heat, cook the beef for 5 to 10 minutes until it is brown. Pour off any fat. Add tomato sauce and simmer uncovered for 10 minutes or until it thickens slightly.
3. Mix together meat mixture with onions, peppers, garlic, oregano, and mushrooms. Place in an ungreased 9 x 13 inch (4 L) baking pan. Sprinkle with grated cheddar cheese.
4. In a small bowl, mix together the ingredients for the crust.
5. Pour crust mixture over the top of the meat mixture and sprinkle with Parmesan cheese.
6. Bake at 400° F (200° C) for 25 minutes.

Note:

Great with a salad.

Dan's Stroganoff

Serves 4

1 lb	ground beef	.50 kg
1 can	Cream of Mushroom Soup	284 mL
1 small	onion, chopped finely	1
1 stalk	celery, chopped small	1
1	carrot, chopped small	1
1 clove	garlic, minced	1
1 pkg (8 oz)	uncooked egg noodles	225 g
	pepper to taste	
½ cup	light sour cream	125 mL

How to Make:

1. In a medium size pot, put enough water until half full. Bring water to boil over high heat.
2. Add noodles to water and stir. Reduce heat and continue to boil, until the noodles are tender. Drain the noodles.
3. In a large frying pan over medium heat, cook the beef with the onion and garlic. Cook for 5 to 10 minutes until the beef is brown. Pour off any fat.
4. Add the chopped carrots and celery and cook another 4 minutes. Add the soup and cook for 5 minutes.
5. Remove the meat mixture from the heat. Mix the meat mixture with the noodles. Stir in the sour cream and pepper to taste.

Note:

You can add plain yogurt instead of the sour cream.

Goulash

Serves 5

2 ½ lbs	potatoes, cubed	1 kg
1 Tbsp	vegetable oil	15 mL
2 small	onions, chopped	2
3 cloves	garlic, minced	3
1 lb	lean ground beef	.50 kg
2	carrots, cut into ½ inch slices	2
2 cans (5 ½ oz)	tomato paste	2 - 156 mL
1 ½ cups	water	375 mL
2 cups	apple juice	500 mL
1 Tbsp	paprika	15 mL
1 ½ cups	frozen peas	375 mL

How to Make:

1. In a large pot of salted water, cook potatoes until just tender, about 15 minutes. Drain and set aside.
2. In a large heavy pot, heat oil over medium heat. Cook the beef with the onion and garlic for 5 to 10 minutes until the beef is brown. Pour off any fat.
3. Add carrots and continue to cook while stirring about 5 minutes.
4. In a small bowl, mix together tomato paste, water, apple juice and paprika. Add this to the beef mixture.
5. Bring the beef mixture to a boil. Reduce to simmer, cover and cook for 15 to 20 minutes.
6. Season to taste with a sprinkle of salt and pepper. Stir in potatoes and peas. Cover and cook until peas and potatoes are heated through, about 5 minutes.

Note:

- Nice served with sour cream.
- This recipe can be doubled and leftovers can be frozen and heated for dinner another time.

Meat Loaf

Serves 4

1½ lb	lean ground beef	.75 kg
1 cup	milk	250 mL
1 Tbsp	Worcestershire sauce	15 mL
½ tsp	salt	2 mL
½ tsp	dry mustard	2 mL
¼ tsp	pepper	1 mL
1	egg	1
1 small	onion, chopped	1
3 slices	bread, torn into small pieces	3
½ cup	ketchup	125 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. In a large bowl, mix all ingredients except ketchup.
3. Spread mixture into a 9 x 5 x 3 inch (2 L) loaf pan.
4. Spread ketchup over the top of the mixture.
5. Bake at 350° F (180° C) for 1 hour and 15 minutes.

Note:

- You can add ⅛ tsp (.5 mL) garlic powder and ¼ tsp (1 mL) dried sage for more flavor.
- You can add ½ cup (125 mL) grated carrots.
- You can use ½ cup (125 mL) rolled oats instead of the bread.
- This is nice served with baked potatoes and a salad.

Porcupines (Meatballs with Rice)

Serves 4

1 lb	lean ground beef	.50 kg
¼	onion, chopped into small pieces	¼
¼ tsp	pepper	1 mL
¼ cup	uncooked rice	50 mL
1 can (10 oz)	tomato soup	284 mL
1 can (10 oz)	water	284 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. In a medium bowl, mix meat, onion, salt, pepper and rice.
3. Make into small meatballs, about 24.
4. Arrange in square 9 x 9 inch (2.5 L) baking dish.
5. In a bowl, combine soup and water. Stir to mix. Pour over meatballs.
6. Cover with foil or lid.
7. Bake at 350° F (180° C) for 1 hour or until rice is cooked.

Note:

- You can add ½ tsp (2 mL) of garlic and herbs such as, basil, oregano and thyme.
- You can use ground chicken, turkey, or pork instead of ground beef.

Quick Cheeseburger Bake

Serves 6

1 lb	ground beef	.50 kg
$\frac{3}{4}$ cup	chopped onion	175 mL
1 can (10 oz)	condensed cheddar cheese soup	284 mL
1 cup	frozen mixed vegetables	250 mL
$\frac{1}{4}$ cup	milk	50 mL
2 cups	Baking Mix (see Page 159)	500 mL
$\frac{1}{2}$ cup	water	125 mL
1 cup	shredded cheddar cheese	250 mL

How to Make:

1. Heat oven to 400° F (200° C).
2. In a large frying pan over medium heat, cook the beef with the onion for 5 to 10 minutes until the beef is brown. Pour off any fat.
3. Stir in soup, vegetables and milk.
4. Grease a 9 x13 inch (4 L) baking pan. Combine Baking Mix and water in baking pan.
5. Mix until moistened. Spread evenly over the bottom of the pan.
6. Spread beef mixture over batter, sprinkle with cheese.
7. Bake at 400°F (200° C) for 30 minutes.

Note:

- To serve cut into large squares. Great with a salad.
- You can use a store bought biscuit mix instead of the Baking Mix.

Tamale Pie

Serves 6

2	onions, chopped finely	2
3 cloves	garlic, minced	3
1	green pepper, chopped finely	1
1 lb	ground beef	.50 kg
1 can (14 oz)	tomato sauce	398 mL
1 Tbsp	sugar	15 mL
2 tsp	chili powder	10 mL
1 can (12 oz)	kernel corn, drained	375 mL
	salt and pepper to taste	
1 cup	grated cheddar cheese	250 mL
Topping:		
$\frac{3}{4}$ cup	cornmeal	175 mL
$\frac{1}{2}$ tsp	salt	2 mL
2 cups	cold water	500 mL
1 Tbsp	margarine	15 mL

How to Make:

1. Heat oven to 375° F (190° C).

Bottom:

2. In a large pot over medium heat, cook the beef with the onion and garlic. Cook for 5 to 10 minutes until the beef is brown. Pour off any fat.
3. Add the green pepper and cook for 2 minutes.
4. Add the tomato sauce, sugar and chili powder and simmer over low heat for 20 minutes, stirring occasionally.
5. Stir in the corn. Add a sprinkle of salt and pepper to taste.
6. Pour the mixture into a 9 inch (2.5 L) square baking pan and sprinkle with the cheese.

Topping:

1. In a large pot stir cornmeal, salt and cold water together.
2. Bring to boil, stirring constantly. Cook over medium heat, stirring for 3 to 5 minutes until thickened.
3. Stir in margarine and spoon the topping over the meat mixture in narrow strips.
4. Bake at 375°F (190° C) for 40 minutes or until the top is browned.

Tillicum Tacos

Serves 10 to 12

Fried Bread Bannock:

7 cups	flour	1.75 L
3 Tbsp	baking powder	45 mL
2 Tbsp	sugar	30 mL
1 ½ tsp	salt	7 mL
3	eggs	3
1 ½ cups	milk	375 mL
1 ½ cup	water	375 mL
	vegetable oil for cooking	

How to Make:

1. Combine dry ingredients in a large bowl.
2. In a separate bowl, beat eggs and add milk and water.
3. Make a hole in dry ingredients and fold in the wet ingredients with a spatula, until moistened.
4. Pull out pieces of dough and flatten to palm sized, ¼ inch (.5 cm) thick pieces.
5. Make a thumbprint in the center of the dough.
6. Put oil ½ inch (1 cm) deep in the bottom of a large skillet. Heat the oil.
7. Fry pieces of bannock in oil at medium heat, until golden brown. Remove from pan with tongs. Drain on paper towels.

Note:

- You can use half white and half whole wheat flour for this recipe.
- This recipe makes about 24 fried bread.
- Always stay with the bread while frying.

Tillicum Tacos Continued

Tacos are served topped with a seasoned ground beef mixture, fresh vegetables, cheese, and sauce.

Serves 10 - 12

Ground Beef Topping:

2 lb	ground beef	1 kg
1 large	onion, chopped	1
1 large	green or colored pepper, chopped	1
1 pkg	taco seasoning mix	1

How to Make:

1. In a large frying pan over medium heat, cook the beef for 5 to 10 minutes until the beef is brown. Pour off any fat.
2. Add onions, peppers and taco seasoning mix and cook, stirring occasionally until, onions and peppers are tender, about 15 minutes.

Note:

- Serve ground beef topping on bannock and have small bowls of fresh vegetables, grated cheese and sauces.
- Suggested Vegetables:
 - Chopped fresh tomatoes
 - Shredded lettuce
- Suggested Sauces:
 - Sour cream
 - Salsa
 - Hot sauce
- Let each person add their own toppings to tacos.

Yorkshire Beef Casserole

Serves 4

1 lb	ground beef	.50 kg
½ cup	chopped onion	125 mL
½ cup	thinly sliced mushrooms	125 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL
1 Tbsp	fresh savory or thyme	15 mL
Topping:		
1 cup	milk	250 mL
1	egg	1
1 cup	flour	250 mL
½ tsp	baking powder	2 mL
¼ tsp	salt	1 mL

How to Make:

1. Heat oven to 425° F (220° C).
2. In a large frying pan over medium heat, cook the beef with the onion and mushrooms. Pour off any fat. Add salt, pepper and savory or thyme. Cook for 5 to 10 minutes until the beef is brown.
3. Grease an 8-inch (2 L) square baking pan. Put meat layer on the bottom.

Topping:

1. Beat egg and milk together in a bowl. Mix flour, salt and baking powder together. Stir while adding to milk and egg mixture. Pour this batter over meat.
2. Bake at 425° F (220° C) for 30 minutes. Cut into squares and serve with a green salad.

Note:

You can use ½ tsp (2 ml) of dried savory or thyme in place of fresh.