Beef Cookbook

Giles County Family and Community Education Club
Grilled Jalapeno Poppers
Hamburger Casserole
Potatoes and Beef
Chili
Crockpot Beef Tortellini Soup
Beef and Broccoli
Beef Stroganoff
Meat Loaf
Enchilada Casserole
Oriental Casserole
Mary Syd’s Lasagna
Corn Pone Pie
Pepper Steak
Grilled Jalapeno Poppers

Tina G. Oman– UT/TSU Extension Administrative Assistant

Ingredients:

- 15-20 Jalapenos, cut in half, seeded
- 1 lb. ground chuck, cooked
- 1 small onion, diced
- 8 oz. Cream Cheese
- 1 lb. bacon
- 1 pkg. Taco seasoning
- Oil
- Grilling seasoning of choice.

Instructions:

In a sauté pan, sauté onion in 2-3 tsp. of oil until tender.

Brown ground chuck, drain. Add onion and taco seasoning (follow package directions). Next add cream cheese, turn heat down to low, cover and let cheese melt.

Cut bacon strips in half.

Stir beef mixture completely to make sure cheese is evenly distributed. Spoon mixture into jalapenos. Wrap each half with bacon. Sprinkle each jalapeno popper with grilling seasoning of choice and grill.

Enjoy!
Hamburger Casserole

Debora Taber– Giles County fce Club

Ingredients:
1 lb. cooked ground beef
4-5 small/med Potatoes, sliced & parboiled
1 can Corn
1 Jar beef gravy
1 c. Bisquick or self rising flour
Milk
1 c. shredded cheddar cheese
Salt and Pepper TT

Instructions:

(If using leftover gravy, add a little water to the cold gravy and then warm on the stove. Make sure to get all the lumps out.

Place cooked meat and some of the gravy in bottom of casserole dish. Add potatoes, then add rest of the gravy over potatoes. Next, add corn (may add another vegetable of choice if preferred). Sprinkle shredded cheese. In a small bowl, mix self rising flour or bisquick and add enough milk so that it is spoon-able and spread over top of casserole.

Bake at 350° for 45 minutes or until top is golden brown.
Potatoes and Beef

Betty Foster– Giles County FCE Club

Ingredients:
Potatoes, desired amount
Beef, desired amount
1 can cream of mushroom soup
Shredded cheese, if desired

Instructions:
Peel potatoes and slice thin, brown beef. In a dish layer potatoes and beef. Pour cream of mushroom soup over beef and potatoes.

Place in oven at 350° until potatoes are done. If you desire cheese, you can cover with grated cheese or shredded cheese and place back in the oven until melted.
Chili

Jean Jones– Giles County fce Club

Ingredients:
1 lb. ground chuck
1 pkg. chili seasoning
1 sm. Onion, chopped
1 can diced tomatoes
1 can tomato soup, plus can of water
1 can pinto beans

Instructions:

Simmer for 1-2 hours.
Good ‘Ole Chili

Amelia Nolley – Giles County FCE Club

Ingredients:

- 2 tbsp. oil
- 1 lb. ground beef
- 1 onion
- 2 tbsp. chili powder
- 2 cans stewed tomatoes
- 3 c pinto beans, cooked
- 1 tbsp. garlic powder

Instructions:

Brown ground beef and onion in oil. Add remaining ingredients. Cover & simmer.
Crock Pot Beef Tortellini Soup

Chandra Nelms– UT/TSU Extension Program Assistant

Ingredients:

- 1 lb. beef stew meat
- 1/2 c. chopped onion
- 1/2 c. chopped carrots
- 1/2 c. chopped celery
- 2 cloves garlic, finely chopped
- 2 tsp. sugar
- 1 (14 oz.) can diced tomatoes or 1 (10 oz.) can Rotel
- 1 qt. beef stock
- 1 tsp. basil leaves
- 2 c. frozen cheese filled tortellini

Instructions:

In crock pot, add beef, onion, carrots, celery, garlic, sugar, tomatoes, and beef stock– in that order.

Cover and cook on low for 8 hours.

About 25 minutes before serving, stir in basil and frozen tortellini. Turn crock pot on high and cook for another 25 minutes.

Serve and Enjoy!
Beef and Broccoli

Elaine Jordan– Giles County fce Club

Ingredients:

- 12 oz. broccoli florets, rinsed
- 3 Tbsp. minced garlic
- 1/4 c. chicken broth
- 1 Tbsp. soy sauce
- 1.5 lbs. beef skirt steak
- 1 tsp. ginger or TT
- 2 Tbsp. brown sugar
- 2 Tbsp. dry sherry or red wine
- 1 Tbsp. canola oil
- 1/2 c. oyster sauce
- 1 Tbsp. cornstarch

Instructions:

Slice steak thinly. Cut larger broccoli florets into bite-size pieces. Place in microwave-safe bowl. Cover and microwave on high 4-5 minutes or until almost desired tenderness.

Preheat large sauté pan on medium-high 2-3 minutes. Place oil in pan and swirl to coat. Add steak, garlic, and ginger. Cook 3-4 minutes or until meat is lightly browned. While steak cooks, combine remaining ingredients (except broccoli) in small bowl until well blended.

Stir broccoli and sauce mixture into beef. Bring to a boil and cook 2-3 minutes or until sauce thickens and broccoli is desired tenderness. Serve with Fried Rice.
Beef Stroganoff

Myra C Walker– UT Extension Agent

Ingredients:

1 lb. ground beef
1 onion, chopped (1 1/2 c.)
1/4 c. butter or margarine
2 Tbsp. flour
1 Tbsp. salt
1 clove garlic, minced
1/4 tsp. pepper
1 can cream of mushroom soup
1 can mushrooms
1 c. *dairy sour cream
2 c. egg noodles, cooked and drained

Instructions:

In large skillet cook and stir ground beef and onion, add butter, cook until meat is browned and onion is tender. Stir in flour, salt, garlic, pepper and mushrooms. Cook 5 minutes stir constantly. Stir in soup heat to boiling, stirring constantly. Reduce heat, simmer uncovered 10 minutes. Stir in sour cream, heat thoroughly. Serve over noodles.

*may substitute plain Greek yogurt for sour cream.
Zesty Meat Loaf

Myra C Walker– UT Extension Agent

Ingredients:
1.5 lbs. ground beef
1 egg
1 c. soft bread crumbs
1/2 c. milk
3-4 Tbsp. Heinz 57 sauce
1 tsp. salt
Dash of pepper

Instructions:

Combine all ingredients thoroughly. Shape into a loaf. Bake in 350 ° oven for 1 hour.
Sage Meat Loaf

Amelia Nolley– Giles County fce Club

Ingredients:

<table>
<thead>
<tr>
<th>Ingredients</th>
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<tbody>
<tr>
<td>1 egg, beaten</td>
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<tr>
<td>1 Tbsp. Worcestershire sauce</td>
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<tr>
<td>1/4 c finely chopped onion</td>
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<tr>
<td>1/2 tsp. rubbed sage</td>
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<tr>
<td>1.5 lbs. ground beef</td>
<td>1</td>
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<tr>
<td>3 tbsp. brown sugar</td>
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<tr>
<td>1/4 tsp. ground nutmeg</td>
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<td>2/3 c milk</td>
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<tr>
<td>1 c crushed saltines</td>
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<tr>
<td>1 tsp salt</td>
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<tr>
<td>1/4 c ketchup</td>
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<tr>
<td>1 tsp ground mustard</td>
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Instructions:

In a large bowl, combine the first eight ingredients. Crumble beef over mixture and mix well. Pat meat mixture into an ungreased 9x5x3 loaf pan. Bake, uncovered, in a 350° oven for 50 minutes. Combine the ketchup, brown sugar, mustard and nutmeg; spread over top. Bake 15-20 minutes longer or until meat is no longer pink. Let stand for 10 minutes before slicing. Yield 6 servings.
Prize Winning Meat Loaf

Amelia Nolley– Giles County FCE Club

Ingredients:
1.5 lbs. ground beef
3/4 c oats uncooked
1/4 c chopped onion
1/2 tsp salt
1/4 tsp pepper
1 c tomato juice
1 egg, beaten

Instructions:

Combine all ingredients. Pack firmly into loaf pan. Bake in a preheated 350° oven for 1 hour and 15 minutes. Let stand 5 minutes before slicing. Serves 8.
Enchilada Casserole

Amelia Nolley – Giles County fce Club

Ingredients:
- 1/2 c chopped onion
- 1/4 c chopped celery
- 1 8oz taco sauce
- 2 Tbsp. chopped parsley
- 1 lb. ground beef
- 1 1/2 c shredded cheddar cheese
- 1 16oz can refried beans
- 1 15oz cans tomato sauce
- 1/4 chopped onion
- 2 Tbsp. chili powder
- 1/8 tsp. garlic powder
- 1/3 c ripe olives

Instructions:
Oriental Casserole

Amelia Nolley– Giles County fce Club

Ingredients:

1.5 lbs. ground beef
1 c chopped celery
1/3 c soy sauce
1 4oz can water chestnuts
2 c chopped onion
2 tbsp. oil
2/3 c cooked rice
1 4oz jar mushrooms

Instructions:

Cook beef, onion and celery in oil until brown. Pour off drippings. Add soy sauce and
rice. Add enough water to liquids drained from water chestnuts and mushrooms to
make 2 cups. Heat to boiling; add with water chestnuts and mushrooms to meat
mixture. Mix lightly; pour into greased 2 quart casserole dish. Cover tightly. Bake at
350° for 1 hour. Yield 8 to10 servings.
# Mary Syd’s Lasagna

Amelia Nolley – Giles County FCE Club

**Ingredients:**

- 1 lb. ground beef
- 1 tsp. garlic powder
- 1 medium onion, chopped
- 1/2 c bell pepper

*Mix & Brown.*

- 1 can chopped tomatoes
- 8 oz. tomato sauce
- 1 1/2 tsp. oregano
- 6 lasagna noodles
- Mozzarella cheese
- Cheddar cheese
- Hot pepper cheese

**Instructions:**

Add 1 medium can chopped tomatoes, 8oz tomato sauce and 1 1/2 tsp. oregano. Cover and simmer for 15 minutes. Cook 6 lasagna noodles. Layer noodles, meat mixture and shredded cheeses (mozzarella, cheddar, hot pepper). Repeat layers. Bake 15 to 20 minutes in a 350° oven.
Corn Pone Pie

Amelia Nolley– Giles County fce Club

**Ingredients:**

- 1 lb. ground beef
- 1 c Whole Kernel Corn
- 1/2 c onion
- 1 can Pinto beans
- 4 Tbsp. Chili Powder

**Cornbread batter:**

- 1 egg
- 1 1/4 to 1 1/2 c buttermilk
- 2 c self-rising flour

**Instructions:**

Brown beef and onions. Add other ingredients. Simmer 15 minutes. Pour into casserole dish. Top with cornbread batter. Bake in 425° oven for 20 minutes until batter is browned.

**Cornbread batter:**

Pepper Steak

Charlene Budd – Giles County FCE Club

Ingredients:

1 lb. boneless beef chuck or round steak
1 tsp. unseasoned meat tenderizer
1 clove garlic
1/2 c diagonally sliced celery

1/2 c beef stock or consommé
Salt & Pepper TT
2 tsp. oil
2 Tbsp. finely chopped onion

2 med. Bell peppers, thinly sliced
2 tsp. cornstarch
1 tsp. soy sauce

Instructions:

Cut steak into thin strips, sprinkle with tenderizer, brown in oil. Add onion, garlic, pepper, and celery. Saute till vegetables are almost tender; about 2 minutes. Mix together cornstarch, soy sauce, and stock; add to meat and vegetables. Heat, stirring till slightly thickened and simmering. Add salt and pepper.

Serve over hot rice or Chinese noodles.

Can add more of the vegetables if desired. May cook vegetables longer than 2 minutes if prefer less crunchy vegetables.
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