

# Grandma Sarah Ellen Croy's Corned Beef & Cabbage



## INGREDIENTS:

- 1ea** 2 - 4lb Corned Beef Brisket
- 2ea** - large Onions
- 10 to 15** - small Red Potatoes
- 4ea** medium - Carrots
- 1ea** - Head Cabbage (cored and cut into 2-inch wedges)
- 3ea** medium sized - Bay Leaves
- 1** tsp. - Whole Black Peppercorns

## DIRECTIONS:

- 1.)** Place in a 6-to 8-quart pot; add juices and (discard spice packet if supplied). Add enough water to cover the meat. Add Pepper and Bay Leaves. Bring to boiling; reduce heat. Simmer, covered, about 2 hours or until meat is almost tender.
- 2.)** Add Carrots (washed, peeled, and cut into 2-inch pieces) and Onions (peeled and quartered) to meat. Return to boiling; reduce heat. Simmer, covered, for 10 minutes.
- 3.)** Scrub Potatoes, half or quarter. Add potatoes and cabbage to pot. Cover and cook 20 minutes more or until vegetables and meat are tender.
- 4.)** Discard bay leaves, remove meat from pot and thinly slice meat across the grain. Transfer meat and vegetables to a serving platter.

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# Ken's Savory Meatloaf



## INGREDIENTS:

- 1** lb.- Lean Ground beef \*\* **1/2** lb. - bulk Pork Sausage  
(salt & pepper only seasonings)
- 1** cup – Milk \*\* **1** tbsp. - Worcestershire Sauce
- 1** tsp. - Fresh Sage leaves (chopped)  
(or **1/4** tsp. - Dried Sage leaves) \*\* **1/2** tsp. - Salt
- 1/2** tsp. Ground Mustard \*\* **1/4** tsp. Pepper
- 1** - Garlic Clove (finely chopped) (or **1/8** tsp. - Garlic Powder)
- 1** - Egg \*\* **3** slices - Bread (torn into small pieces)
- 1** small - Onion (chopped  $\frac{1}{4}$  cup) \*\* **1/2** cup - 1 Ketchup (May use Chili Sauce or BBQ Sauce)

## DIRECTION:

- 1.)** Heat oven to 350° F
- 2.)** Mix all ingredients except Ketchup. Spread mixture in un-greased loaf pan, 8-1/2 x 4-1/2 x 2-1/2 or shape into 9" x 5" loaf in un-greased 13" x 9" x 2 pan lightly spread Ketchup over top.
- 3.)** Insert meat thermometer so tip is in center of loaf. Bake uncovered 1 hour to 1 hour 15 minutes or until the thermometer reads 160°F. Recipe# beef 07 Page 7

# Ken's Philly Beef Squares



Makes: 6 servings

## INGREDIENTS:

- 1 1/2 tsps. - Dried Minced Onion
- 1 lb - lean (at least 80%) Ground Beef
- 3/4 cup - Cheese Dip (from 15-oz jar)
- 2 cups - Original Bisquick® mix
- 1 cup - Milk \*\*1 - Egg
- 2 cups - Frozen Bell Pepper and Onion Stir-Fry (from 1-lb bag), thawed, drained

## DIRECTION:

- 1.) Heat oven to 375°F. Spray 8-inch square pan or 2-quart glass baking dish with cooking spray. In a small bowl, cover the onion with hot water.
- 2.) In 10-inch skillet, cook beef over medium-high heat 5 to 7 minutes, stirring occasionally, until brown; drain. Stir in cheese dip. Cook for 2 to 3 minutes or until hot.
- 3.) In medium bowl, mix Bisquick mix, milk and egg until blended. Pour half of the batter into pan. Top with beef mixture and bell pepper mixture. Pour remaining batter evenly over top. Drain onion, sprinkle over batter.
- 4.) Bake 40 to 45 minutes or until golden brown and center is set. Let stand 5 minutes before cutting into squares. If desired, heat leftover cheese dip as directed on jar and spoon over each serving.

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# Ken's Mini Cheese Meatloaves



## INGREDIENTS:

- 1 - Egg
- 3/4 cup - Milk
- 1 cup (4oz.) - Cheddar Cheese (shredded)
- 1/2 cup - Quick-Cooking Oats
- 1/2 cup - Onion
- 1 tsp. - Salt
- 1lb. - Ground Hamburger (lean)
- 2/3 cup - Ketchup
- 1/2 cup - Brown sugar (packed)
- 1-1/2 tsps. Prepared Mustard

## DIRECTION:

- 1.) In a bowl, beat Egg & Milk. Stir in Cheese, Oats, onion, & salt. Add Hamburger and mix well.
- 2.) Shape into eight loafs. (Approximately 2" x 3" x 6"), place in greased 13" x 9" baking dish. Combine Ketchup, Brown Sugar, & Mustard, spoon over loaves.
- 3.) Bake uncovered in a 350° F. oven for 45 minutes or until meat is no-longer pink and meat thermometer reads 160° F. **Yield: 8 loafs**

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