

Baked Burrito Casserole

INGREDIENTS:

- 1 lb. - Lean ground Beef
- 1/2 cup - Sour Cream
- 1 packet - Taco Seasoning
- 1 Can (15oz.) - Re-Fried Beans
- 1 small - White Onion (Chopped)
- 1/2 cup - Water * Jalapeños (Optional)
- 1 can (10oz.) - Cream of Mushroom Soup
- 2 cups - Shredded Mexican Blend Cheese
- 6 taco-size - Flour Tortillas

TOPPING: Sour Cream * Chives * Diced Tomatoes

DIRECTIONS:

- 1.) Preheat oven to 350° F. Spray a 9" x 13" Baking dish with non-stick spray, set aside.
- 2.) In a large skillet, crumble and brown Ground Beef & Onion until Beef is no longer pink.
- 3.) Add Taco Seasoning, Re-fried Beans and Water to Beef mixture skillet. Stir to combine and heat through.
- 4.) In a separate bowl, combine Mushroom Soup with Sour Cream.
- 5.) Add a layer of 3 Flour Tortillas in the bottom of the prepared 9 x 13 dish. Spread half of the Soup/Sour Cream mixture over Tortillas in an even layer.
- 6.) Spread a layer of half the Ground Beef Mixture, then top with 1 cup of Cheese.
- 7.) Add another layer of 3 Flour Tortillas on Top of the Ground Beef & Cheese layer. Spread the remaining half of the Soup/Sour Cream mixture over Tortillas in an even layer. Spread the remaining Ground Beef Mixture And the last cup of Cheese.
- 8.) Bake uncovered, for 20 Minutes or until Cheese is melted. Serve with desired toppings and enjoy!

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Ken's Beef Stock



Ken's version of Betty Crocker's Beef Stock Recipe. Beef Bone Marrow has been eliminated making the original recipe making it easier

INGREDIENTS:

- 2lb. - Beef Shank crosscuts or soup bones.
- 2 tbsps. - Vegetable Oil ** 6 cups - Cold Water
- 1 medium - Carrot (chopped)
- 1 medium - Stalk Celery w/ leaves (chopped)
- 1 - small Onion (chopped) ** 1 tsp. Salt
- 1/4 tsp. - Dried Thyme Leaves ** 5 - Black Peppercorns
- 3 - Whole Cloves ** 3 sprigs - Fresh Parsley
- 1 - Dried Bay Leaf

DIRECTIONS:

- 1.) In a 4-qt. Dutch Oven or stockpot, heat 2 tbsps. Vegetable Oil. Cook Beef Shanks in Oil over medium heat until brown on all sides.
- 2.) Add Water, heat to boiling, skim any foam from broth. Stir in remaining ingredients, bring to boiling again and skin foam from broth, reduce heat, cover, and simmer for 3 hours.
- 3.) Remove Beef from broth and cool Beef for about 10 minutes or until just cool enough to handle. Strain broth through a fine strainer, discard Vegetables and Seasonings.
- 4.) Remove Beef from bones and cut into 1/2-inch pieces. Skim fat from broth. **HINT:** If you do not use immediately, both Beef and broth should be put in separate covered containers, and refrigerated for up to 24 hours or freeze for up to 6 months.

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Ken's
Italian
Style
Meatballs



INGREDIENTS:

- 1/2 lb.** - Lean (at least 80%) Ground Beef
- 1/2 lb.** - Bulk Pork Sausage, salt & pepper only
- 1/2 cup** - Progresso™ Italian-style Breadcrumbs
- 1/4 cup** - Milk
- 1/2 tsp.** - Salt
- 1/2 tsp.** Oregano
- 1 tbsp.** - Fresh Parsley (chopped)
- 1 tbsp.** - Fresh Basil (chopped)
- 1 tbsp.** - Worcestershire
- 1 tsp.** - Pepper
- 1** - Medium Onion (finely chopped)
- 1** - Egg

DIRECTIONS:

- 1.)** Heat oven to 400°F. Line 13x9-inch pan with foil; spray with cooking spray.
- 2.)** In a large bowl, mix all ingredients. Shape mixture into 24 (1 1/2-inch) meatballs. Place 1 inch apart in pan.
- 3.)** Bake uncovered for 18 to 22 minutes or until temperature reaches 160°F and no longer pink in center.

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Croy family
Shredded
Beef



As many roasters full of this Shredded Beef were made, no original recipe can be found. Putting all minds together, this is as closely as can be remembered on the ingredients and how it was prepared.

INGREDIENTS:

- 3ea** 1lb.12oz. cans - Kohl's Market Canned Beef (Save liquid from each can of Beef)
- 2ea** 10.75oz. cans – Campbell's Condensed Cream of Mushroom with Roasted Garlic Soup
- 1** box - Un-Flavored Stuffing Mix or 1 ½ packs of Whole Grain Saltines (crushed)
- 1** can - Beef Broth (If mixture seems to thick, use Beef broth to thin cautiously)
- 1 1/2 cups** - Onion (finely chopped)
- 1 1/2 cups** - Celery (finely chopped)

DIRECTIONS:

- 1.)** Preheat an 18-22 qt. Roaster Oven to 250°, stir in canned Beef and liquid from cans, Onion & Celery, reduce temperature to 200°. Pour condensed Soup over top of Beef, cover and cook for 45 minutes. The Beef mixture can be moistened with beef Broth if needed.
- 2.)** Keep roaster temp at 200°, shred Beef and add Stuffing Mix or Crackers, mix well, cover and cook for 15-20 minutes or until Stuffing Mix or Crackers are moistened. If needed moisten with Beef broth. Serve with Wheat or Plain hamburger buns

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