

MEAT, SEAFOOD & POULTRY



SLOPPY JOE PIZZA

Marlene Parret

1-6 1/2 oz. pkg. pizza crust	1/4 cup chopped onion
1-15 1/2 oz. sloppy joe sauce	1/2 cup shredded cheddar cheese
1 lb. ground beef	1/2 cup shredded mozzarella cheese

Prepare crust according to package directions. In a sauce pan, over medium heat, brown beef and onions, drain. add sloppy joe sauce; bring to a boil. Reduce heat; simmer uncovered for 5 minutes. On a floured surface, knead dough several times. Pat dough into a 12 to 14 inch pizza pan. Bake 425° for 10 minutes. Spread with meat mixture, sprinkle with cheeses. Return to the oven for 8 minutes or until the crust is brown and cheese is melted. Yield 6-8 servings.

LUAN RIBS / HAM SLICE

Lori Converse VanDeusen

2-4 1/2 oz. jars strained peaches (baby food)	1 clove garlic, minced
1/3 cup catsup	2 tsp. ginger
1/3 cup cider vinegar	1/2 tsp. salt
2 Tbsp. soy sauce	Dash pepper
1/2 cup brown sugar	4 lbs. meaty spareribs.

Mix all ingredients except ribs. Rub ribs on both sides with salt and pepper. Place ribs, bone side down, on grill over slow coals. Broil 20 minutes; turn meat over and cook 10 minutes. Turn meat side up, brush with sauce and broil without turning about 30 minutes or until done. Brush frequently with sauce. If using a ham steak, skip salt and shorten cooking time. Serves 4.

NO FUSS ITALIAN BRISKET

Angela Laughrey

1-2 to 3 lbs. beef brisket	1-16 oz. bottle Italian salad dressing
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Combine the beef brisket and Italian dressing in a covered dish. Let brisket marinate in the refrigerator overnight or at least for a few hours. Put brisket and all the dressing in a crockpot on low for 8 to 12 hours or high for 4 to 6 hours. Cut and serve. Goes good with mashed potatoes and cooked carrots.

CORNED BEEF - N - EGGS

John Greenlee

Brown 1 can corned beef in heavy skillet, using low heat. Break 6 eggs in bowl and add to the browned corned beef; stir until firm. Remove from heat and serve. Throw in a little pepper, onion, chili or whatever is handy if desired. Makes a hearty breakfast while trout fishing!!!

CALICO HAM

Harriet Crittenden

4 pkg. frozen mixed vegetables cook by directions
3 cups fresh bread crumbs, cube and saute in butter

Make a white sauce:

1 cup flour	1 tsp. salt	6 cups milk
3/4 cup butter	2 Tbsp. Worcestershire sauce	
1/2 tsp. pepper		

Add:

1 grated onion	1/2 cup cheddar cheese	2 cups diced ham
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Mix all together. Pour in buttered pans and refrigerate 24 hours. Remove 1 hour before cooking. add 1 package of crushed potato chips. Bake 350° for 40 minutes.

BARBECUE MEATBALLS

Velma Countryman

1 1/2 lb. ground beef	1 egg	1/2 tsp. pepper
1/2 cup soft bread crumbs	1/2 cup milk	
1/4 cup chopped onions	1 tsp. salt	

Mix all ingredients and shape into 16 balls. Place on jelly roll pan; bake 30 minutes at 350°. Drain off any fat and add to sauce. Sauce:

1 cup ketchup	1/4 cup water	2 Tbsp. Worcestershire sauce
4 Tbsp. brown sugar	2 Tbsp. vinegar	

Combine and bring to boil. Reduce heat and boil 10 minutes. add meatballs and simmer 10 minutes. Serve hot.

APPLESAUCE MEATBALLS

Charlotte Cheramby

2 lb. ground beef	1/4 tsp. garlic powder
1 cup crushed cornflakes	1 egg, beaten
1 cup onion, chopped	1/2 cup applesauce
1 1/2 tsp. salt	2 small cans tomato sauce
1/2 tsp. pepper	

Mix all ingredients together except tomato sauce, shape into small balls. Place in open casserole. Pour tomato sauce over top and bake at 350° for 1 hour. Serves 6 to 8.

VENA'S MEATBALLS

Vena Flynn

2 lb. hamburger
1/2 tsp. celery salt
1/2 tsp. onion salt

2 slices bread, soaked in milk
1 egg

Mix and make into meatballs and cook in sauce on stove top 1 1/2 hours. Sauce:

1 jar chili sauce
3/4 cup grape jelly

1 cup water
1 tsp. lemon juice
1 small onion, minced

Simmer sauce 1/2 hour before adding meatballs.

SWEET & SOUR MEATBALLS

Jack & Judy Smith

3/4 cup onion, chopped fine
2 Tbsp. butter
2 Tbsp. chicken bouillon
1 cup catsup
1 cup brown sugar
1 cup vinegar

1/2 Tbsp. Worcestershire sauce
2 1/2 cup water
1 1/2 Tbsp. cornstarch dissolved in 1/2 cup water
Salt & pepper to taste

Saute onion in butter until light tan color. add chicken bouillon, catsup, sugar, vinegar, Worcestershire sauce and 2 1/2 cups water. Bring this mixture to boil. add cornstarch, water mixture to the boiling mixture. Bring to boil and boil a couple minutes, then reduce heat and let simmer for 10 minutes. Add meatballs, let simmer about 10 to 15 minutes. Serve over rice. I make my meatballs from lean ground beef and shape into balls about 1 inch diameter. I allow 3 meatballs per person. I use Minute Rice and follow the package directions.

PINEAPPLE MEAT BALLS

Nellie Messner

1/2 cup milk
1 1/2 tsp. salt
Slice bread
1 tsp. garlic salt

2 Tbsp. salad oil
1 egg
1 lb. hamburger
1 lb ground round steak

Mix all this together. Wet fingers, roll into balls size of walnuts. Cook in oil to brown, shaking pan frequently so balls will keep shape. Pineapple Sauce:

1 can beef bouillon or 1 cube to make 1 cup broth

1/2 cup sugar
2 Tbsp. soy sauce

1/2 tsp. salt
1/4 cup wine vinegar
1/2 cup chopped green pepper
1 (#2) can pineapple chunks with

juice

Simmer together for 15 minutes. Moisten 2 tablespoons of cornstarch in a little water and stir into boiling mixture. Stir until mixture thickens. Add meat balls and simmer to blend flavor and heat meatballs. Serve over fluffy rice or noodles in chafing dish. Serves 8.

BAKED RABBIT WITH GRAVY

Dan Rethorst

2 wild or domestic rabbits (4-5 lbs.) cup up	2 tsp. salt
1/4 cup salad oil	1/4 tsp. pepper
2 Tbsp. margarine	1 cup milk
1 cup chopped onion	1 cup sour cream

Coat rabbit pieces with flour. Heat oil and butter in oven proof skillet and brown rabbit pieces. Remove meat; cook onions in pan drippings until tender. Stir in 1 tablespoon flour and the salt and pepper. Gradually add milk, stirring constantly until thickened. Return meat to pan and spoon sauce up over it. Cover and bake one hour at 350° or until tender. Remove meat and place in serving dish. Stir sour cream into gravy and heat (do not boil). Serve gravy over meat.

GLAZED HAM LOAF

Nellie Messner

2 eggs, beaten	1 cup water
1 cup evaporated milk	1/4 cup catsup
3 Tbsp. Worcestershire sauce	10 drops Tabasco sauce
1 lb. ground beef	1 cup uncooked oatmeal
1 lb. ground ham	OR
1/2 tsp. salt	1 1/2 cup bread crumbs

Put on bottom of baking dish: 1/2 cup brown sugar. Mix all ingredients and put over brown sugar. Bake at 350° for 1 hour and 15 minutes.

SWEDISH MEAT BALLS

Ila Greenlee

1 lb. ground beef	3 drops Tabasco sauce
3/4 c. fine dry bread crumbs	2 eggs, beaten
1/4 tsp. horseradish	3/4 tsp. salt
1 1/2 tbsp minced onion	1/2 tsp. pepper

Combine ingredients, shape into balls. Brown in skillet over medium heat. Combine the following ingredients and pour over meatballs.

3/4 c. catsup	1/4 c. cider vinegar
1/2 c. water	2 tbsp. brown sugar
1 tbsp. minced onion	1 tsp. dry mustard
2 tbsp. Worcestershire sauce	1/4 tsp. pepper
1 1/2 tsp. salt	3 drops of Tabasco sauce

Cover and cook 10 minutes.

BETH'S MEATBALLS

Beth Falkenberg

2 lbs. lean ground beef	½ c. fat-free sour cream
1 ½ c. soft bread crumbs	1 can fat-free mushroom soup
3 tbsp. dry onion soup mix	1 can fat-free cream of chicken soup
1 egg, beaten	2 soup cans water

Combine beef and crumbs. Combine soup mix, eggs and sourcream and then work into the beef mixture. Shape into balls and brown in the oven at 350° for 30 minutes or until done. Add mushroom and chicken soup and water; cook slowly for 30 minutes. The gravy is brown and thick. Serve with mashed potatoes, noodles or rice. Makes enough for two meals for a family of four, depending on who is dieting and who is playing football!

BEEF JERKY

Susie Cochran

3 to 5 lbs meat	½ c. Liquid Smoke
2 c. soy sauce	½ c. Tabasco sauce
1 ½ c. Worcestershire sauce	½ c. Kitchen Bouquet

Mix all the above ingredients in a large bowl and soak meat overnight in refrigerator. Cover bottom of oven with foil and spread or hang with toothpicks on oven racks. Turn meat to 120 degrees and open oven door with spoon handle so moisture can escape. Cook 8 or 9 hours when it shrivels up and turns black it is done.

BASIC BEEF MARINADE

Juanita Porter

2/3 c. wine vinegar	1 tsp. dry mustard
1/3 c. canola or olive oil	1 tsp. paprika
1 tbsp. dried parsley flakes	1 tsp. garlic powder
1 tsp. marjoram	1 tbsp. dried onion flakes

Combine all ingredients and mix in a large glass baking dish. Cut tougher meats into smaller pieces. Turn and coat all surfaces on meat with marinade. Cover and marinate in the refrigerator 4 to 24 hours. Makes 1 cup or marinates 6 servings.

BISQUICK CHICKEN

Donna Browning

6 chicken breasts	1 can cream of chicken soup
1 c. Bisquick	garlic salt or powder
1 med. onion, chopped fine	1 stick margarine, melted

Place chicken in 9x13 inch pan after you have dipped it in margarine and rolled it in Bisquick. Sprinkle with onion and garlic salt to taste. Add ½ can of water to the cream of chicken soup. Mix well and pour evenly over chicken. Bake uncovered at 350 degrees for 1 hour. Serves 6.

BBQ MEATBALLS

Marlene Parret

3 lb. hamburger	1 tsp. garlic powder
1 lg. can evaporated milk	½ tsp. pepper
3 c. oatmeal	2 tsp. chili powder
2 eggs	2 tsp. salt
1 med. onion, chopped fine	

Mix all the above and form into balls.

2 c. ketchup	2 c. brown sugar
2 tbsp. Liquid Smoke	½ tsp. garlic salt
½ c. onion, chopped	

Mix all the above and bring to a boil. Pour over meatballs and bake uncovered at 300 degrees for 1 hour.

DIXIE SURPRISE

Trudy Supon Hurst

1 lb. ground beef or venison	1 tbsp. chili powder
8 flour tortillas	¼ tsp. garlic powder
1 can enchilada sauce	½ tsp. oregano
1 can refried beans	¾ c. grated cheddar cheese
1 c. mild picante sauce	¾ c. mozzarella cheese
1 tsp. cumin	½ c. chopped green onions

Grease 9x13 inch glass pan. Brown the meat with garlic powder. Drain. Add cumin, chili powder, oregano, refried beans and picante sauce. Simmer 10 minutes. Spoon mixture on tortilla. Roll up tortillas and place in pan. Mix enchilada sauce and onion. Pour over tortillas, sprinkle with cheese. Bake at 350 degrees for 20 minutes.

SOUPER MOIST PORK CHOPS

Trudy Supon Hurst

1 tbsp. vegetable oil	1 can golden mushroom soup
4 pork chops, ½ " thick	¼ c. water

In skillet, over medium to high heat, heat oil and cook chops for 10 minutes or until browned. Set chops aside, pour off fat and add soup and water. Heat to a boil. Return chops to pan. Cover and cook over low heat for 5 minutes or until chops are done.

BROILED VENISON STEAK

Trudy Supon Hurst

Place steaks on broiler pan. Season to taste. Broil on both sides until almost done. Then brush barbecue sauce on each side. Finish cooking. Serve with additional barbecue sauce.

ROUND STEAK (Beef or Venison)

Turdy Supon Hurst

1 whole round steak
flour
2 cans golden mushroom soup

$\frac{1}{2}$ to $\frac{3}{4}$ can of water
small can mushrooms

Cut steak into serving size pieces. Flour and brown meat in pressure cooker that has been sprayed with Pam. Remove meat from cooker. Add soup and water to cooker. Stir to make gravy. Return meat to cooker and pressure cook for about 10 minutes. Add mushrooms if desired. Serve with mashed potatoes.

HAM LOAF

Trudy Supon Hurst

3 lb. ham, ground
1 lb. pork, ground
2 eggs

$\frac{1}{2}$ c. brown sugar
 $\frac{1}{2}$ c. bread crumbs
 $\frac{1}{2}$ c. milk

Mix all ingredients and form into a loaf. Baste with pineapple juice and brown sugar. Bake at 350 degrees for 1 $\frac{1}{2}$ to 2 hours. Makes 2 – 2 lb. loaves.

HAM LOAF

Trudy Supon Hurst

4 lb. ham, ground
3 lb. beef, ground
4 eggs

1 qt. milk
2 pkg. crackers
salt & pepper

Combine all ingredients and bake 1 $\frac{1}{2}$ hours at 350 degrees. Baste with the following glaze several times during baking. Glaze:

1 c. boiling water
 $\frac{1}{2}$ c. vinegar

1 tsp. dry mustard
 $\frac{1}{2}$ c. brown sugar

MYSTERY MINI LOAVES

Dorothy Glick

1 $\frac{1}{2}$ c. soft bread cubes
 $\frac{1}{2}$ c. beef stock
3 eggs, beaten

1 pkg. onion soup mix
3 lb. ground beef

Soak cubes in half cup liquid, add beaten eggs and dry soup mix and stir well. Add ground beef and mix well, salt and pepper to taste. Shape into individual loaves and put into 9 x 13 inch baking dish. Sauce:

12 oz. chili sauce
1 $\frac{1}{3}$ c. water
 $\frac{1}{2}$ c. brown sugar

16 oz. drained sauerkraut
16 oz. whole cranberry sauce

Combine all ingredients in saucepan and simmer 5 minutes. Pour over meat loaves and bake at 350 degrees until meat is done, about an hour and 10 minutes. Makes 10 small loaves.

PORK CHOPS & SAUERKRAUT

Juanita Porter

4 center cut pork chops
2 tsp. cooking oil
¼ tsp. pepper
1 c. onions, chopped
1 – 14 ½ oz. can chicken broth

½ tsp. caraway seed
¼ tsp. celery seed
1 – 16 oz can sauerkraut, drained
1 red apple, chopped
4 bacon strips, cooked and crumbled

In a skillet, brown pork chops in oil; drain. Stir in onion, pepper, broth, caraway seeds and celery seeds. Cover and cook over medium heat for 45 to 50 minutes. Add sauerkraut and apple. Cover and simmer 10 to 15 minutes or until heated through. Before serving, sprinkle with bacon if desired. Yield 2 – 4 servings.