



Ground Beef Bonanza

CURRIED BEEF AND VEGETABLE SOUP

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| 1 tbsp (15 mL) oil | 1 tbsp (15 mL) curry powder |
| 1 lb (0.5 kg) lean ground beef | 1/4 tsp (1 mL) each salt and freshly ground pepper |
| 1 cup (250 mL) chopped onion | 2 cups (500 mL) cubed peeled red potatoes |
| 1 cup (250 mL) each sliced carrot and celery | 2 1/2 cups (625 mL) water |
| 2 cloves garlic, finely chopped | 1 can (10 oz/284 mL) beef broth |

Heat oil in a Dutch oven over medium heat. Add beef, onion, carrot, celery and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in curry powder, salt and pepper; cook and stir for 1 minute. Add potatoes, water and broth. Bring to a boil. Reduce heat; cover and simmer for 15 minutes or until potatoes are tender. Serves 4.

WESTERN BEEF AND BEAN BAKE

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| 1 lb (500 g) bacon, julienned | 1 tsp (5 mL) freshly ground pepper |
| 1 lb (0.5 kg) lean ground beef | 1/2 tsp (2 mL) salt |
| 1 cup (250 mL) chopped onion | 2 cans (14 oz/398 mL each) kidney beans,
rinsed and drained |
| 2 cloves garlic, chopped | 1 can (28 oz/796 mL) baked beans |
| 1/2 cup (125 mL) barbecue sauce | 1 can (19 oz/540 mL) Romano beans,
rinsed and drained |
| 1/2 cup (125 mL) ketchup | 1 can (14 oz/398 mL) lima beans,
rinsed and drained |
| 1/4 cup (50 mL) prepared mustard | |
| 1/4 cup (50 mL) fancy molasses | |
| 2 tbsp (25 mL) red wine vinegar | |
| 1 tsp (5 mL) chili powder | |

Cook bacon in a Dutch oven over medium heat until crisp. Remove bacon with a slotted spoon; drain on paper towels. Drain excess fat from pan. Add beef, onion and garlic to pan. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in bacon and remaining ingredients (barbecue sauce through lima beans). Bake, covered, at 350°F (180°C) for 1 hour or until bubbly and heated through. May be prepared in advance and refrigerated for up to 24 hours. Serves 8 - 10.

ONE POT SPAGHETTI

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| 1 tbsp (15 mL) oil | 1/2 tsp (2 mL) oregano, crumbled |
| 1 lb (0.5 kg) lean ground beef | 1/2 tsp (2 mL) salt |
| 1 cup (250 mL) chopped onion | 1/4 tsp (1 mL) red pepper flakes |
| 2 cloves garlic, crushed | 1/4 tsp (1 mL) freshly ground pepper |
| 4 cups (1 L) canned chicken broth | 2 cups (500 mL) broken spaghetti |
| 1 can (5 1/2 oz/156 mL) tomato paste | Freshly grated Parmesan cheese |

Heat oil in a Dutch oven over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in next 6 ingredients (broth through pepper). Bring to a boil. Add spaghetti; reduce heat and simmer, stirring frequently, until spaghetti is tender, about 12 - 15 minutes. Serve with Parmesan cheese. Serves 4 - 6.

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QUICK BEEF TORTILLA PIZZA

1 tbsp (15 mL) oil	1/2 tsp (2 mL) salt
1 lb (0.5 kg) lean ground beef	4 burrito-style flour tortillas (10 inch/25 cm)
1 cup (250 mL) chopped onion	Oil
1 clove garlic, finely chopped	1 cup (250 mL) diced seeded tomato
1/2 tsp (2 mL) basil, crumbled	1 1/2 cups (375 mL) shredded mozzarella cheese
1/2 tsp (2 mL) oregano, crumbled	1/4 cup (50 mL) freshly grated Parmesan cheese

Heat 1 tbsp (15 mL) oil in a frypan over medium heat. Add beef, onion and garlic. Cook, stirring to break up beef, until beef is browned and completely cooked. Drain off excess fat. Stir in basil, oregano and salt. Lightly brush tops of tortillas with oil. Place tortillas on two cookie sheets. Bake at 400°F (200°C) for 3 - 4 minutes or just until tortillas are slightly crisp. Remove from oven and spoon beef mixture evenly over tortillas. Top with tomato. Sprinkle with mozzarella cheese and Parmesan cheese. Return to oven and bake for 10 - 12 minutes. Slice and serve. Serves 4.

GREEK SHEPHERD'S PIE

1 1/2 cups (375 mL) chopped onions	1 tsp (5 mL) oregano, crumbled
3 cloves garlic, finely chopped	3/4 tsp (3 mL) salt
1 tbsp (15 mL) olive oil	1/2 tsp (2 mL) allspice
2 lb (1 kg) lean ground beef	1/2 tsp (2 mL) freshly ground pepper
1 can (14 oz/398 mL) diced tomatoes	1/4 tsp (1 mL) nutmeg
1/4 cup (50 mL) dry red wine or canned beef broth	1/4 cup (50 mL) freshly grated Parmesan cheese
1 tbsp (15 mL) mint, crumbled	Feta Potato Topping, recipe follows
1 1/2 tsp (7 mL) cinnamon	Paprika

In a Dutch oven over medium heat, saute onions and garlic in oil for 2 minutes. Add beef and cook, stirring occasionally, for 7 - 10 minutes or until lightly browned. Stir in next 9 ingredients (tomatoes through nutmeg). Bring to a boil; reduce heat and simmer, stirring occasionally, for 10 minutes. Stir in Parmesan cheese. Transfer mixture to a greased shallow 3 quart (3 L) baking dish. Spoon Feta Potato Topping over meat mixture and spread decoratively. Sprinkle with paprika. May be prepared to this point and refrigerated for up to 24 hours. Bake, uncovered, at 400°F (200°C) for 40 - 45 minutes or until topping is lightly browned and filling is bubbly. Serves 8.

Feta Potato Topping: Cook 5 cups (1.25 L) cubed peeled potatoes in boiling salted water until tender; drain. Add 1/4 cup (50 mL) butter, 1/4 cup (50 mL) sour cream and 1/4 tsp (1 mL) each freshly ground nutmeg, salt and freshly ground pepper. Mash until mixture is smooth. Stir in 1 1/4 cups (300 mL) shredded dry pack feta cheese.

CHILI MEXICANA

1 tbsp (15 mL) oil	1 can (28 oz/796 mL) diced tomatoes
1 lb (0.5 kg) lean ground beef	1 can (19 oz/540 mL) black beans, rinsed and drained
1 cup (250 mL) chopped onion	1 can (19 oz/540 mL) kidney beans, rinsed and drained
2 cloves garlic, finely chopped	1 cup (250 mL) water
2 tsp (10 mL) chopped canned chipotle peppers in adobo sauce	1 cup (250 mL) grape tomatoes, halved lengthwise
2 tbsp (25 mL) chili powder	1/2 cup (125 mL) chopped canned roasted red peppers
1 tbsp (15 mL) cocoa	1 tsp (5 mL) red wine vinegar
2 tsp (10 mL) cumin	
2 tsp (10 mL) oregano, crumbled	
1 tsp (5 mL) salt	

Heat oil in a Dutch oven over medium heat. Add beef, onion, garlic and chipotle peppers. Cook, stirring to break up beef, until browned. Drain off excess fat. Stir in chili powder, cocoa, cumin, oregano and salt; cook and stir for 1 minute. Add diced tomatoes, beans and water. Bring to a boil. Reduce heat; cover and simmer for 15 minutes. Chili may be prepared to this point and refrigerated for up to 24 hours. Return chili to Dutch oven and reheat before proceeding. Stir in grape tomatoes, roasted peppers and vinegar. Cook for 3 minutes or until heated through. Serves 6.

Cook's Note: Hot peppers cause severe skin and eye irritation. Wear rubber gloves when handling hot peppers and avoid touching any exposed skin.