



## MAIN COURSES



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# Beef Tenderloin



### INGREDIENTS

**4-5 lb - filet of beef**  
**2 T - unsalted butter**  
**1 T - kosher salt**  
**1 T - black pepper, coarse**

### MAKES

**8-10 servings**

### PAIR WITH

**French Onion Soup**

### DIRECTIONS

Preheat oven to 500°.

Trim and tie the filet of beef.

Place the beef on a sheet pan and pat the outside dry with a paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast in the oven 22 mins for rare and 25 mins for medium-rare (145°). Medium is 160°.

Remove the beef from the oven, cover it tightly with aluminum foil and allow it to rest at room temperature for 20 mins. Remove the strings and cut the filet in thick slices.

# Mexican Build-Up



## INGREDIENTS

- 1 lb - ground beef**
- 1 small onion, chopped**
- 8 oz - tomato sauce, tomato paste**
- 24 oz - water**
- 1 can - refried black beans,**  
**tomatoes, chiles**
- 1 C - cooked brown rice**

## SPICES

- 1 tsp - chili powder, oregano, salt,**  
**cumin, fajita seasoning**
- 2 tsp - sugar**
- 2 cloves garlic, minced**

## TOPPINGS

- tortillas, sour cream, avocado,**  
**grated cheese, shredded lettuce,**  
**sliced green onions, chopped**  
**tomato**

## DIRECTIONS

Prepare tortillas over open flame and store.

Crumble beef into skillet on moderate heat. Add in chopped onion. Drain off grease.

Add in rest of ingredients and spices. Mix lightly, bring to boil, reduce heat and simmer covered for 40 mins. Mixture should be quite thick, can thicken by adding rice.

To serve, fill a warmed tortilla with meat and rice mixture, add condiments and enjoy



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# Norwegian Meatballs (6X)



### INGREDIENTS

**12 lb - ground chuck**  
**3 lb - ground pork**  
**9 tsp - kosher salt**  
**1 tsp - pepper**  
**1 ½ tsp - nutmeg**  
**1 ½ tsp - ginger**  
**6 tsp - dehydrated onion**  
**¾ C - flour**  
**12 eggs**  
**2 qt - half and half**  
**9 qt - beef stock**

### MAKES

**60 servings - 600 meatballs**

### DIRECTIONS (6X)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in ¼ C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Thaw meatballs in broth at least two days before use.

Warm meatballs at 325° until all ice crystals gone. Drain broth from meatballs and make gravy. Add thickened broth to meatballs and warm at 225° until ready to serve.

Gravy: Mix 1 C cold water with 1 C flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. Cook until thickened and add back to meatballs.

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# Norweigan Meatballs (GF)



### INGREDIENTS

**8 lb - ground chuck**  
**2 lb - ground pork**  
**6 tsp - kosher salt**  
**4 dashes - pepper**  
**1 tsp - nutmeg**  
**1 tsp - ginger**  
**4 tsp - dehydrated onion**  
**8 T - almond flour**  
**8 eggs**  
**1 qt - half and half**  
**6 qt - beef stock**

### MAKES

**40 servings - 400 meatballs**

### DIRECTIONS (GF)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in  $\frac{1}{4}$  C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Same thawing and warming directions.

Gravy: Mix 1 C cold water with  $\frac{2}{3}$  C tapioca flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. A little more tapioca flour may be needed. Cook until thickened and add back to meatballs.

\*This adapted recipe replaces traditional flour with almond flour (1:1) in balls and tapioca flour (3:2) in gravy.



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# Shepherd's Pie



### INGREDIENTS

**1 onion, chopped**

**1 lb - ground beef**

**2 ½ C - canned green beans**

**(10 oz Condensed Cream of Tomato Soup)**

**or**

**(1 C - tomato puree + ¼ C - red wine)**

**5 potatoes, medium, cooked**

**½ C - milk**

**1 egg, beaten**

**salt, pepper, thyme**

### MAKES

**6 servings**

### DIRECTIONS

Sauté onion in oil, add ground beef, salt and pepper, and brown. Add drained beans and soup. Pour mixture into greased casserole.

Mash potatoes, add warm milk, egg and seasonings.

Spoon in mounds of potatoes over meat. Can add grated cheddar cheese on top.

Bake at 350° for 30 minutes.

**Note: "I quadruple recipe. For more vegetable, I add celery and carrots with sauteed onions. Can freeze, but much needs much longer to thaw and bake."**

## MAIN COURSES

# Sloppy Joes



### INGREDIENTS

**6 lb - hamburger**  
**1 ½ C - onion, diced**  
**1 ½ C - celery, diced**  
**1 pint - ketchup**  
**1 ½ C - water**  
**1 1/3 T - Worcestershire Sauce**  
**1 tsp - dry mustard**  
**salt & pepper**

### MAKES

**24 servings**

### DIRECTIONS

In large fry pan, season hamburger with salt and pepper and brown. Drain off any excess fat.

Remove hamburger and gently sauté onion and celery until tender. Return hamburger and remaining ingredients to the pan and simmer all together for 30-45 mins.

Serve with buns, pickles, and Sterzing's potato chips.

Note: Freezes well. Sometimes to save time, we use two fry pans and brown hamburger in one and sauté onions and celery in the other and then mix them all together.