

November 2022 TV —Classic Fall Beef Recipes

As the days get shorter and the weather turns colder, it's time to fall in love with these Fall recipes. Not only do these recipes warm the soul, but they are easy on the pocketbook, make enough to cook-once, dine-twice and fill the house with aromas of beef. Take comfort in all your favorite classic beef dishes and try some new ones!

Classic Country-Fried Steaks & Gravy

What a classic beef dish! Country Fried or Chicken Fried, whatever you call it, it's going to be delicious. Enjoy!

Recipe time: 50 minutes

Makes 4 servings

Country-Fried Steaks:

- 4 beef Cubed Steaks, 1/4 inch thick (about 1-1/2 pounds)
- 1-1/2 cups all-purpose flour, divided
- 1 teaspoon seasoning salt
- 1 teaspoon freshly ground black pepper
- 1/2 teaspoon paprika
- 1/4 scant teaspoon cayenne pepper
- 3/4 cup whole milk
- 1 egg
- 1/2 cup butter cracker crumbs

Classic Gravy:

- 2 tablespoons butter
- 1/4 cup all-purpose flour
- 3 cups whole milk
- 1 to 2 teaspoons cracked black pepper
- 1/4 teaspoon seasoning salt



1. Combine flour, salt, black pepper, paprika and cayenne pepper in shallow dish. Remove 1/2 cup seasoned flour; set aside. Beat milk and egg in separate shallow dish until blended; set aside. Combine the remaining 1/2 cup seasoned flour with cracker crumbs in separate shallow dish.
2. Season beef Cubed Steaks with salt and pepper, as desired. Dip each steak into seasoned flour, milk mixture, then into flour-cracker mixture, turning to coat both sides.
3. Heat countertop fryer to 350°F per manufacturer's instructions. Fry prepared steaks for 2 to 3 minutes until internal temperature reaches 165°F and golden brown on all sides; drain on paper towels. Fry in batches, if needed to avoid overcrowding the fryer. Sprinkle steaks with salt and pepper immediately after removing from oil, as desired. Keep steaks warm.
4. Make Gravy: Melt butter in medium sauce pan over medium heat. Stir in flour; cook and stir for 4 minutes. Stir in milk; bring to a boil, whisking constantly. Reduce heat; simmer 2 to 3 minutes or until sauce thickens slightly, stirring occasionally. Add black pepper and seasoning salt, as desired. Cook 1 to 2 minutes, whisking constantly until gravy is smooth and thick. Keep warm.

Nutrition information per serving, 1/4 recipe: 893 Calories; 459 Calories from fat; 51g Total Fat (13 g Saturated Fat; 0.7 g Trans Fat; 10.3 g Polyunsaturated Fat; 24.7 g Monounsaturated Fat;) 169 mg Cholesterol; 619 mg Sodium; 60 g Total Carbohydrate; 1.9 g Dietary Fiber; 12 g Total Sugars; 47 g Protein; 0 g Added Sugars; 317 mg Calcium; 7.3 mg Iron; 820 mg Potassium; 3.3 mcg Vitamin D; 0.9 mg Riboflavin; 19.3 mg NE Niacin; 0.8 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 557 mg Phosphorus; 7.3 mg Zinc; 68.1 mcg Selenium; 190.2 mg Choline

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Classic Beef Pot Roast

Now this is a crave-worthy dinner. Tender beef pot roast cooked low and slow with carrots and potatoes. This is as classic as it gets.

Recipe time: 3 hours 20 minutes

Makes 8 servings

- 1 beef Cross Rib Chuck Roast or Arm Chuck Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon vegetable oil
- 4 cups reduced-sodium beef broth
- 2 tablespoons tomato paste
- 2 teaspoons dried thyme leaves
- 1 pound red-skinned potatoes (about 1-1/2-inch diameter), cut in half
- 1 pound carrots, peeled, cut into 1-1/2-inch pieces
- 2 large onions, cut into 8 wedges each

1. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
2. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.
3. Carve roast into slices or chunks; serve with vegetables and gravy.

Nutrition information per serving: 360 Calories; 162 Calories from fat; 18g Total Fat (7 g Saturated Fat; 7 g Monounsaturated Fat;) 99 mg Cholesterol; 665 mg Sodium; 24 g Total Carbohydrate; 3.8 g Dietary Fiber; 29 g Protein; 3.9 mg Iron; 5.6 mg NE Niacin; 0.5 mg Vitamin B₆; 1.8 mcg Vitamin B₁₂; 6.4 mg Zinc; 26.8 mcg Selenium; 115.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Cowboy Beef Stew

Fill your house with the aroma of slowly cooked beef stew. The hearty combination of beans, beef and tomatoes will satisfy any hunger.

Total recipe time: 2 hours 45 minutes

Makes 8 servings

- 2-1/2 pounds beef Stew Meat, cut into 1-inch pieces
- 1 package (12 to 14 ounces) dried bean soup mix with seasoning packet (not quick cooking)
- 2 cans (14-1/2 ounces each) diced tomatoes with green peppers and onion
- 2 tablespoons vegetable oil
- 1 can (14-1/2 ounces) beef broth
- 3 cups frozen diced or hash-brown potatoes (optional)

1. Soak beans in water overnight in refrigerator according to package directions. Reserve seasoning packet.



2. Coat beef Stew Meat with seasoning from reserved packet. Heat 1 tablespoon oil in large stockpot over medium heat until hot. Brown 1/3 of beef; remove from stockpot. Repeat twice with remaining oil and beef, adding additional oil as needed.
3. Pour off drippings; return beef to stockpot. Drain beans; discard water. Add beans, tomatoes and beef broth to stockpot. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours, or until beef is fork tender and beans are soft.
4. Stir in potatoes, if desired; bring to a boil. Reduce heat; continue simmering, uncovered, 5 to 7 minutes or until potatoes are tender, stirring occasionally. Season with salt and pepper, as desired.

Nutrition information per serving: 406 Calories; 98.1 Calories from fat; 10.9g Total Fat (3.5 g Saturated Fat; 0.3 g Trans Fat; 2.5 g Polyunsaturated Fat; 4.5 g Monounsaturated Fat;) 105 mg Cholesterol; 1487 mg Sodium; 31 g Total Carbohydrate; 1.6 g Dietary Fiber; 5.7 g Total Sugars; 45 g Protein; 0 g Added Sugars; 85.9 mg Calcium; 5.8 mg Iron; 532 mg Potassium; 5.3 mcg Vitamin D; 0.3 mg Riboflavin; 4.8 mg NE Niacin; 0.6 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 249 mg Phosphorus; 8.9 mg Zinc; 64.7 mcg Selenium; 110.6 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Potassium, and Phosphorus.

Beef French Dip with Au Jus

Slow-cooked beef Brisket has never tasted so good. Sliced thin and stacked on a hoagie roll, you almost don't need the au jus. Almost.

Recipe time: 4 hours

Makes 10 servings

- 3 pounds beef Brisket Flat Half
- 2 tablespoons vegetable oil
- 2 large sweet onions, cut into 1/4-inch slices
- 2 cups reduced-sodium beef broth
- 2 tablespoons reduced-sodium soy sauce
- 1 package (1-1/4 ounces) dry onion soup mix
- 1 teaspoon minced garlic
- 8 to 10 French rolls, split, toasted
- Sliced provolone or Swiss cheese (optional)



1. Cut beef Brisket Flat Half into 3 to 4 pieces. Heat oil in stockpot over medium heat until hot. Place beef brisket in stockpot; brown pieces evenly. Remove brisket from stockpot; set aside.
2. Add onions to stockpot; cook on low heat 18 to 22 minutes until lightly caramelized, stirring occasionally. Add broth, soy sauce, soup mix and garlic. Return brisket to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork-tender.

Cook's Tip: Beef brisket can be cooked, covered, in an oven preheated to 325°F for 2-1/2 to 3 hours or until brisket is fork tender.

3. Remove brisket; keep warm. Skim fat from cooking liquid. Carve brisket against the grain into very thin slices. Divide brisket evenly among rolls and top with prepared onions. Top with cheese, as desired. Close sandwiches.

Cook's Tip: After carving, beef can be returned to cooking liquid and kept warm over low heat until ready to serve, if desired.

4. Serve sandwiches with cooking liquid on the side for dipping.

Nutrition information per serving: 385 Calories; 126 Calories from fat; 14g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 94 mg Cholesterol; 790 mg Sodium; 30 g Total Carbohydrate; 2.1 g Dietary Fiber; 37 g Protein; 3.7 mg Iron; 5.9 mg NE Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 6.9 mg Zinc; 29.4 mcg Selenium; 113.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.

Beef Green Chili

This soul-warming chili is simple to prepare. Using leftover beef Brisket, add onion, jalapeno peppers, garlic, chilies and tomatoes, then simmer to deepen the chili's rich flavors.

Recipe time: 40 minutes

Makes 4 servings

- 12 ounces cooked (leftover) beef Brisket, cubed or shredded (about 2-1/2 cups)
 - 1 teaspoon olive oil
 - 1 medium yellow onion, chopped
 - 1 large jalapeño pepper, seeded, chopped
 - 4 cloves garlic, minced
 - 3 cups canned diced green chiles
 - 1 can (14.5 ounces) fire roasted diced tomatoes, undrained
 - 2 tablespoons dairy sour cream
 - Toppings (optional): Dairy sour cream, tortilla chips, shredded Cheddar cheese, chopped avocado or guacamole
1. Heat oil in stockpot over medium heat until hot. Add onion, jalapeño pepper and garlic; cook 5 to 7 minutes or until onion is tender, stirring occasionally.
 2. Stir in beef Brisket, chiles and tomatoes; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat. Stir in 2 tablespoons sour cream.
 3. Garnish with additional sour cream, tortilla chips, cheese, avocado or guacamole, if desired.



Beef Enchilada Soup

Conceived by rancher and blogger, Debbie Lyons-Blythe, this recipe is expertly tested while staying true to those homespun flavors.

Total recipe time: 4 hours 20 minutes

Makes 8 servings

- 2 pounds Ground Beef (93% lean or leaner)
 - 2 cans (14-1/2 ounces each) reduced-sodium beef broth
 - 1 can (28 ounces) crushed tomatoes
 - 1 can (19 ounces) mild enchilada sauce
 - 1 can (15 ounces) black beans, drained and rinsed
 - 1 can (15 ounces) kidney beans, drained and rinsed
 - 1 can (15 ounces) sweet corn, drained
 - 1 can (4 ounces) diced green chilies
 - 2 packets (1 ounce each) taco seasoning mix
 - 8 sliced flour tortillas (1/4-inch strips)
 - Garnishes: shredded cheese, sliced avocado, sour cream, taco seasoning (optional)
1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 12 to 15 minutes, breaking into 1/2-inch crumbles and stirring occasionally.



Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Transfer beef into 4-1/2 to 5-1/2-quart slow cooker; add all other ingredients. Cover and cook on HIGH 2 hours or LOW 4 hours until flavors are blended. Garnish soup with tortillas, cheese, avocado, sour cream and taco seasoning, as desired.