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# Chef's Recipes



## Beef Base

# Volume 2



www.soupbase.com

## About the Recipes

We hope you enjoy these recipes.

Remember, they are only a

**MAKE THEM YOUR OWN!!**

If there's an ingredient you dislike, **replace it**.

If there's one you really like, **add more**.

**Substitute** any ingredients with similar ingredients you have on hand.

Cutting down on fat? **Substitute** a "fat-free" cooking spray for butter or oil, "Fat-Free" Half & Half, (Land O' Lakes) for regular, Evaporated Skim Milk for heavy cream, skim milk for whole milk etc.

Create memorable meals  
with Minor's.

**HAPPY COOKING !!**  
Heidi & David



## **BEEF ROAST RUB** (yields 12 oz)

1	cup	<b>Minor's® Beef Base</b>
1/3	cup	Olive oil
1/4	cup	Black pepper, coarse ground
2	tbsp	Garlic fresh, chopped

In a bowl, combine Beef Base, oil, garlic and pepper. Mix with spoon until well blended. Massage paste to all sides of a beef roast before cooking. Use approximately 1 to 1-1/2 tbsp of rub per pound of beef.

## **RED SNAPPER SOUP** (serves 9)

3	tbsp	Butter, salted
1 1/4	cups	Green Bell Peppers, medium diced
1	cup	Onions, medium diced
4 1/4	cups	Water hot
1 1/2	tbsp	<b>Minor's® Fish Base</b>
1 1/2	tbsp	<b>Minor's® Beef Base</b>
1 1/2	cups	Potatoes, medium diced
7.5	oz	Tomatoes, canned, in puree
10	oz	Red snapper, raw, medium diced
2	tbsp + 2 tsp	Cornstarch
1/4	cup + 2 tbsp	Sherry, dry pale

In a sauce pot, melt butter or margarine. Add garlic; sauté 1 minute. Add peppers, celery and onions; sauté 4 minutes. Add water, Fish Base, Beef Base, potatoes and tomato purée. Heat to boiling, stirring constantly. Reduce heat and gently boil 8 minutes, stirring occasionally. Add fish and heat to boiling. Reduce heat and gently boil 5 minutes, stirring occasionally. In a bowl, combine cornstarch and sherry into a smooth slurry, using a wire whip. Gradually pour the slurry into the boiling liquid, stirring constantly. Reduce heat and gently boil 2 minutes, stirring occasionally.

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## Chef's Secrets for Delicious Results

- A) For **MORE FLAVOR LESS SALT**; replace salt with 2 times amount of Base. (e.g. omit 1 tsp. salt; replace with 2 tsp. Base.) Bases are highly concentrated; USE LEVEL MEASURES.
- B) Replace bouillon cube(s) in any recipe with ½ tsp. Base for more natural flavor & less salt.
- C) Blend Base into any recipe easily by dispersing in any liquid called for in the recipe; i. e., water, milk, eggs, mayonnaise ...
- D) To enhance soup stock: Add 1 Tbsp. Base per quart of water. For full flavored stock or broth: see directions on container.
- E) Rice, grains, beans, vegetables: Add 1 tsp. Base to every 1½ cups boiling water used in cooking.
- F) For cooked rice, beans, grains or vegetables: Add ½ tsp. per cup as a seasoning or as a finishing touch to flavor. Dissolve in small amount of water first, stir or toss.
- G) Marinades made easy: Add Base to olive oil, red wine vinegar, garlic & black pepper; marinate 1 hour. Use 1 tsp. Base per ¼ cup water or vegetable oil.
- H) Fully seasoned rubs: Add 1 Tbsp. Base & choice of herbs to ½ cup oil. Rub on skin & meat before grilling, broiling or sautéing to replace salt.
- I) A flavorful baste: Combine 1 tsp. Base with ¼ cup oil for each lb. of meat. Baste throughout cooking process.
- J) Breading: 1) Rub meat with softened (in water or oil) Base at 2 tsp. per lb. of meat. Then dust with combination of flour, bread crumbs and seasonings. 2) Mix Base into breading mixture with electric mixer and coat.
- K) Sandwiches, dips & appetizers: Blend 1 tsp. Base per cup of mayonnaise or 1 tsp. per 8 oz. sour cream or cream cheese.
- L) Pasta Sauce: Add 1 tsp. per cup for enhanced flavor.
- M) Compound butters: Blend 1 tsp. per ½ cup softened, unsalted butter. Add herbs of choice.
- N) Poaching: Add 1 Tbsp. Base per qt. of water with an acid ( wine, lemon juice or vinegar) to retain meat juices. Do not allow liquid to boil when poaching. Boiling toughens meat.
- O) Roasting: Season with Base & oil. Cook at high temp. for short time, then lower temp for longer time. This allows meat to caramelize outside for flavor, while remaining tender & juicy inside.
- P) Ground meats: Add base to ground meat before grilling or baking at 2 tsp. per pound.
- Q) Potatoes: Mashed/ Twice Baked: 1½ to 2 tsp. Chicken Base per lb.
- R) Bread & Rolls: Omit salt. Add 1 Tbsp. Base per every 4 cups flour.
- S) Stuffing: Disperse ½ tsp. Base (in liquid) per cup of stuffing. Be sure stuffing is cool before stuffing meat. Never stuff raw meat until ready to cook.
- T) Pizza crust: Dilute Chicken/Garlic Base in olive oil, add Parmesan cheese & herbs of choice and brush on prior to baking.
- U) Replace salt in scrambled eggs, egg whites or egg substitute, omelets or quiche with ¼ tsp. any flavor Base per egg. (dissolve Base in 1 tsp. warm water before adding)

## PASTA FAGIOLI (Yields 1 quart) (serves 4)

1	tsp	Olive oil
1/2	cup	Onions small diced
1/2	cup	Carrots raw, sliced medium
1/4	cup	Celery sliced medium
2	cups	Water hot
4.5	tsp	<b>Minor's® Beef Base</b>
1	cup	Tomatoes medium diced
1	cup	Kidney beans, canned red, drained
2	tbsp	White wine
1/4	cup	Pasta shells small, dry
3	tsp	Tomato paste
1.5	tsp	Parsley, fresh chopped
1/4	tsp	Rosemary leaf, dried ground

In a 2 qt. saucepan, heat oil over medium high heat. Add onions, carrots and celery; sauté 4 minutes, stirring frequently. Add water, Beef Base, tomatoes, beans, wine, pasta, parsley and rosemary. Heat to boiling; reduce heat and gently boil 12 minutes, stirring occasionally, until vegetables and pasta are tender.

## ITALIAN SAUSAGE SOUP (serves 14)

10	oz	Italian sausage, pork, raw
1	tbs	Margarine or butter
1	tsp	Garlic powder or minced garlic
1	cup	Carrots raw, medium diced
1	cup	Celery small diced
1/2	cup	Onions small diced
1/4 cup	1 tbsp	<b>Minor's® Beef Base</b>
1 1/2	qt	Water hot
1	qt	Tomatoes, canned with juice crushed in purée
1 1/2	cups	Red Kidney beans, canned, drained
1	cup	Pasta shells, dry
1	cup	Zucchini halved, sliced
1	tsp	Oregano, dried
1	tsp	Basil leaf, dried
1/2	tsp	Chervil, dried
1/4	tsp	Black pepper, ground

In a skillet, cook sausage 7-10 minutes until lightly browned, stirring frequently to break into small pieces. Drain and discard fat. Set aside. In a separate skillet, melt margarine or butter. Add garlic, carrots, celery and onions. Sauté 3-5 minutes. Add Beef Base, water, tomatoes, kidney beans, pasta shells, zucchini, oregano, basil, chervil, pepper and cooked sausage. Heat to boiling. Reduce heat; gently boil 15-20 minutes until pasta and vegetables are tender.

### **SOUTHWESTERN DIRTY RICE** (serves 12)

1/2	tbsp	Olive oil
1/2	cup	Onions, chopped fine
3/4	tbsp	Garlic, dried, minced
1/2	cup	Long grain white rice, dry
4 3/4	cups	Water
1/2	tbsp	<b>Minor's® Beef Base</b>
1/4	tsp	Allspice, ground
2 tbsp + 2 tsp		Taco seasoning mix
15	oz	Black beans, canned in sauce, heated

In a 8 qt. sauce pot, heat oil over medium high heat. Add onions and garlic; sweat 3-4 minutes. Add rice. Stir frequently until rice is translucent. Add water, Beef Base and allspice. Heat to boiling over medium high heat. Cover, reduce heat and gently boil 13-15 minutes or until rice is cooked. Add taco seasoning and black beans. Blend well.

### **SMOKED SAUSAGE & LENTILS** (Serves 11)

6	cups	Water
1/8	cup	<b>Minor's® Beef Base</b>
1/2	lb	Pork sausage
1	lb	Lentils dry, cleaned and rinsed
1/2	cup	Onions medium diced
1/2	cup	Celery small diced
1/4	tsp	Asian Chilli sauce
1/8	tsp	White pepper, ground

In a sauce pot, combine water, Beef Base, sausage, lentils, onions and celery. Heat to boiling, stirring occasionally. Reduce heat; add hot pepper sauce and white pepper. Gently boil until lentils are tender, approximately 40 minutes. Remove sausage. Slice 1/2" thick for garnish.

### **WESTERN STYLE BBQ SAUCE** (serves 18)

1/8	cup	Bacon ends and pieces small diced
1/8	cup	Margarine or Butter
1	tbsp	Vegetable oil
1/4	cup	Onions chopped fine
2	cups	Water lukewarm
2	cups	Ketchup
1/8	cup	Worcestershire sauce
1 3/8	oz	<b>Minor's® Beef Base</b>
2	tbsp	Brown sugar
3/4	tsp	Barbeque Seasoning
1/2	tsp	Asian Chilli sauce

In a 4 qt. sauce pot, cook bacon until browned, approximately 3 minutes. Add margarine or butter, vegetable oil and onions. Sauté 3-5 minutes. Add water,

### **BRAISED BEEF BRISKET** (serves 7)

1	ea.	Beef brisket
2	tbsp	<b>Minor's® Beef Base</b>
20	gr	as needed, Vegetable oil, blended
2	ea.	Tomatoes washed, halved, seeded, rough chopped
1	cup	Onions diced
3/4	cup	Carrots diced
1/2	cup	Celery diced
10	piece	Peppercorn black, whole
2	ea	Bay leaves
1	cup	Red wine
2	cups	Water

Completely rub the brisket with the Minor's Beef Base. In a hot, heavy bottomed rondeau, add 2 Tbsp. vegetable oil and sear the brisket on all sides. Remove the brisket. Add the tomatoes, onions, carrots, celery, peppercorns and bay leaves to the rondeau. Sauté lightly. De-glaze with the wine and replace the brisket back into the rondeau. Add the water and cover tightly with a lid. Place in a 350°F oven and bake for 2 hours. Braise until tender. Remove the brisket and let rest. Reduce the braising liquid by one third. Check seasonings. Slice and serve.

### **GAZPACHO SOUP** (serves 16)

4	cups	Water hot
2.5	oz	<b>Minor's® Beef Base</b>
3	cup	Breadcrumbs, fresh crust removed
4	cups	Tomato juice
1/2	cup	Red wine vinegar
6	tbsp	Corn oil or Olive oil
3	tsp	<b>Minor's® Roasted Garlic Flavor Concentrate</b>
4	cups	Tomatoes peeled, seeded, small diced
8	oz	Cucumbers peeled, seeded, small diced
5	oz	Green Bell Peppers small diced
4	tbsp	Onions fine diced

In a sauce pot, dissolve Beef Base in hot water, mixing well. Add bread crumbs, mixing well until well blended. Add tomato juice, vinegar, oil, Roasted Garlic, tomatoes, cucumbers, green peppers and onions, mixing well. Chill. Stir before serving.

### **MINI KOBE SLIDERS** (serves 16)

1	lb	Beef, ground Kobe beef
1.5	tsp	<b>Minor's® Beef Base</b>
1.5	cup	Breadcrumbs, fresh or Panko
16	ea	Brioche buns or Kings Hawaiian Sweet Rolls, cut in half

In a bowl, combine beef, Beef Base and panko. Mix until well blended. Using a #30 ice cream scoop, portion beef mixture. Flatten scoops of beef to form miniature patties. Grill burger to desired wellness. Place on pre-cut buns. Serve warm with your choice of garnishes or condiments.

## **BEEFY ROASTED STEAK POTATOES** (serves 10)

1/2	cup	Olive oil
1/4	cup	<b>Minor's® Beef Base</b>
2	tbsp	Vinegar, balsamic
2	tsp	Black pepper, coarse ground
2	tsp	Thyme, fresh chopped
3	lb	Potatoes Yukon gold, large dice
2	cups	White onions large dice
3	cups	Mushrooms white, quartered
4	each	Garlic cut in half

In a bowl, combine oil, Beef Base, vinegar, pepper and thyme; mix with a wire whip to form paste. Add potatoes, onions, mushrooms and garlic; toss to coat. Pour mixture onto a sheet pan and spread into an even layer. Place sheet pan into a preheated 400°F convection oven. Bake for 15 minutes; remove and toss potatoes, return to oven. Continue to bake until golden brown and potatoes are soft in center; about 15 minutes.

## **SOUTHWEST STYLE TACO SOUP** (serves 6)

1/4	cup	Bacon small diced
10	oz	Beef, ground chuck or lean ground beef
1/2	cup	Onions medium diced
1.5	cups	Lettuce, iceberg, medium diced
1/4	cup	All purpose flour
3/4	tsp	Chilli powder
1/2	tsp	Cumin, ground
5	dash	Red pepper, ground
3	cups	Water hot
3	tsp	<b>Minor's® Beef Base</b>
1	cup	Red Kidney beans, canned drained
1/2	cup	Tomatoes, canned, in puree
1/2	cup	Tomatoes medium diced
1/4	tsp	Granulated sugar
1/8	tsp	Red pepper sauce

In a 4 qt. sauce pot over medium high heat, sauté bacon until crisp, stirring frequently. DO NOT DRAIN FAT. Add beef and onions, sauté until meat is browned, approximately 7 minutes. Add lettuce; continue to sauté 2-3 minutes. Blend in flour, chili powder, cumin and pepper. Cook 2-3 minutes, stirring constantly. Add water, Beef Base, kidney beans, tomatoes, sugar and pepper sauce; mix well. Heat to boiling, stirring constantly. Reduce heat and gently boil 5 minutes, stirring occasionally. Garnish with sour cream and shredded cheddar cheese.

## **AUTHENTIC STUFFED GRAPE LEAVES** (serves 25)

1/2	cup	Long grain white rice dry
1/2	lb	Beef sirloin steak ground
25	ea	Grape leaves
3/4	tbsp	<b>Minor's® Beef Base</b>
3/4	cup +3	tbsp Tomato paste
1/2	cup	Tomato Sauce, canned
3	ea	Lemons whole, cut into wedges for garnish (optional)

If using fresh leaves, soak in cold water to eliminate excess salt. Use large bowl and change water twice. Overnight soaking gives best results. Set aside until ready to begin wrapping. Stuffing mixture: In a large bowl, combine uncooked rice, ground sirloin and tomato paste. Mix thoroughly by hand until all ingredients are combined. Use gloves when mixing. Place grape leaf on cutting board. Flatten and smooth out. Place approximately 1 tsp. of stuffing mixture on center of leaf. Pat down mixture. Wrap sides of leaf toward center and tuck. Roll leaf (3 fold) around mixture until covered. Leaf should be wrapped tightly. Repeat process until all leaves are wrapped. Using an 8 qt. sauce pot, layer wrapped leaves in pot. Over medium heat, add tomato sauce, Beef Base and water to stuffed leaves. Add enough water so that leaves are just covered. Cook for approximately 45 minutes. Do not bring to rapid boil. When cooking is complete, let stand for 10 minutes. Using a slotted spoon, remove each leaf and place on serving platter. Layer from outside to center. Lemon wedges may be used for garnish in center of platter. May be served hot or cold.

## **BEEF TIPS in YOGURT SAUCE** (serves 16)

6	tsp	Canola oil
2.5	lb	Beef loin trimmed, cut in 1" cubes
1	lb	Mushrooms quartered
3	cups	Onions, medium diced
2	cups	Green Bell Peppers medium diced
2	tsp	Paprika, mild
1	tsp	Garlic minced
10	cups	Water, hot
2.5	oz	<b>Minor's® Beef Base</b>
1.5	oz	<b>Minor's® Vegetable Base</b>
2	cups	Water lukewarm
1	cup	<b>Minor's® Dry Roux® (Sauce/Soup Thickener)</b>
1/2	cup	Yogurt, plain, low fat

In a sauce pot, heat oil. Add beef; sauté and stir until browned, about 8 to 10 minutes. Add mushrooms, onions, peppers, paprika and garlic; sauté 5 minutes. Add water, Low Sodium Beef Base and Low Sodium Vegetable Base. Heat to boiling. Reduce heat and gently boil 15 minutes or until beef is tender, stirring occasionally. In a bowl, blend water and Dry Roux into a smooth slurry using a wire whip. Gradually pour the slurry into the boiling liquid, stirring constantly. Heat to boiling, stirring frequently. Reduce heat and gently boil 2 minutes, stirring occasionally. Add yogurt, mixing well. DO NOT BOIL.

### **MARINATED BEEF STRIPS** (serves 8)

1	tblsp	Red wine vinegar
1.5	tsp	Olive oil
1/2	tsp	Water
1.5	tsp	<b>Minor's® Beef Base</b>
1/2	tsp	Garlic fresh, minced
1/2	tsp	Black pepper, ground
8	oz	Beef sirloin steak cut in 1 inch strips

In a bowl, combine vinegar, olive oil, water, Beef Base, garlic and pepper. Stir until well blended. Add beef strips to marinade, mixing well. Marinate beef under refrigeration for 2-3 hours.

### **KOREAN STYLE BEEF and ONION SOUP** (Serves 11)

1	tblsp	Vegetable oil
1	cup	Onions Spanish, small diced
1/2	cup	Scallions bias cut
1/2	gal	Water
2 tblsp + 2 tsp		<b>Minor's® Beef Base</b>
1/2	cup	<b>Minor's® Chile Garlic Sauce RTU</b>
1/2	cup	Tomatoes large diced
1/2	tsp	Sesame seed oil
3/4	lb	Beef top round, julienne cut

In a sauce pot, heat oil. Add beef; sauté until brown. Add Spanish onions and scallions/green onions; sauté until soft, approximately 2-3 minutes. Add water, Beef Base, Chile Garlic RTU Sauce and tomatoes. Heat to boiling. Reduce heat and gently boil 5 minutes, stirring occasionally. Finish with sesame oil.

### **BEEFY GARLIC RISOTTO** (serves 10)

4	cups	Water
3	tsp	<b>Minor's® Beef Base</b>
3	tsp	<b>Minor's® Roasted Garlic Flavor Concentrate</b>
2	tblsp	Butter, unsalted
12	oz	Arborio rice par cooked
1/2	cup	Sherry, sweet
2	tblsp	Parmesan cheese
	dash	Black pepper, ground

Prepare cooking liquid by combining water, Beef Base and Roasted Garlic Flavor Concentrate together. Prepare risotto in traditional fashion utilizing the butter, sherry and cooking liquid. Finish and season risotto with salt and pepper and Parmesan cheese.

### **POTATO, BEEF and PEPPER PIE** (yields 2 9" pies)

2		Pie crust, unbaked
1/4	cup	Margarine or butter
1 1/2	cups	New potatoes, peeled small diced
1/2	lb	Beef, ground cooked, drained
1/2	cup	Green Bell Peppers small diced
1/2	cup	Red bell peppers small diced
1	cup	Onions, small diced
3/4	qt	Half and half cream
8	ea	Eggs, large
2 tblsp + 2 tsp		<b>Minor's® Beef Base</b>
1/2	cup	Parmesan cheese, grated
1	tsp	Parsley, fresh chopped
1/4	tsp	White pepper, ground

Pre-bake pie shells in a 350°F conventional oven for 12-15 minutes. In a skillet, melt margarine or butter. Add potatoes, beef, green peppers, red peppers and onions; sauté 5-7 minutes. In a bowl, combine cream, eggs, Beef Base, cheese, parsley and pepper, mixing until well blended. Add sautéed ingredients, mixing well. Pour into pie shells; bake in a 350°F conventional oven for 40-45 minutes.

### **BEEF TENDERLOIN TIP KEBABS with TERIYAKI SAUCE** (serves 12)

22	oz	Beef loin, Tips
1	tblsp	Olive oil
1/2	tsp	<b>Minor's® Beef Base</b>
1	pkg	Mushrooms white, large, cleaned, stemmed, cut in half
1	large	Red onion, skinned, thin wedge, root end intact
1	each	Red bell pepper, washed, seeded, large dice
1-1/3	cup	<b>Minor's® Teriyaki Sauce</b>
1	each	Pineapple, cleaned, cubed
6	cups	Baby leaf spinach, washed, cleaned

Marinate the tenderloin tips in 1 Tbsp. olive oil and Beef Base. Pre-roast the mushrooms, onions and pepper in 1 Tbsp. olive oil to soften them up, approximately 2 minutes. Assemble the kebabs on pre-soaked wooden skewers with a beef tip, pineapple, mushroom, onion, pepper, pineapple and beef tip. While grilling on high heat, brush with the Teriyaki Sauce as needed. Cook beef to medium rare.

## **VIETNAMESE BEEF PHO** (yield ½ gallon)

8	cups	Water
2 tbsps + 2 tsp		<b>Minor's® Beef Base</b>
1/2	cup	Onions julienne
1/2	tbsp	Ginger, root, dried or fresh, sliced
1	piece	Lemon Grass, fresh bruised with back of knife
1		Cinnamon stick
2	tbsp	Peppercorn black, whole
1 ½	tbsp	Fish sauce
1		Rice noodle, raw 8 oz. pack, cooked
1/2	lb	Beef, topside, top sirloin, cut into thin slices
1/2	cup	Bean sprouts
1/2	cup	Mint, fresh leaves
1/2	cup	Basil leaves, fresh
1/8	cup	Cilantro fresh, leaves
1/8	cup	Chili pepper, Jalapeño fresh, sliced
1		Limes cut in wedges

In a large soup pot, combine with water, Gluten Free Beef Base, onion, ginger, lemon grass, cinnamon stick, peppercorns and fish sauce. Bring to boil. Reduce heat and cover. Simmer 1 hour. Place equal portions of noodles into 16 large serving bowls. Place raw beef on top. Ladle hot broth over noodles and beef. Garnish each bowl with bean sprouts, mint, basil, cilantro, limes and jalapeno's. Serve hot.

## **MEXICAN PIE** (Yields 1 9" pie)

1	lb	Beef, ground chuck
¾	cup	Onions, medium diced
2.5	tbsp	All purpose flour
2	tbsp	Chilli powder
1	tsp	<b>Minor's® Beef Base</b>
1	tsp	<b>Minor's® Roasted Garlic Flavor Concentrate</b>
0.5	tsp	<b>Chef's Ingredient Roasted Onion</b>
2-1/2	tbsp	Water
1	cup	Monterey cheese shredded
3.5	oz	Bisquick® Mix
2	tbsp	Whole milk
3	large	Eggs
	dash	Asian Chilli sauce

In a skillet, combine ground chuck and onions. Brown meat. Drain fat.  
Taco Mix: In a small mixer bowl, combine flour, chili powder, Beef Base, Roasted Garlic Flavor Concentrate and Roasted Onion Flavor Concentrate. Mix for 5 minutes until well blended. Add taco mix and water to browned meat; mix well. Spread beef mixture into a lightly greased 9" pie plate. Top with cheese.  
In a bowl, combine Bisquick, milk, eggs and pepper sauce. Mix with a wire whip until smooth. Pour over cheese. Bake in a 350°F conventional oven for 20-25 minutes.

## **ISLAND SAUCE MARINADE/RUB** (yields 12 oz)

1	tbsp	Red onions, small diced
1	clove	Garlic, minced
1	tbsp	Red bell peppers small diced
1/4	ea	Chili pepper, Jalapeño sliced or 1/8 Habanero
1/4	cup	Mushrooms
1	tbsp	Olive oil
1/4	cup	Tomatoes, seeded, small diced
1/8	cup	All purpose flour
1/4	cup	Beer
1/2	tbsp	<b>Minor's® Beef Base</b>
2	cups	Water
1	tbsp	Tomato paste
1/4	tbsp	Cumin seeds, toasted, ground
1/2	tbsp	Allspice, ground
1	tbsp	Cilantro fresh, chopped
1/4	tbsp	Lime juice, fresh

In a sauce pot, heat olive oil. Add onions, garlic, red peppers, jalapeno's and mushrooms; sauté until onions are translucent. Add tomatoes; mix well. Add flour and cook approximately 5-7 minutes. Deglaze with beer. Let liquid reduce by half. Add Beef Base and water; bring to a boil. Add tomato paste; mix well. Add 1/2 Tbsp. cumin and allspice. Reduce heat to a simmer. Cook until the sauce is thick enough to coat the back of a spoon. Finish with cilantro and lime juice.

## **MEATLOAF** (makes 2 loafs)

1/4	cup	Margarine or butter
3 1/2	tbsp	Onions, small diced
1	cup	Water, hot
4	each	Eggs, large
1/4	cup	<b>Minor's® Beef Base</b>
1 1/2	cups	Breadcrumbs, fresh
4	lb	Beef, ground chuck

In a sauté pan, melt margarine or butter. Add onions; sauté 3-5 minutes. Set aside. In a bowl, combine water and eggs. Beat with a wire whip until well blended. Add Beef Base and bread crumbs, mixing until well blended. Add ground chuck and sautéed onions, stirring until well blended. Place mixture into a lightly greased (5"x9") loaf pan. Bake in 375°F conventional oven 45-50 minutes.