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Chef's Recipes

For



Beef Base

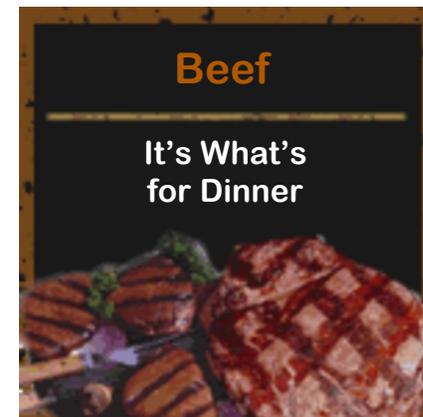
and

Veal Base



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DISCLAIMER: Allserv, Inc. assumes no responsibility for the accuracy or flavor of the recipes contained in this booklet or supplied in other formats. We have reduced many of the recipes from restaurant quantities to family size and strive for the best possible results. We have prepared and personally tested over 90% of the recipes we include with your orders and made adjustments we felt necessary. Thank you and HAPPY COOKING!!

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)

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

Veal Shanks Milanese (Osso Bucco)

2-3	lb	Veal Shanks Tied W/ String Around Outside
3/4	tsp	Veal Base (sub ½ chicken, ½ beef)
1/4	C	All-Purpose Flour
1	Tbsp	Olive Oil
1	tsp	Olive Oil
1	C	Onions, diced small
1/2	C	Carrots, diced small
1/4	C	Celery, diced small
2	cloves	Minced garlic
1/4	tsp	Ground marjoram
1	C	Hot water
2	tsp	Veal Base (sub ½ chicken , ½ beef)
6	Tbsp	Crushed tomatoes In puree
1/4	C	Pale dry cocktail sherry
1 1/2	tsp	Fresh parsley -- chopped fine
3/4	tsp	Orange rind, grated
1/4	tsp	Lemon rind, grated

Rub shanks with 3/4 tsp Veal Base. Dredge veal in flour; coat well. Set aside. In frying pan, heat 1 Tbsp oil over medium heat until hot. Place veal in pan, bone side up. Brown on all sides, about 30 minutes, transfer to roasting pan. In same frying pan, stir 1 tsp oil, onions, carrots, celery, garlic and marjoram. Sauté over medium heat 5-7 min., stirring often. Set aside. In saucepan, combine water, 2 tsp Veal Base, Garlic Base, crushed tomatoes, sherry, parsley, and rinds. Add vegetables. Heat to boiling over medium heat; simmer 5 min, stirring occasionally. Pour over veal. Cover and bake 375°F - 1 1/2 - 2 hrs, until veal is tender. Remove string. Serve with 1/4 C sauce. For the perfect accompaniment to this dish try... Serves 4

Peas and Panchetta:

2	Tbsp	Olive oil
1/3	C	Panchetta, diced small
1/3	C	Onion, diced small
2	tsp	Garlic, minced
2	C	Peas, fresh or frozen
1	tsp	Fresh parsley, chopped
		Fresh ground black pepper to taste
1	C	Water
1	tsp	Chicken Base

In skillet heat oil until hot but not smoking. Add panchetta, saute until almost crisp. Remove. Add onions and garlic to pan, saute until soft. Add peas, stirring gently to coat, saute 3-4 minutes. Combine water and Base, add to pan with panchetta. Boil, reduce heat. Simmer 20-30 minutes, reducing liquid by 1/2. Garnish with parsley. Serve

Veal Paprikash

1/2	C	Vegetable oil
3 1/2	Tbsp	Veal Base (sub ½ chicken. ½ beef)
2	lb	Veal, 1" cubes
2	qt	Onions,diced fine
6	Tbsp	Hungarian Paprika
11/4	qt	Water
1/2	C	Tomato paste
1	C	Sour cream

In a bowl, combine oil and Veal Base, mix well. Add veal. Marinate in refrigerator for at least 30 minutes. In a heavy pan over high heat, sear veal for 10 minutes. Reduce heat to medium high. Add onions and paprika; cook 10 minutes, stirring occasionally. Add water and tomato paste. Cook 1 hour stirring occasionally. Add sour cream, mix well. Serve with spaetzle or noodles. Serves 16

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ATTENTION VEAL BASE RECIPE USERS

Since Minor's has discontinued manufacturing veal base at the present time we wanted you to have a substitute. The chef's at Minor's say that if you combine ½ beef base with ½ chicken base you will create a flavor that is the best substitute for veal flavor.

Beef & Macaroni With Tomatoes

2	C	Elbow macaroni
1	lb	Ground chuck
2	Tbsp	All-purpose flour
3	C	Hot water
2	Tbsp	Beef Base
1	Can	Tomatoes crushed in puree (28 oz.)
1/2	C	Onions, diced medium
2	Tbsp	Sugar

Cook macaroni per pkg directions. Drain. In saucepot over medium high heat, cook beef until browned, 10 min, stirring constantly. Don't drain fat. Add flour, mixing well. Cook 2 minutes, stirring occasionally. Add water, Beef Base, tomatoes, onions and sugar, mix well. Heat to boiling over medium high heat, stirring constantly; reduce heat; gently boil 25-30 minutes stirring occasionally. Add macaroni. Heat through, stirring occasionally. Serves 6

Veal Swiss Style

2	lb	Veal Tenderloin, sliced thin
1/2	C	Flour
4	Tbsp	Clarified Butter (1 Stick)
1	C	White wine
1	Tbsp	Veal Base (sub ½ chicken, ½ beef)
3/4	C	Onion, chopped fine
1	C	Mushrooms, sliced
2	C	Heavy cream or evaporated skim milk
1 1/4	C	Water
2	Tbsp	Olive oil

Dust veal with flour. Saute in olive oil, turning once. Remove; put into strainer over a bowl to reserve veal juices. Saute mushrooms and onions in 1/2 of clarified butter. Put in strainer with veal. In same saute pan add rest of clarified butter, heat; add 1 1/2 Tbsp flour. Cook 1 minute. Add wine; cook 1 more minute. Add Veal Base dissolved in water, cook 3 min. Add cream; cook 3 min more. Add juice from veal and mushrooms; boil 1 min. Add veal, mushrooms and onions, heat through. Serve immediately over noodles, spaetzle or rice. Serves 6

Beef Sauce Nicole For Pasta

2	C	Water
4	tsp	Beef Base
1/4	C	Butter, unsalted
2	Tbsp	Red wine vinegar
4	tsp	Tomato paste
1	clove	Garlic, chopped
1/2	tsp	Worcestershire sauce
1	tsp	Ground mustard
1/4	tsp	Black Pepper, coarse ground
1/2	C	Water
1/2	C	Sour cream
2	Tbsp	Cornstarch

In sauce pot, heat water, Beef Base, butter, vinegar, tomato paste, garlic, Worcestershire, mustard and pepper to boiling over medium high heat, stirring occasionally. In bowl, whisk water, sour cream and cornstarch until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 5 minutes, stir occasionally. Serves 8

Veal Sauce - Hunter Style

3	Tbsp	Margarine Or butter
1/4	C	All-purpose flour
1 3/4	C	Hot water
2 1/2	tsp	Veal Base (sub ½ chicken, ½ beef)
2	Tbsp	Tomato sauce, no salt added suggested
2	Tbsp	Sauterne wine
1 1/2	tsp	Parsley, fresh, chopped fine
3/4	tsp	Tarragon, dried

In saucepan, melt butter over medium heat. Add flour, stirring with whisk until well blended, evenly cooked and bubbly, 2-3 minutes. Add water, Veal Base, tomato sauce, wine, parsley and tarragon, blend with wire whisk. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Reduce heat; simmer 3-5 minutes, stirring often. Serves 8

Veal Style Hungarian Goulash Soup

2	tsp	Vegetable oil
3/4	C	Onion -- finely chopped (1 Medium)
2 3/4	C	Hot water
1	Tbsp	Veal Base (sub ½ chicken, 1 ½ beef)
3	cloves	Garlic minced
4	oz	Veal, well trimmed, diced small (3/4 C)
1	Tbsp	Tomato paste
1	Tbsp	Paprika
1/8	tsp	Dried leaf marjoram or oregano, crushed
1/8	tsp	Caraway seed, crushed
1/4	C	Minor's Sauce/Soup Thickener -- (Dry Roux®)
1/2	C	Lukewarm water
1	C	Potatoes, new, waxy, red, diced medium
2	Tbsp	Cultured sour cream

In saucepan, heat oil over medium heat. Add onion and garlic (if using cloves); saute 5-7 minutes, until lightly browned. Stir in water, Garlic Base, Veal Base, veal, tomato paste, paprika, marjoram and caraway seed. Heat to boiling over medium heat. Reduce heat; simmer 45 minutes, loosely covered, stirring occasionally, until veal is tender. In small mixing bowl, whisk Roux with water until smooth. Gradually add to hot mixture, mixing vigorously. Heat to boiling over medium heat, stirring constantly. Boil and stir 1 minute. Add potatoes. Simmer 15-20 minutes, loosely covered, until potatoes are tender. Blend sour cream with 1 C hot soup. Add mixture to soup whisking vigorously. Garnish with fresh parsley. Serves 4

Beef & Veal Gravy

3 1/2	Tbsp	Butter
3 1/2	Tbsp	Flour, all-purpose
2	C	Water, hot
1	Tbsp	Beef or Veal Base (sub ½ chicken, ½ beef)

In a sauce pot melt butter. Whisk in flour. Cook 2 minutes, stirring constantly. Add water and Beef or Veal Base, mixing well with whisk. Heat to boiling; reduce heat and gently boil 2 minutes, stirring occasionally. Serves 10

Veal Meatball Stroganoff

1	lb	Veal, ground
1/8	C	Water, hot
1½	tsp	Veal Base (sub ½ chicken, ½ beef)
2	Tbsp	Onions, finely diced
5	Tbsp	Bread crumbs, seasoned, dry
	Dash	White pepper, fresh ground

STROGANOFF SAUCE:

1/2	oz	Butter or margarine
1/4	C	Onions -- finely diced
1	C	Fresh mushrooms, sliced 1/8" thick
2 3/4	C	Hot water
1	Tbsp	Veal Base (sub ½ chicken, ½ beef)
1/2	tsp	Minor's Mushroom Base
2	Tbsp	Marsala wine
1/2	C	Minor's Dry Roux mixed into 1/2 cup lukewarm water
1/4	C	Sour cream

Medium wide egg noodles or spaetzle to serve with meatballs and sauce

MEATBALLS: In mixing bowl, dissolve Veal Base in hot water, mixing well. Add veal, onions, 1 Tbsp crumbs and pepper. Mix LIGHTLY only until well blended. Form meatballs; roll in 1/4 C crumbs to coat lightly. Place meatballs in baking pan (use cooking spray if desired.). Bake at 400°F 15-20 minutes. Serve with Stroganoff Sauce immediately or cover with Sauce and bake 10 more minutes. Makes 16 (1 oz.) meatballs.

STROGANOFF SAUCE: In sauce pot, melt butter over medium heat. Add onions and mushrooms. Saute 2-3 minutes. Stir in water, Bases, wine and a browning aid, if desired. Heat to simmer over medium heat, stirring occasionally. In small bowl, blend Dry Roux® with water until smooth with whisk. While stirring vigorously with whisk, pour into hot liquid. Heat to boiling over medium heat. Boil and stir 1 min. Remove. Blend sour cream with small amount of hot mixture. Add conditioned sour cream to sauce; stir until well blended. Pour over meatballs. Serves 6

Veal Ragout

1/4	C	Flour, all-purpose
11/2	tsp	Paprika
11/2	lb	Veal shoulder, cut in 1" cubes
1/8	C	Vegetable oil
1	C	Onions, celery and carrots each, diced medium
1	Qt	Hot water
2	Tbsp	Veal Base (sub ½ chicken, ½ beef)
1/8	C	Tomato paste
¼	C	Burgundy wine
6	Tbsp	Minor's Dry Roux® - mixed into ½ cup lukewarm water

Mix flour and paprika in shallow pan. Dredge veal, coating well. In sauce pot, heat oil over med-high heat. Saute/stir veal 5-10 min. until browned. Stir in onions, celery and carrots. Saute 5 min more. Add water, Veal Base and tomato paste; mix well. Heat to simmering over med-high heat. Simmer 1 hour, stirring occasionally. Add wine for last 10 min. of cooking. In small bowl, blend Roux with water until smooth, using whisk. While stirring vigorously, gradually pour into hot liquid. Heat to boiling over medium heat, stirring often. Boil and stir 1 min. Garnish with parsley. Serves 8

Beef Mushroom Gravy

3½	Tbsp	Butter or margarine
1	C	Mushrooms, sliced thin
3½	Tbsp	Flour, all-purpose
2	C	Water
1	Tbsp	Beef Base

In saucepan over med-high heat, melt butter. Add mushrooms; saute 2 minutes. Blend in flour. Cook 2 minutes, stirring constantly. Add water and Beef Base, mixing well with wire whisk. Heat to boiling; reduce heat and gently boil 2 minutes, stirring occasionally. Yield 2 ½ cups

Black Beans Del Rio

1	Tbsp	Butter Or Margarine
½	C	Onions, diced small
¼	C	Celery, diced small
¼	C	Green Pepper, diced small
1	C	Water
1	tsp	Beef Base
2	Cans	Black Beans, (15 oz. each)
½	tsp	Red pepper sauce

In sauce pot over med-high heat, melt butter. Add onions, celery and green pepper; saute 5 minutes. Add water, Beef Base and beans. Heat to boiling, stirring occasionally. Add pepper sauce, mix well. Serve over yellow rice. Garnish with sour cream and chopped onions. Serves 8

Cheeseburger Chowder

2	Tbsp	Vegetable oil
3/4	C	Onions, diced small
1/2	C	Flour, all-purpose
5	C	Water
2	C	Half and half
3	Tbsp	Beef Base
1	lb	Ground beef, cooked/crumbled
1	C	Tomatoes, diced medium
1 1/2	C	Potatoes, diced small
1/2	tsp	White pepper, Fresh ground
3/4	C	Cheddar cheese, sharp, grated

In sauce pot, heat oil over med-high heat. Add onions; saute 2-3 minutes. Blend in flour; cook over medium heat 2-3 minutes, stirring constantly. Add water, cream, Beef Base, ground beef, tomatoes, potatoes and pepper. Mix well. Heat to boiling over med-high heat; reduce heat; gently boil 10 minutes, stirring occasionally. Remove from heat. Add cheese; stir until melted. Serves 8

Classic French Onion Soup

2	Tbsp	Butter Or Margarine
3	C	Onions sliced 1/8" thick
5	C	Hot Water
2	Tbsp + 1 Tsp.	Beef Base

In saucepan, melt butter over medium heat. Add onions; saute 25-35 minutes or until onions turn a rich brown color, stirring frequently. Be careful not to burn onions. Add water and Beef Base. Heat to boiling, stirring often. Reduce heat; gently boil 5 minutes. Garnish with toasted French Bread topped with melted Gruyere or Swiss Cheese. The amount of Beef Base in this recipe may need adjusting according to personal preference. Serves 5

Devil's Rub

2	Tbsp	White vinegar
1½	tsp	Minor's Beef, Chicken, or Pork Base
6	Cloves	Garlic (minced)
1	Tbsp	Tomato paste
3	tsp	Hot pepper sauce
2	Tbsp	Brown sugar, packed
1	tsp	Red pepper, crushed

Combine all ingredients until smooth. Rub on meat. Let stand 15 minutes to 2 hours. Marinates 6 lbs of meat. Yield ¾ cup

English Beef Broth With Barley

2 1/2	oz	Barley, Pearled
2	tsp	Vegetable Oil
1/2	C	Onions and celery (each), diced medium
3/4	C	Carrots, diced medium
2	qt	Water
3	Tbsp	Beef Base
3/8	C	Tomato Puree
1	oz	Cornstarch blended into 1 Tbsp. cold water

Cook barley per pkg directions for 35 minutes until almost done. In sauce pot heat oil over medium heat. Add onions, celery and carrots; saute 5-10 minutes. Add water, Base, puree and cooked barley Mix well. Heat to boiling. Reduce heat; simmer 10-15 minutes, stirring occasionally. In bowl, blend cornstarch and water until smooth with wire whisk. While stirring vigorously pour into hot liquid. Heat to boiling over medium heat. Boil and stir 1-2 minutes. Garnish with chopped fresh parsley or garlic seasoned croutons. Serves 10

Veal Flavored French Onion Soup with Champagne

3	Lg	Onions -- julienned
1/4	C	Butter Or Margarine
1 1/4	qt	Water
2	Tbsp	Veal Base (sub ½ chicken, ½ beef)
2	C	Champagne
		White pepper, fresh ground

Melt butter, saute onions until tender. Add water and Base. Mix well. Bring to boil, reduce heat; simmer 2 minutes. Add champagne and white pepper to taste. Return to boiling and reduce heat. cover and simmer 3 min. Serve hot with cheese strips. Not tested by Allserv. Yield 2 qt

Veal Birds

1	Pound	Veal (4 Slices) -- sliced thin
2	Tbsp	Unsalted Butter
½	Cup	Onion -- chopped fine
1½	Cups	Fresh Mushrooms -- chopped fine
1	Tsp	Veal Base (sub ½ chicken, ½ beef)
¼	Cup	Dry Bread Crumbs
1/8	Tsp	Ground White Pepper
¼	Cup	All-Purpose Flour
3	Tbsp	Unsalted Butter
1	Cup	Hot Water
1	Tsp	Veal Base (sub ½ chicken, ½ beef)
3	Tbsp's	Pale Dry Cocktail Sherry

Flatten veal with meat mallet. Set aside. In frying pan, melt 1st amount butter over medium heat. Saute onions, 2 minutes. Add mushrooms; saute/stir 2-3 minutes. Remove from heat. Blend in 1st amount Base, bread crumbs and pepper. Mix thoroughly to dissolve Base. Place 2-3 Tbsp's. stuffing per slice. Roll and fasten with toothpicks or string. Dredge veal in flour until lightly coated. In same skillet, melt 2nd amount of butter over high heat. Saute veal until browned evenly. Transfer to small roasting pan. Set aside. In small bowl, combine water, 2nd amount of Base and sherry, mixing well with wire whisk. Pour over veal. Cover. Bake 375°F, 45 minutes-1 hour until meat is fork tender. Remove from pan. Keep warm. Drain stock from roasting pan into saucepan; gently boil over medium heat 5 minutes.; reduce to ½ volume. Remove string or toothpicks. Serve with sauce. Serves 2

Veal Hungarian Style

3	Bunches	Fresh Spinach -- stems removed, wash
2	Cups	Dry Riesling Wine
1/3	Cup	Shallots -- chopped
1	Quart	Water
1	Tbsp	Veal Base (sub ½ chicken, ½ beef)
1½	Tbsp	Hungarian Sweet Paprika - Soaked In 1/4 cup wine
5	Tbsp	Unsalted Butter
6	4-5 Oz.	Veal Loin Medallions -- flattened slightly
2	Tbsp	Clarified Butter to saute veal and flour for dredging
		Fresh Ground Black Pepper

Dissolve Base in water. Set aside. Blanch spinach in boiling water until just wilted. Drain; refresh under cold water. Squeeze dry. Boil wine and shallots in medium saucepan until liquid is reduced to 1 Tbsp. Add broth and dissolved paprika; boil until reduced to consistency of light cream or 1½ cups. Strain through fine sieve. Whisk in 2 Tbsp. butter. Keep warm. Melt remaining butter in med-large skillet over medium heat. Add spinach; cook until slightly browned, fluffing with fork. Heat thin layer of clarified butter in large skillet over medium heat. Pat veal dry, season with pepper, dredge in flour; shaking off excess. Add to skillet; cook until firm to touch,. 3 minutes a side. Cut veal diagonally into 1/8" thick slices. Mound spinach in center of plate. Top with veal. Surround with sauce. Serve. Serves 6

Pasta Salad Nicoise W/ Marinated Beef Strips

8	oz	Beef Sirloin, cut 1 " strips
1	Tbsp	Red wine vinegar
1 1/2	tsp	Olive oil
1/2	tsp	Water
1 1/2	tsp	Beef Base
2	cloves	Garlic, minced
1/2	tsp	Black pepper, fresh ground
6	oz	Spaghetti, broken 5-6" long
1/2	C	Olive oil
1/4	C	Red wine vinegar
1	Tbsp	Dijon mustard
2	Tbsp	Beef Base
1 1/2	tsp	Basil
1/4	C	Parmesan cheese, grated
1/4	tsp	Black pepper, fresh ground
1	C	Zucchini, Julienned
1/3	C	Tomatoes, diced medium
3/4	C	Mushrooms, sliced
1/4	C	Green onions, sliced
2	Tbsp	Red bell pepper, diced small
2	Tbsp	Green olives, pitted/sliced
2	Tbsp	Black olives, pitted/sliced
2	tsp	Parsley, fresh, chopped
2	Tbsp	Olive oil

In bowl, combine 1st amounts of vinegar, olive oil, water, Base, garlic and pepper. Stir until well blended. Add beef, mix well; marinate refrigerated 2-3 hours. Cook spaghetti. Drain. Chill. Set aside. In large bowl, combine 2nd amounts of olive oil, vinegar, mustard, garlic, Base, basil, cheese and pepper, mix until well blended. Add zucchini, tomatoes, mushrooms, onions, peppers, parsley, black and green olives. Toss gently until well blended. Chill. Set aside. In saute pan, heat 3rd amount of olive oil over med-high heat. Drain marinade from beef and saute over high heat until evenly browned, 5-7 minutes. Drain excess fat. Toss beef & spaghetti gently with vegetables until well blended. Chill if desired. Serves 6

Pasta With Italian Vinaigrette

10	oz	Penne Pasta Or Pasta Of Choice
1/4	C	Olive Oil
1/4	C	Vegetable Oil
1/4	C	Red Wine Vinegar
1/2	Tbsp	Beef Base
3	Tbsp	Fresh Grated Parmesan Cheese
1/2	Tbsp	Dijon Mustard
1	tsp	Garlic -- minced
1/4	tsp	Basil, Leaf

Cook pasta per package directions. Rinse and drain. In medium bowl, combine oils, vinegar, Base, cheese, mustard, garlic and basil. Mix with wire whisk until well blended. Refrigerate. To serve cold: Combine pasta and vinaigrette; mix well. Chill. To serve hot: warm vinaigrette 1 minute over med-high heat, add pasta; heat through. Serves 6

Farm Style Beef Vegetable Soup

2	qt	Water, hot
2	Tbsp + 1 1/2 tsp	Beef Base
1	C each	Carrots and potatoes, diced medium
3/8	C each	Onion and celery, diced medium
1/2	C	Tomato puree
1	Tbsp	Long grain white rice*, uncooked
1 1/2	tsp	Sugar
1/3	C	Green beans, frozen cut
1/4	C	Cabbage, diced medium

In saucepan, combine water, Base, carrots, potatoes, onions, celery, puree, rice and sugar. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 30 minutes, stirring occasionally. Stir in green beans & cabbage. Gently boil 10 minutes or until vegetables are tender, stirring occasionally. Garnish with herbed croutons or fresh celery leaf. Serves 8
*Uncooked rice may be replaced with ¼ cup cooked rice. Add with green beans and cabbage.

Fiesta Bean Pot Soup

8	oz	Hot Italian Sausage, bulk
1	C	Onions, medium diced
3	C	Water
2 1/4	tsp	Beef Base
1	C	Pinto beans, canned, drained, rinsed
1 1/4	C	Red chili beans in sauce
3/4	C	tomatoes in juice, canned, diced
3/4	tsp	Garlic, chopped fine
1/4	tsp each	Ground cumin and Oregano
1/8	tsp	White pepper, fresh ground

In stock pot, over medium high heat, saute sausage until brown. Add onions; saute 3 minutes. Add water & Beef Base. Heat to boiling, stirring occasionally. Add beans, tomatoes, garlic, cumin, oregano & pepper. Return to boil; reduce heat & gently boil 15 minutes, stirring occasionally. Serves 6

Hearty Beef Stew

1	Tbsp	Vegetable Oil
1 1/2	lb	Boneless Beef Chuck Or Stew Meat, cut into 1" cubes
1	qt	Water, hot
2	Tbsp+ 1 tsp	Beef Base
2	Tbsp	Tomato paste
1/2	tsp	Paprika
1 1/4	C	Carrots, cut in 1" slices
2	C	Potato, large diced
1	C	Onion, sliced ¼ x 2"
1/2	C	Flour, all-purpose
3/4	C	Cold water
1/2	Pkg	Peas, frozen

In soup pot, heat oil over medium heat. Add beef; saute 30 minutes, until browned. Add water, Base, tomato paste and paprika, stirring well. Heat to boiling. Reduce heat, cover; gently boil 1 1/2 hours, stirring occasionally. Add carrots, potatoes & onions. Cover; continue boiling 45 minutes. In small mixing bowl blend flour and water using wire whisk. Slowly add to stew, mixing constantly. Add peas, cover, simmer 10-15 minutes, until vegetables are fork tender. Serves 8

Forest Hills Sauce For Pasta

1/4	C	Butter, unsalted
1 3/4	C	Mushrooms, diced small
1	tsp	Onions, diced small
2	C	Water
1/2	C	Dry White Wine, Sauterne
1	Tbsp + 1 tsp	Beef Base
1	Tbsp + 1 tsp	Tomato Paste
1	Tbsp	Tarragon Vinegar
2	tsp	Fresh Garlic, chopped
1/2	tsp	Dried Chervil, crumbled
1/2	tsp	Dried Tarragon, crumbled
1/2	tsp	Black Pepper, fresh ground
1/2	C	Cold Water
2	Tbsp	Cornstarch

In saute pan over medium high heat, melt butter. Add mushrooms & onions; saute 2-3 minutes. Add 2 cups water, wine, Beef Base, tomato paste, vinegar, garlic, parsley, chervil, tarragon and pepper. Heat to boiling, stirring occasionally. Reduce heat; gently boil 10 minutes, stirring occasionally. In small bowl, blend with whisk cornstarch & 1/2 cup water until smooth. Gradually pour into boiling liquid, stirring constantly. Heat to boiling over med-high heat, stirring often. Reduce heat; gently boil 2 minutes, stirring occasionally. Serves 8

Hungarian Goulash Soup

1	Tbsp	Butter or margarine
2/3	C	Beef sirloin, diced small
3	Tbsp	Butter or margarine
1/2	C	Onion, diced small
3/4	tsp	Garlic, minced
1/3	C	Flour, all-purpose
2 1/4	tsp	Paprika
2 3/4	C	Hot water
1 1/2	Tbsp	Beef Base
3/4	C	Potatoes, d iced medium
2	Tbsp	Tomato paste
1/4	tsp	Marjoram
1/4	tsp	Pepper, fresh ground
1/8	tsp	Caraway seed -- crushed
2	Tbsp	Sour cream

In sauce pot over medium high heat, melt butter. Add beef; saute until evenly browned, 12-15 minutes. Add butter, onions and garlic; saute 5 minutes. Blend in flour and paprika. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Base, potatoes, tomato paste, pepper, marjoram and caraway seed. Heat to boiling over medium high heat, stirring constantly. Reduce heat; gently boil until potatoes are tender, 12 minutes, stirring occasionally. Add sour cream, mix well. Return to gentle boil 2 minutes, stirring occasionally. Serves 4

Savory Meat Loaf

1	C	Water, boiling
2	Tbsp	Beef Base
2/3	C	Onion, dehydrated, diced or chopped
2	C	Bread crumbs, soft (About 3 Slices)
3		Eggs, slightly beaten
3	lb	Ground chuck or lean ground beef

In large mixing bowl, combine water, Beef Base & onion. Stir until well blended. Let stand 5-10 minutes. Stir again, mix in bread crumbs & eggs. Add beef; mix well. Place in lightly greased 5 x 9 loaf pan. Bake at 375° F for 45-50 min. Serves 6

Toasted Barley & Mushrooms

2/3	C	Barley
3	C	Water, hot
1	Tbsp + 1 tsp.	Beef Base
1 1/2	Tbsp	Butter or margarine
2 1/4	C	Mushrooms, sliced
1/2	C	Green onions, sliced
1 1/2	tsp	Garlic, minced
1/4	tsp	Thyme leaf, optional

Place barley on ungreased baking sheet. Bake at 350°F until lightly browned, 10 minutes. In sauce pot, heat water and Beef Base to boiling over medium high heat. Add barley, cover, return to boil; reduce heat; gently boil 1 hour, until barley is tender, stirring occasionally. Drain; set aside. In skillet over medium high heat, melt butter. Add mushrooms, onions and garlic. Saute 1 minute. Add barley and thyme. Cook over medium heat until hot 2-3 minutes. Serves 4

Turkey Meatballs, Beef Flavored

1		Egg
1	Tbsp	Beef Base
1	lb	Ground Turkey Or Chicken
1/2	C	Bread Crumbs, soft
1/4	C	Onions, diced small
1/4	C	Celery, diced small
3	Tbsp	Parsley, fresh. minced
1	tsp	Basil Leaves
1/4	tsp	Oregano

In bowl combine eggs and Beef Base; mix well. Set aside. In large bowl combine ground turkey, bread crumbs, onions, celery, parsley, basil, oregano and egg mixture; mix well. Form 1 oz. balls. Place on ungreased baking sheet, bake at 400°F until no longer pink in center; 10-12 minutes. Yield 22 1oz balls

Philadelphia Steak & Cheese Soup

3	Tbsp	Butter or margarine
1	C	Beef, julienned
3/4	C	Onions, julienned
3/4	C	Green peppers, julienned
1/3	C	Flour, all-purpose
2	C	Water
1	C	Half and half
1	Tbsp + 1 tsp.	Beef Base
1 1/2	C	Processed Swiss cheese*, medium diced

In sauce pot over medium high heat, melt butter. Saute beef 2-3 minutes, add onions and peppers. Saute 2 minutes. Blend in flour. Cook over medium heat 2-3 minutes, stirring constantly. Add water, Beef Base and half & half. Blend thoroughly. Heat to boiling over medium high heat, stirring constantly. Reduce heat to medium; gently boil 10-12 minutes, stirring occasionally. Remove from heat. Fold in cheese. Allow 2-3 minutes to melt, stirring occasionally.

* White or yellow American Cheese may be substituted. Serves 5

Potato & Onion Pie

1	9"	Pie crust
2/3	C	Bacon, diced small
1 1/2	C	Onions, julienned
2	C	Potatoes, frozen hash browns, thawed
3/4	C	Half and half, warmed
2	tsp	Beef Base
1/8	tsp	Paprika
	Dash	White pepper, fresh ground
2	Large	Eggs or 3 small

Pre-bake pie shell in 350°F oven 10 minutes or until lightly browned. Cool. In skillet, saute bacon until crisp, 3-5 minutes. Add onions; saute 10 minutes. Remove from heat. Add potatoes, mix well. Put in pie shell. In bowl blend half & half, eggs, Beef Base, paprika and pepper. Whisk until well blended. Pour into shell. Bake at 350°F 1 hour. Cool 20 minutes before serving. Serves 6

Roast Beef Hash

4	oz	Roast Beef, cooked, diced
1/3	C	Red Potatoes**, unpeeled, diced
1/4	C	Onions, diced
1	tsp	Beef Base
	Dash	Black Pepper, fresh ground
	Dash	Celery Seed
1/2	Tbsp	Parsley, fresh, chopped
1	Tbsp + 1 tsp.	Vegetable oil or butter

In food processor or grinder, combine beef, potatoes, onions, Beef Base, pepper and celery seed. Chop fine, 20-30 seconds. Add parsley; mix until well blended, 10 seconds. Portion into 2 1/2 oz. patties. Refrigerate. Heat vegetable oil and butter as needed in non-stick skillet. Saute patties until browned, 1-2 minutes. **Frozen hash browns may be used (thaw before chopping.) Serves 3

Hungarian Lentils

3	C	Water
3 1/2	oz	Hungarian sausage, whole
1	Tbsp	Beef Base
3 1/2	oz	lentils, dried, cleaned & rinsed
1 3/4	C	Onion, diced medium
1/8	tsp	Red pepper sauce
	Dash	White pepper, fresh ground

In sauce pot, combine water, Beef Base, sausage, lentils, onions and celery. Heat to boiling over medium high heat, stirring occasionally. Reduce heat, add red pepper sauce & white pepper. Gently boil until lentils are tender, about 40 minutes. Remove sausage. Slice 1/2" thick for garnish. Serve as side dish or put through sieve for a soup. Serves 5

Idaho Black Bean Salsa

2	Cans	Black Beans, drained and rinsed (15 oz. each)
2/3	C	Tomatoes, diced small
1/2	C	Green pepper, diced small
1/4	C	Onions, diced small
3	Tbsp	Lime juice
2	Tbsp	Red wine vinegar
2	Tbsp each	Cilantro, fresh, chopped fine
2	Tbsp	Garlic, chopped fine
1	Tbsp	Minor's Beef Or Chicken Base

In large bowl combine all ingredients. Mix well to blend. Chill 1 hour. Serves 8

Minor's Chili Con Carne

3	lb	Ground Chuck Or Lean Ground Beef
1 1/2	C	Onion, chopped
1/2	C	All-Purpose Flour
2	Tbsp	Chili Powder
1	Can	Crushed Tomatoes In Puree (28 oz.)
3 1/2	C	Hot Water
1/4	C	Beef Base
4	Cans	Kidney Beans, (28 oz each), optional, drained & rinsed
1	Tbsp	Sugar
		Shredded Cheddar Cheese for garnish

In sauce pot, cook and stir beef and onions over medium heat until browned, 10-15 min. Stir in flour and chili powder until well blended. Remove from heat. Add tomatoes, water, Beef Base, beans and sugar. Mix well. Heat to boiling. Reduce heat; gently boil 25-30 minutes. Serve hot in individual casseroles, garnished with shredded cheddar cheese or chopped onions. Separate into 4 portions of 2 1/2 cups when cooled. Freeze and thaw as needed. Crushed tomatoes in puree may be substituted with 1 (29 oz.) can tomato puree. Serves 12

Minestrone Soup

1 1/2	Tbsp	Butter Or margarine
1	Clove	Garlic, finely chopped
1	C	Onion, diced medium
1/2	C each	Celery, Carrots, Green Bell Pepper, diced small
3	Tbsp	Beef Base mixed into 6 C water
8	oz	Canned Great Northern or Navy Beans, undrained
1/2	C	Tomato Puree
1	C	Potatoes, New Or Waxy Type, diced medium
1/2	C	Chopped Spinach, frozen, thawed and drained
1/4	C	Ditalini Or Elbow Macaroni
3/4	tsp	Parsley flakes
1/2	tsp	Sugar
	Dash each	Dried Sweet Basil, dried and Thyme leaf, dried, to taste
3/4	oz	Cornstarch mixed into 1/4 C cold water

In sauce pot, melt butter over medium heat. Stir in garlic; saute 1 minute. Add onions, celery, carrots, and pepper. Saute 4 minutes. Stir in water with Beef Base, beans, puree, potatoes, spinach & ditalini. Add parsley, sugar, basil & thyme. Heat to boiling, stirring often. Reduce heat; gently boil 12 minutes, stirring occasionally. In bowl, blend cornstarch and water until smooth with wire whisk. While stirring vigorously, gradually pour into soup. Heat to boiling, stirring constantly. Boil and stir 1-2 minutes. Garnish with grated Parmesan, Italian meatballs and/ or black olive slices
Serves 12

Mediterranean Marinade

1/2	C	Olive oil
1/4	C	Lemon juice
1/8	C	Red wine vinegar
1/2	Tbsp	Minor's Chicken, Beef Or Pork Base
1/2	Tbsp	Garlic, minced
1	Tbsp	Oregano
1/4	tsp	Black Pepper, fresh ground

Blend all ingredients well. Rub on meat. Let stand 15 minutes -2 hours. Marinates 5 lbs. meat.
Yield 1 cup

Minor's Perfect Meatballs

1/2	C	Hot Milk
1	Tbsp	Beef Base
3/4	C	Bread crumbs, dry
1		Egg, slightly beaten
3	Tbsp	Onion, finely chopped
1	Tbsp	Parsley flakes
1	tsp	Worcestershire sauce
1 1/2	lb	Ground chuck, lean beef or turkey

In large mixing bowl dissolve Beef Base in milk. Mix in bread crumbs, egg, onions, parsley and Worcestershire. Add ground beef; mix only enough to combine thoroughly. Using a tablespoon, shape meatballs; arrange in 9"x13" baking pan. Bake uncovered at 400° F 12-15 minutes, until browned. Serve hot with gravy or sauce over buttered noodles, rice, or spaghetti. Serves 6

Minor's Southwest Seasoning Mix

2/3	C	Flour, all-purpose
1/2	C	Chili powder
2	Tbsp + 2 tsp.	Beef Base
1	Tbsp + 1 1/2 tsp.	Cumin, ground
1	tsp each	Garlic Powder and Onion Powder
1/2	tsp	Salt

In blender, combine ingredients until well mixed, 5 min. Seasons 5 lbs. meat (1/4 C per lb.). Use to create Mexican Omelet or Southwest Meatballs. Yield 1 1/4 cup

BUFFALO CHIPS

2	oz.	Nacho chips
2	tsp	Southwest Seasoning Mix (see recipe above)
		Cooking Oil Spray - As needed

In large bowl, coat chips with spray, tossing lightly. Sprinkle 1/2 of Southwest Seasoning onto chips; toss until coated. Place on cookie sheet. Sprinkle remaining mix on top. Bake at 350°F 8-10 minutes. Serve warm or cool with favorite dip.

SPICY NACHO CHEESE SAUCE

1	C	Mild cheddar cheese sauce
1/3	C	Tomatoes, diced
1 1/2	Tbsp	Southwest Seasoning Mix (see recipe above)

In bowl, combine all ingredients. Fold until well blended. Serve warm over nacho chips.

SANTA FE SOUR CREAM TOPPING OR DIP

1	C	Sour cream
1	tsp.	Beef Base
1 1/2	Tbsp	Red bell pepper, diced small
1 1/2	Tbsp	Southwest Seasoning Mix (see recipe above)
1	Tbsp	Jalapeno peppers,,canned, drained, diced small. optional
1	tsp.	Fresh cilantro, chopped

Combine all ingredients, mix well. Use as a topping or dip for vegetables or chips.

TACO MEAT

1	lb.	Ground chuck
1/2	C	Onions, chopped fine
1/4	C	Southwest Seasoning (see recipe above)
1/2	C	Water

In Saute pan over med-high heat, cook beef and onions until browned, 5 min. Drain fat. Add Southwest Seasoning; blend well. Add water; mix well. Heat to boiling over medium high heat, stirring occasionally; reduce heat, gently boil until liquid reduces by 1/2, stirring occasionally.

SANTA FE STUFFED BAKED POTATO

12 oz	Ground beef	1/3 C	Green onions, chopped
1/3 C	Onion, diced fine	6	Potato skins, par-baked
3	Tbsp	Southwest Seasoning Mix (see recipe above)	
3/4 C	Monterey Jack cheese, grated		
1/4 C	Water	3/4 C	Cheddar cheese, grated
	1 C Memorable Mashed Potatoes, see Chicken Base Recipes		

In sauce pot over med-high heat, cook beef and onions until brown. Add Seasoning mix, blend well. Add water, mix, heat to boiling; reduce heat; gently boil 5 minutes; stirring occasionally. Add potatoes & green onions; mix until well blended. Portion equal amounts into each skin. Bake in preheated 350°F 15 minutes. Combine cheeses. Top each potato with 2 oz cheese. Bake 15 minutes or until cheese is melted.

Variation: Bake entire filling in casserole at same time and temp or use to fill tacos, tortillas or pot piecrust