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; e. g., 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 ¼ 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
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 re-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 3/4 C All-purpose flour
- 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, 1½ 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
- 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 8
**Veal Meatball Stroganoff**

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
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<tbody>
<tr>
<td>1 lb</td>
<td>Veal, ground</td>
<td></td>
</tr>
<tr>
<td>1/8 C</td>
<td>Water, hot</td>
<td></td>
</tr>
<tr>
<td>1 1/2 tsp</td>
<td>Veal Base (sub ½ chicken, ½ beef)</td>
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<tr>
<td>2 TBsp</td>
<td>Onions, finely diced</td>
<td></td>
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<tr>
<td>5 TBsp</td>
<td>Bread crumbs, seasoned, dry</td>
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<tr>
<td>Dash</td>
<td>White pepper, fresh ground</td>
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**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.

**Cheeseburger Chowder**

<table>
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<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
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<tbody>
<tr>
<td>2 TBsp</td>
<td>Vegetable oil</td>
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<tr>
<td>3/4 C</td>
<td>Onions, diced small</td>
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</tr>
<tr>
<td>1/2 C</td>
<td>Flour, all-purpose</td>
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<tr>
<td>5 C</td>
<td>Water</td>
<td></td>
</tr>
<tr>
<td>2 C</td>
<td>Half and half</td>
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</tr>
<tr>
<td>3 TBsp</td>
<td>Beef Base</td>
<td></td>
</tr>
<tr>
<td>1 lb</td>
<td>Ground beef, cooked/crumbled</td>
<td></td>
</tr>
<tr>
<td>1 C</td>
<td>Tomatoes, diced medium</td>
<td></td>
</tr>
<tr>
<td>1 1/2 C</td>
<td>Potatoes, diced small</td>
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</tr>
<tr>
<td>1/2 tsp</td>
<td>White pepper, Fresh ground</td>
<td></td>
</tr>
<tr>
<td>3/4 C</td>
<td>Cheddar cheese, sharp, grated</td>
<td></td>
</tr>
</tbody>
</table>

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  
1 ½ 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 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  
½ 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


**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 1 ½ 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, stuffing with flour. Heat thin layer of clarified butter in large skillet over medium heat. Fat 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

**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 Alserv. Yield 2 qt
Farm Style Beef Vegetable Soup

- **Ingredients**
  - 2 qt Water, hot
  - 2 Tbsp + 1 1/2 tsp Beef Base
  - 1 C Carrots and potatoes, diced medium
  - 3/8 C 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

- **Preparation**
  - In saucepan, combine water, Base, carrots, potatoes, onions, celery, rice, tomato puree. 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

- **Ingredients**
  - 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 Ground cumin and Oregano
  - 1/8 tsp White pepper, fresh ground

- **Preparation**
  - 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

- **Ingredients**
  - 1 Tbsp Vegetable Oil
  - 1 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

- **Preparation**
  - 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

### 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 lb** Eggs, slightly beaten
- **1/2 C** 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

### Hungarian Goulash Soup

1. **1 Tbsp** Butter or margarine
2. **2/3 C** Beef sirloin, diced small
3. **3 Tbsp** Butter or margarine
4. **1/2 C** Onion, diced small
5. **3/4 tsp** Garlic, minced
6. **1/3 C** Flour, all-purpose
7. **2 1/4 tsp** Paprika
8. **2 3/4 C** Hot water
9. **1 1/2 Tbsp** Beef Base
10. **3/4 C** Potatoes, diced or chopped
11. **2 Tbsp** Tomato paste
12. **1/4 tsp** Marjoram
13. **1/4 tsp** Pepper, fresh ground
14. **1/8 tsp** Caraway seed -- crushed
15. **2 Tbsp** Sour cream

In sauce pot 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

### 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. **1 Egg**
2. **1 Tbsp** Beef Base
3. **1 lb** Ground Turkey Or Chicken
4. **1/2 C** Bread Crumbs, soft
5. **1/4 C** Onions, diced small
6. **1/4 C** Celery, diced small
7. **3 Tbsp** Parsley, fresh, minced
8. **1 tsp** Basil Leaves
9. **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

**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 |
| 11/2 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 |

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

**Potato & Onion Pie**

| 1 9” | Pie crust |
| 2/3 C | Bacon, diced small |
| 1 1/2 C | Onions, julienned |
| 3/4 C | Potatoes, frozen hash browns, thawed |
| 1/3 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

**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

**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 |
| 11/2 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 |

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

**Potato & Onion Pie**

| 1 9” | Pie crust |
| 2/3 C | Bacon, diced small |
| 1 1/2 C | Onions, julienned |
| 3/4 C | Potatoes, frozen hash browns, thawed |
| 1/3 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
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
1  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
2  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
1/2  C  Onions, chopped fine
1  lb.  Ground chuck
1/2  C  Water

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  Southwest Seasoning Mix (see recipe above)
1/2  C  Red bell pepper, diced small
1  C  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  Onion, chopped fine
1/4  C  Southwest Seasoning (see recipe above)
1/4  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
3  Tbsp  Southwest Seasoning Mix (see recipe above)
3/4  C  Monterey Jack cheese, grated
1/4  C  Water

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 casseroles at same time and temp or use to fill tacos, tortillas or pot pie crust