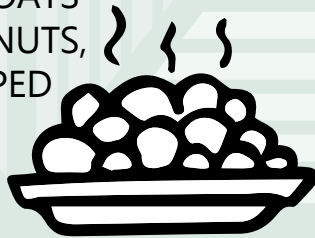


GET CREATIVE WITH GROUND BEEF

POLYNESIAN BEEF BALLS

1 LB GROUND CHUCK
3/4 CUP UNCOOKED OATS
1 CAN WATER CHESTNUTS,
DRAINED AND CHOPPED
1 EGG
1 TSP ONION SALT
1 TSP GARLIC SALT
1 TBSP SOY SAUCE
1/2 CUP MILK



Combine ingredients, shape into small balls and brown in small amount of oil.

SAUCE:

1 8 OZ CAN CRUSHED PINEAPPLE
1 CUP BROWN SUGAR
1 CUP BEEF BROTH
1/2 CUP VINEGAR
2 TSP SOY SAUCE

Combine ingredients and cook over low heat until thickened. Add meatballs and simmer 20 minutes.

RED PEPPER RICE AND BEEF

1 LB GROUND CHUCK
1 BOX RED PEPPER SOUP
1 CUP RICE



Brown ground beef and drain. Pour uncooked rice into bottom of a glass baking dish and add the meat. Pour the soup over the mixture and bake for 45 min or until rice is tender.

PIZZABURGER LOAF

1/2 CUP CHOPPED ONION
1 CUP WATER
1 EGG
2 TSP SALT
1 CAN TOMATO PASTE
1 1/2 LBS GROUND BEEF
1 CUP SOFT BREADCRUMBS
SLICED MOZZARELLA CHEESE



Combine onion, tomato paste and water in saucepan. Simmer 20 min. Mix beef, egg, crumbs, and salt. Add 1/2 cup of the mixed sauce in with beef. Form into a loaf and bake at 375 for 45 minutes. Pour remaining sauce over and top with cheese. Bake 15 more.

BURGER BUNDLES

1 LB GROUND CHUCK
1 CUP SEASONED STUFFING
1/3 CUP EVAPORATED MILK
1 CAN MUSHROOM SOUP
2 TBSP WORCESTERSHIRE
1 TBSP KETCHUP



Prepare stuffing by instructions. Mix meat and milk. Make patties and flatten them into 6" circles. Spoon 1/4 cup stuffing onto each, draw up the edges and seal. Combine rest of ingredients and pour over. Bake at 350 for an hour.