

KANE'S PERFECT MEATLOAF

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 1 hour.

DATE FROZEN: _____

SHEPHERD'S PIE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 375°F. Bake, uncovered, for 25 to 30 minutes or until lightly browned.

DATE FROZEN: _____

BEEF AND POTATO CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 50 minutes or until potatoes are tender.

DATE FROZEN: _____

COLORADO STYLE BEEF ENCHILADAS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 30 to 40 minutes or until heated through. Let rest 5 minutes before serving.

DATE FROZEN: _____

FIESTA CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 40 to 45 minutes or until heated through.

DATE FROZEN: _____

LA BAMBA CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 30 to 40 minutes, or until heated through.

DATE FROZEN: _____

BEEF & BOWTIE SKILLET

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat beef mixture in a large skillet over medium-high to high heat and bring to a boil. Stir in pasta; reduce heat to medium and cook, uncovered, for 15 minutes or until pasta is cooked. Add zucchini and cook 5 more minutes. Serve with Parmesan.

DATE FROZEN: _____

MICROWAVE STUFFED PEPPERS

Remove from freezer and place in refrigerator 48 hours to thaw.

Lay peppers in a microwave-safe dish. Pour 2 Tbsp. water in bottom of dish and cook on HIGH for 8 minutes, or until filling is heated and peppers are tender. Can also be baked at 350°F for 30 to 40 minutes.

DATE FROZEN: _____

BEEF STROGANOFF

Remove from freezer and place in refrigerator 48 hours to thaw.

Put beef pieces and sauce in large saucepan. Heat over medium heat until heated through. Stir noodles into sauce, or heat separately and serve stroganoff over noodles.

DATE FROZEN: _____

BEEF BURGUNDY

Remove from freezer and place in refrigerator 48 hours to thaw.

Brown beef cubes in oil in a skillet over high heat.

SLOW COOKER: Spray cooker with nonstick spray; add beef, then bag of sauce ingredients. Cook on LOW 8-10 hours. Remove bay leaf. Mix cornstarch w/2 Tbsp. water and mix into stew; cook on HIGH 15 minutes.

OVEN: Put beef with sauce ingredients in Dutch oven. Bake, covered, at 325°F for 2-3 hours. Mix cornstarch w/2 Tbsp. water and mix in during last 30 minutes. Serve over heated noodles.

DATE FROZEN: _____

BALSAMIC FLANK STEAK

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high. Remove steak from marinade and grill 6-7 minutes per side, turning once. If steak is thinner than 1", reduce cooking time to 4-5 minutes per side. Steak should be pink in the center. DO NOT OVERCOOK or steak will be tough. Slice thinly to serve.

DATE FROZEN: _____

HERB CRUSTED FLANK STEAK

Remove from freezer and place in refrigerator 48 hours to thaw.

OVEN: Preheat broiler to 450°F. Line broiler pan w/foil and coat with cooking spray. Broil steak 20 minutes (less for steaks under 1.5 lbs.).

GRILL: Preheat grill to high. Lay foil on grill rack. Place steak on foil and grill, covered, for 20 minutes. Do not turn!

DATE FROZEN: _____

SOUTH OF THE BORDER STEAK

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Remove steak from marinade and grill for 7-10 minutes per side, turning once. For steaks thinner than 1", decrease time by 2-3 minutes per side. Steak should be pink inside. DO NOT OVERCOOK or steak will be tough. Slice thinly to serve.

DATE FROZEN: _____

SAUCY BEEF BRISKET

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 225°F. Bake brisket, covered, for 10-12 hours (works well in the oven overnight). Remove from pan and place on cutting board. Let rest 5-10 minutes before slicing. Serve with additional sauce.

DATE FROZEN: _____

BEEF KABOBS IN SHERRY MARINADE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Grill kabobs, covered, for 5 to 7 minutes per side, turning once. If kabobs cook too quickly, place a sheet of foil beneath the skewers. Do not overcook beef or it will become tough.

DATE FROZEN: _____

BALSAMICO STEAKS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high. Remove steaks from marinade, discarding marinade. Season with salt & pepper. Grill steaks 5-6 minutes per side, turning once, or to desired doneness. Steaks should be an internal temperature of 150°F - 155°F. Remove steaks from grill and serve with a dollop of Boursin cheese.

DATE FROZEN: _____

STEAK PINWHEELS w/SUNDRIED TOMATO STUFFING

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 225°F. Spray a 9 x 13 baking pan with nonstick cooking spray. Bake steak, covered, for 1 hour. Increase oven temperature to 425°F; uncover and bake 20-30 more minutes. Let rest 5-10 minutes and slice into 1/2" to 1" pinwheels.

DATE FROZEN: _____

BEEF AND BROCCOLI STIR-FRY

Remove from freezer and place in refrigerator 48 hours to thaw.

Heat 1 Tbsp. oil in nonstick skillet over medium-high to high heat. Add beef and seasonings; stir-fry 2-3 minutes. Remove beef; set aside. Add vegetables and 1/2 cup teriyaki; stir-fry 2 minutes. Add beef and cook 1-2 minutes. Serve over reheated rice and top with cashews.

DATE FROZEN: _____

SLOW COOKER FRENCH DIP

Remove from freezer and place in refrigerator 48 hours to thaw.

Spray slow cooker with nonstick cooking spray. Add beef, then liquid mixture. Cook on LOW 8-10 hours. After 6 hours, use forks to shred meat and continue cooking. Serve on French rolls.

DATE FROZEN: _____

HONEY JOES

Remove from freezer and place in refrigerator 48 hours to thaw.

Saute vegetables in skillet over medium-high heat for 3-4 minutes or until soft. Add beef and tomato sauce mixture; reduce heat and simmer for 3-5 minutes.

DATE FROZEN: _____

MEXICAN BEEF FAJITA PIZZA

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Remove all wrapping from pizzas and place on baking sheet, or directly on oven rack. Bake 12-15 minutes or until cheese is melted.

DATE FROZEN: _____

TEXAS STYLE PHILLY STEAK SANDWICH

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Line a baking sheet with foil. Lay sandwiches on baking sheet and bake for 10-15 minutes, or until cheese melts. To keep bread softer, sandwiches may be wrapped in foil during baking.

DATE FROZEN: _____

GOURMET BURGERS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Grill burgers 12-16 minutes, turning once, or until done. If cheese begins to leak, place a sheet of foil beneath burgers to prevent burning.

DATE FROZEN: _____

MEATLOAFER BURGERS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Grill burgers for 12-16 minutes, turning once, or until done. Burgers can also be pan-fried. Serve on buns with Tomato-Bacon Relish.

DATE FROZEN: _____

OUTSIDE-IN BACON CHEESEBURGERS

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat grill to medium-high heat. Grill burgers 12-16 minutes, turning once, or until done. If cheese begins to leak, place a sheet of foil beneath burgers to prevent burning.

DATE FROZEN: _____

JACK-O'-LANTERN CHEESEBURGER PIE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 400°F. Line a baking sheet with foil; lay pie on foil. Brush top with orange egg wash, then bake 20 minutes. Brush again with egg wash and fill eyes and mouth with remaining cheese. Bake 5-10 more minutes.

DATE FROZEN: _____

FIRECRACKER CASSEROLE

Remove from freezer and place in refrigerator 48 hours to thaw.

Preheat oven to 350°F. Bake, uncovered, for 45 to 50 minutes, or until heated through.

DATE FROZEN: _____