

Versatile beef makes rush-hour dinners easy

Rush-hour dinners don't have to be a hassle if you cook once on the weekend and freeze the makings for several meals.

For just a couple of hours' time, you can serve great home cooked meals to your family — in a hurry during the week. How? With Triple Batch Beef — a versatile beef mixture that serves as the base for three different dishes.

WHEN YOU have spare time, make Triple Batch Beef and freeze it in portions for later. It's simple — pieces of beef chuck, shoulder, arm or blade pot roast are cooked with garlic and onion until tender. It's super easy, too, because once the simmering starts, it cooks unwatched.

Freeze each portion in one-quart containers, leaving "headspace" in the containers to allow for expansion during freezing — about one inch should do it. Label each container with the contents and date. For fastest freezing, arrange containers in a single layer near freezer walls; leave space between containers for air to circulate. Once frozen, containers can be stacked.

Then, when time is at a premium, you have the basis for three scrumptious main dishes which can be prepared and served in under half an hour.

Simply pull out a container the night before, and place it in the refrigerator to thaw (or you can do it in the morning before work). When rush-hour strikes, you're ready to make a delicious soup, stew or chili with the addition of just a few other ingredients in less than 30 minutes.

FOR A new twist on an old favorite, Weeknight Beef Stew is fast and flavorful — just add sliced red potatoes, peas, oregano and lemon juice to the beef mixture. Or, for a winter warmer on a chilly night, Quick 'n Easy Beef Barley Soup fits the bill.

The beef, barley, green bean and carrot soup tastes like it's been simmering for hours instead of just 15 minutes! And, by adding on-hand ingredients — chili powder, kidney beans and prepared salsa — to the beef mixture, you've got a hearty 20-Minute Beef Chili, just right for a Saturday night supper.

TRIPLE BATCH BEEF

Preparation time: 15 to 20 minutes
Cooking time: 2 hours to 2 1/2 hours, 20 minutes

4 1/2-pound boneless beef chuck, shoulder, arm or blade pot roast, cut into 3/4-inch pieces
3 tablespoons vegetable oil
1 teaspoon salt
3/4 teaspoon pepper
4 cloves garlic, crushed
2 medium onions, coarsely chopped
1 1/2 cups water
Heat oil in Dutch oven over medium heat. Add beef pieces 1/4 at a

time; cook and stir until beef is browned. Remove beef from pan; season with salt and pepper. Set aside. Cook garlic and onion in same pan until onion is lightly browned. Pour off drippings. Return beef to pan; add water. Bring to a boil. Reduce heat, cover tightly and simmer 1 1/2 to 2 hours or until meat is tender. Skim off fat. Place about 2 cups beef mixture into each of three 1-quart freezer containers. Cover containers tightly and freeze. Use beef mixture in the following recipes. Yield: 6 to 7 cups cooked beef.

WEEKNIGHT BEEF STEW

Preparation time: 5 minutes

Cooking time: 15 minutes

1 container (2 cups) Triple Batch Beef, defrosted
2 medium red potatoes, cut into 1/2-inch thick slices
1/2 cup water
1 teaspoon dried oregano leaves
1/4 teaspoon salt
1 cup frozen peas
1 tablespoon lemon juice
2 teaspoons cornstarch

Place beef pieces and cooking liquid, water, oregano and salt in medium saucepan. Bring to a boil. Reduce heat to low to medium-low, cover tightly and simmer 10 to 12 minutes or until potatoes are tender; add peas. Meanwhile combine lemon juice and cornstarch; stir into



beef mixture. Bring to a boil; cook and stir 1 minute. 4 servings.
Nutrient data per serving: 324 calories; 32 g protein; 12 g fat; 21 g carbohydrate; 8 mg iron (28 percent U.S. RDA); 363 mg sodium; 85 mg cholesterol.

QUICK 'N EASY BEEF BARLEY SOUP

Preparation time: 5 minutes

Cooking time: 15 minutes

1 container (2 cups) Triple Batch Beef, defrosted
2 cups water
1 tablespoon instant beef bouillon granules
1 teaspoon dried thyme leaves
1/4 cup quick cooking barley
1 cup each frozen cut green beans and sliced carrots

Place beef pieces and cooking liquid, water, bouillon granules and thyme in large saucepan. Bring to a boil; add barley, green beans and carrots, stirring to combine. Return to a boil; reduce heat to low to medium-low, cover and simmer 12 minutes or until barley is tender. 4 servings.

Nutrient data per serving: 306 calories; 31 g protein; 12 g fat; 17 g carbohydrate; 4.6 mg iron (26 percent U.S. RDA); 903 mg sodium; 85 mg cholesterol.

20-MINUTE BEEF CHILI

Preparation time: 5 minutes

Cooking time: 15 minutes

1 container (2 cups) Triple Batch Beef, defrosted

1 jar (8 ounces) mild salsa
1 tablespoon chili powder
1 can (15 ounces) kidney beans, drained and rinsed
1 cup shredded Cheddar Cheese
1/4 cup sliced green onions

Place beef pieces and cooking liquid, salsa and chili powder in medium saucepan. Bring to a boil. Reduce heat to low to medium-low, cover tightly and simmer 10 minutes. Add beans; heat through. Serve with Cheddar cheese and green onion. 4 servings.

Nutrient data per serving: 477 calories; 43 g protein; 23 g fat; 25 g carbohydrate; 6 mg iron (33 percent U.S. RDA); 1105 mg sodium; 115 mg cholesterol.

Get rolling, vary the crust, have fun making pizza

AP — Kids learn to love it early because it's tasty, fun food. They're probably surprised to learn that pizza can be nutritious, usually combining all the elements of a balanced meal. Teens and adults are tempted by both old standards and new-wave combinations of toppings.

If you want to vary the crust, you can add herbs, cornmeal, whole wheat flour or fancy-shredded Parmesan cheese for a custom flavor.

BASIC PIZZA DOUGH

Makes 2 (12-inch) pizzas
3 to 3 1/2 cups all-purpose flour
1 package rapid-rise yeast
2 tsp. salt
1 cup very warm water (120-130 degrees F)
2 tablespoons olive or vegetable oil

In large bowl, combine 2 cups flour, undissolved yeast, and salt. Stir very warm water and oil into dry ingredients. Stir in enough remaining flour to make soft dough. Knead dough on lightly floured surface until smooth and elastic, about 4-6 minutes.

On lightly floured surface, form dough into smooth ball. Divide and shape as directed in recipe.

VARIATIONS:

HERB: Add 2 teaspoons Italian herb seasoning (basil, oregano, or rosemary leaves) and 1 clove minced garlic (optional) along with dry ingredients.

CORNMEAL: Replace 1/2 cup all-purpose flour with cornmeal.

WHOLE WHEAT: Replace 1 cup all-purpose flour with whole wheat

flour.
CHEESE: Add 1/2 cup fancy shredded Parmesan cheese along with dry ingredients.

NOTE: To freeze pizza dough, flatten dough to 8-inch disk. Wrap airtight in double thickness plastic freezer bags or foil. Freeze up to 2 months.

QUICK TOMATO SAUCE

Combine 1 can (8 oz.) tomato sauce and 1 can (6 oz.) tomato paste. Stir in 2 teaspoons dried oregano or basil leaves and 1 clove garlic, minced. Makes 1 1/2 cups.

SPINACH PIZZA

Makes 2 (12-inch) pizzas
Whole wheat pizza dough (recipe above)
2 packages (10 oz. each) frozen

chopped spinach, thawed, drained, and squeezed dry
2 cups (8 oz.) shredded mozzarella cheese, divided
1/2 cup prepared pesto sauce
2 cups chopped tomatoes, drained (about 2 tomatoes)
Sour Cream Topping (recipe below)

Divide dough in half. On lightly floured surface, roll to fit two greased 12-inch pizza pans. Combine spinach, 1 1/2 cups cheese, and pesto sauce; evenly spread on dough. Sprinkle with chopped tomatoes and remaining 1 1/2 cups cheese, dividing evenly. Bake at 400 degrees F for 20 minutes or until crust is golden and cheese is bubbling. Cut pizza into wedges. Pass Sour Cream Topping to dollop on each serving, if desired.

SOUR CREAM TOPPING

In small bowl, combine 1/2 cup sour cream and 2 tablespoons sliced green onions.

DEEP-DISH CHEESE AND SAUSAGE PIZZA

Makes 1 (14-inch) or 2 (9-inch) deep-dish pizzas
Basic pizza dough (recipe above)
Cornmeal
3 cans (14 1/2 oz. each) Italian or plum tomatoes, drained
3 cups (12 oz.) shredded part-skim mozzarella cheese
1 1/2 lbs. lean pork sausage
1 1/2 teaspoons each dried oregano leaves, crushed fennel seeds
1/2 cup shredded Parmesan cheese

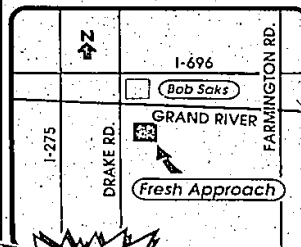
Coarsely chop tomatoes; drain well and squeeze to remove excess moisture; reserve. Grease one 14-by-12-inch deep dish pizza pan or two 5-by-12-inch round cake pans; sprinkle lightly with cornmeal.

On lightly floured surface, roll dough to 16-inch circle to fit large pan or two 12-inch circles to fit cake pans. Press dough into bottom and 1 1/2 inches up sides of pan. Crumble sausage over cheese. Top with tomatoes, oregano, fennel, and Parmesan cheese. Place pizza in 500 degree F oven. Immediately reduce heat to 400 degrees F. Bake 40 to 50 minutes or until crust is golden brown and sausage is cooked through. Remove from oven; cool on wire rack for 10 minutes before serving.

PRICES GOOD APRIL 21ST THRU APRIL 27TH

Fresh Approach

35243 GRAND RIVER
FARMINGTON • PHONE 442-2160
IN THE DRAKESHIRE PLAZA
ACROSS FROM BOB SAKS



WE WELCOME
SPECIAL
MEAT ORDERS

FRESH BONELESS SKINLESS CHICKEN BREASTS \$2.49 lb.
GRAIN-FED WHOLE BONELESS PORK LOINS \$2.66 lb.
U.S.D.A. CHOICE BEEF BONELESS DEL MONICO STEAKS \$4.99 lb.

QUALITY
• MEATS
• PRODUCE
• DELI...

STORE
HOURS
MON-SAT
9 TO 8
SUN
10 TO 5

None Sold To
Drunken or Drunk
Right Reserved To
Limit Quantities

FRESH CHICKEN
LEGQUARTERS

39¢ lb.



FRESH
GREEN
BROCCOLI
77¢ BUNCH



LARGE SIZE
FRESH
CANTALOUPE
2 FOR \$3



FRESH JUMBO
GREEN
PEPPERS
2 FOR \$1



JUMBO
FRESH
ARTICHOKES
2 FOR \$1

U.S.D.A. CHOICE BEEF
WHOLE PEELED (DEFATTED)
BONELESS FILET MIGNON
(BEEF TENDERLOIN)

\$5.99 lb.

6-lb.
AVC.



HAAGEN-DAZS
ICE CREAM
ASSORTED FLAVORS

3 PINT CTNS. \$5

SUTTER HOME
WHITE
ZINFANDEL

750-ml BOT.
\$3.99

WALNUT CREST
WINES
• CABERNET SAUVIGNON
• CHARDONNAY • MERLOT

750-ml BOT.
\$4.29

MEDIUM SIZE
SHRIMP
IN-THE-SHELL

51 TO 60 COUNT
\$4.44 lb.