

Beef Street Tacos

Serves 4–6

Ingredients

- 1 1/2 pound flank steak
- 1/4 cup soy sauce
- 3 tablespoons vinegar
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 lime, juiced, and 2 limes, quartered
- 1/2 teaspoon salt
- 1/2 teaspoon white pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon chili powder
- 16 corn tortillas
- 1 onion, chopped
- 1/2 cup chopped cilantro
- 8 cherry tomatoes, sliced
- 2 jalapenos, seeded and chopped
- 1 cup cotija cheese (may substitute other white cheese such as Jack, if desired)

Preparation

1. In a mixing bowl, combine all ingredients except flank steak. Mix.
2. Place the flank steak in a large dish and pour the mixture over the steak. Cover and let marinate at least 2 hours (up to 8 hours).
3. Preheat grill. To cook, place flank steak over a hot grill until well browned, about 5–6 minutes each side. Remove to cutting board and let rest. Then cut into bite-size pieces.
4. To serve, warm the tortillas slightly to soften. Assemble tacos with meat, chopped onion, chopped cilantro, jalapenos, tomatoes and cotija cheese.

Meaty Baked Lasagna

Serves 4

Ingredients

- 1 package of gluten-free lasagna pasta, ready to use
- 2 tablespoons olive oil
- 2 pounds ground beef
- 1 large yellow onion, chopped
- 3 cloves garlic, minced
- 2 large cans of chopped Italian tomatoes
- 1 small can of tomato paste
- ¼ cup fresh basil, chopped 2 teaspoons dried oregano
- 2 bay leaves
- 1 pinch crushed red chili flakes
- 3 cups mozzarella cheese, shredded

Preparation

1. Heat some oil in a large saucepan over medium heat. Sauté the onions for 1-2 minutes until tender and fragrant. Add the garlic. Brown the ground beef until cooked, about 6-7 minutes, and drain the fat. Add, tomatoes, tomato sauce, tomato paste, basil, and chili flakes. Reduce heat to low and let the sauce simmer, uncovered, for 45 minutes to an hour.
2. Preheat the oven to 350°F and place oven rack in the middle position.
3. Spread 1/3 of the sauce in a lasagna baking dish. Spread 1/3 of the mozzarella cheese over the sauce. Place a single layer of the gluten-free lasagna pasta on top to cover the sauce and cheese mix. Top with 1/3 of the meat sauce. Add 1/3 of the shredded mozzarella. Cover again with lasagna. Pour the remaining sauce on top. Finish by adding the remaining mozzarella.
4. Cover the lasagna with aluminum foil (or the baking dish lid if it has one). Place in the oven and bake for 40 minutes. Remove the foil and continue baking for another 10 minutes or until the cheese is golden and the edges of the lasagna are bubbly and golden brown.

Irish Stew

Serves 8

Ingredients

- 2 pounds stew beef, cubed
- 1 large onion, sliced
- 5 carrots, cut to about the same size as beef cubes
- 1 14 ½-ounce can tomatoes, diced
- 1 8-ounce can tomato sauce
- ¾ cup pearl barley, uncooked, rinsed and drained
- 5 cups beef broth
- 1 cup water
- 3 stalks celery, chopped
- 1 bay leaf
- ½ teaspoon sage
- ½ teaspoon thyme
- Salt and pepper

Preparation

1. Place all the ingredients in the slow cooker, and stir.
2. Cover and cook 8 hours on LOW. The soup is done when the beef is tender.
3. Remove the bay leaf and serve.

Prime Rib of Beef with Red Wine Sauce

Serves 10-12

Ingredients

- 1 prime rib with bones, 8 pounds
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon dry mustard
- 1 tablespoon all-purpose flour
- 1 teaspoon salt
- ½ teaspoon black pepper

Red wine sauce ingredients

- 1 large French shallot
- 1 ½ cup of veal or beef stock
- 1 ½ cup dry red wine
- 1 cup heavy cream (or half and half)
- 1 tablespoon Dijon mustard
- 1 tablespoon butter, plus 1 teaspoon
- 1 tablespoon olive oil
- 1 teaspoon whole black peppercorn

Preparation

1. Preheat the oven to 500°F, and place the oven in the middle position. Line an oven baking tray with aluminum foil.
2. In a small mixing bowl, combine onion powder, garlic powder, dry mustard, flour, salt and black pepper.
3. Rub the entire surface of the prime rib with the flour mix.
4. Place the meat, fat side up, on the roasting pan in the preheated oven. Cook for 40 minutes. Let the beef rest in the oven for two hours without opening the oven door. It is important to keep the oven door closed so you do not lose any heat for cooking process of the meat.
5. After two hours, remove from the oven and carve. Serve with the wine sauce on the side.
6. About 20 to 30 minutes before removing the resting prime rib from the oven, prepare the red wine sauce.
7. Finely dice the French shallot.

8. Warm the butter and olive oil on medium-high heat in a saucepan. Add the diced shallot. Cook for one to two minutes, or until fragrant and tender.
9. If using the black peppercorn, crack them a few times in a mortar.
10. Crank the heat to high, and add the stock. Let it reduce to half before adding the red wine and cracked peppercorns (optional), about 5 to 7 minutes. Let the wine reduce by half, about 5 to 7 minutes. Add the cream, and let it reduce by half, about 3 to 5 minutes. Remove from heat. Add the Dijon mustard, and stir with a whisk until well blended.
11. Remove from heat. Just before using, reheat the sauce, if needed, for 1 or 2 minutes on medium-high heat. Place in a saucer just when ready to serve.
12. Serve with Yorkshire pudding for an authentic English Christmas dinner.

***All these recipes and more are found in Marie Adams' cookbook *Beef Everyday Cookbook* 365 Beef Recipes. Click [here](#) or on the cover to get your own copy.

