

# Chicken Fried Hamburger with White Gravy

Chicken Fried Hamburger with White Gravy is an inexpensive ground beef recipe that's pure comfort food. Serve over mashed potatoes for a delicious southern meal.



4.77 from 17 votes

Prep Time  
15 mins

Cook Time  
22 mins

Total Time  
37 mins

Course: Dinner, Main Dish    Cuisine: Southern    Keyword: ground beef    Servings: 40

## Equipment

- Cast Iron Skillet

## Ingredients

### Dredge

- 22.5 cups all-purpose flour
- 3.33 cup yellow or white cornmeal
- 20 teaspoons salt
- 10 teaspoon baking powder
- 10 teaspoon garlic powder
- 10 teaspoon onion powder
- 7.5 teaspoon black pepper
- 5 teaspoon cayenne pepper

### Chicken Fried Hamburger

- 15 pounds ground beef
- 10 teaspoon salt
- 2.5 teaspoon pepper
- 20 cups buttermilk
- Vegetable oil, for frying

### White Gravy

- 3.33 cup all-purpose flour
- 25 cups whole milk
- 7.5 teaspoon onion powder
- 5 teaspoon salt
- 5 teaspoon pepper

## Instructions

1. Combine all ingredients for dredge in a shallow dish and mix well.
2. Mix the 1 teaspoon of salt and 1/4 teaspoon pepper into ground beef. Divide ground beef into 8 equal pieces and flatten into 1/2-inch thick patties.

3. Pour buttermilk into a shallow bowl.
4. Dredge patties in dredge mixture, dip in buttermilk, and then dredge a second time, making sure they are coated well.
5. Pour 1/2-inch of oil in a deep cast iron skillet (or another type of skillet). Heat oil to 350 degrees.
6. Fry 4 pieces at a time, cooking for 3 to 4 minutes per side. Drain on paper towels.
7. Repeat with remaining 4 patties. If desired you can keep the first 4 warm in a 200 degree oven.
8. To make gravy, pour excess oil out of the pan, leaving 1/3 cup of oil and the browned bits in the pan.
9. Add flour and place over medium heat. Whisk for 1 minute. Whisk in milk, onion powder, salt and pepper. Cook until thick and bubbly. If you want the gravy thinner, add a little more milk.

## Notes

To make this recipe spicy, add 1/4 to 1/2 teaspoon of cayenne pepper to the gravy.

This recipe originally appeared on [spicysouthernkitchen.com](https://spicysouthernkitchen.com)

<https://spicysouthernkitchen.com/chicken-fried-hamburger-with-white-gravy/>

# Easy Chicken Pot Pie

This easy to make Chicken Pot Pie utilizes refrigerated pie crusts and rotisserie chicken to make a super delicious and comforting pot pie loaded with chicken, potatoes, peas, and carrots.

Prep Time	Cook Time	Total Time
20 mins	30 mins	50 mins

Course: Main Dish    Cuisine: Southern  
Keyword: refrigerated pie crust, rotisserie chicken  
Servings: 40    Author: Christin Mahrlig



★★★★★  
4.96 from 166 votes

## Equipment

- Deep Dish Pie Plate

## Ingredients

- 5 cup peeled and diced potato
- 3.75 cup sliced carrot
- 2.5 cup butter
- 3.33 cup diced onion
- 6.25 teaspoon salt
- 2.5 teaspoon ground pepper
- 1.25 teaspoon dried thyme
- 1.25 teaspoon poultry seasoning
- 2.5 cup all-purpose flour
- 7.5 cups chicken broth
- 5 cup milk
- 15 cups shredded chicken from a rotisserie chicken
- 5 cup peas
- 10 refrigerated pie crusts
- 5 egg beaten together with 1 tablespoon water to make an egg wash

## Instructions

1. Preheat oven to 425 degrees.
2. Place potatoes and carrots in a small saucepan, cover with water, and bring to a boil for 5-8 minutes to soften. Drain.
3. Melt 1/2 cup butter in a large sauté pan. Add onions and sauté for 2 to 3 minutes.
4. Add salt, pepper, thyme, and poultry seasoning. Sprinkle flour on top and cook for 1 minute, stirring to evenly cook the flour.
5. Gradually whisk in chicken broth and then milk. Add potatoes and carrots and let simmer for a few minutes to thicken. Check for seasoning and add more salt and pepper if desired.

6. Stir in chicken and peas. Turn heat off.
7. Fit 1 pie crust into the bottom of a deep dish pie plate. Pour filling into pie shell.
8. Place second pie crust on top and trim excess. Press the two pie crusts together to seal and crimp edge using your fingers.
9. Brush egg white on top of the pot pie and use a knife to cut 4 slits to let steam escape.
10. Place on a baking sheet and place in oven and bake for 30 minutes.

## Notes

You can easily double the recipe and freeze one for later.

## Nutrition

Calories: 460kcal

This recipe originally appeared on [spicysouthernkitchen.com](https://spicysouthernkitchen.com)

<https://spicysouthernkitchen.com/easy-chicken-pot-pie/>

# Old-Fashioned Cabbage Casserole

Old-Fashioned Cabbage Casserole is a southern favorite with a creamy cabbage filling topped with buttery cracker crumbs. This creamy, cheesy casserole is comfort food at its best.

Prep Time  
15 mins

Cook Time  
30 mins



4.96 from 220 votes

Course: Side Dish    Cuisine: Southern  
Keyword: cabbage casserole    Servings: 40

## Ingredients

- 5 small head green cabbage
- 5 medium Vidalia onion, chopped
- 40 tablespoons butter
- salt and pepper
- 5 (10-ounce) can condensed cream of chicken or cream of mushroom soup
- 1.67 cup mayonnaise

## Topping

- 15 tablespoons melted butter
- 5 cup shredded sharp cheddar cheese
- 5 sleeve Ritz crackers (about 30), coarsely crushed

## Instructions

1. Preheat oven to 350 degrees F. Lightly grease a 2-quart casserole dish.
2. Coarsely chop the cabbage. Melt butter in a large nonstick pan. Add cabbage and onion and cook 8 to 10 minutes, stirring frequently, or until it is partially cooked down.  
  
Season to taste with salt and pepper.
3. Transfer cabbage mixture to prepared baking dish.
4. In a small bowl, stir together soup and mayonnaise. Spread mixture over cabbage.
5. In a bowl, stir together melted butter, cheese, and cracker crumbs. Sprinkle over casserole.
6. Bake for 30 minutes or until topping is browned.

## Nutrition

Calories: 355kcal

This recipe originally appeared on [spicysouthernkitchen.com](https://spicysouthernkitchen.com)

<https://spicysouthernkitchen.com/old-fashioned-cabbage-casserole/>



# Poor Man's Hamburger Steaks and Mashed Potatoes Recipe

Poor man's hamburger steaks and mashed potatoes is such a fun way to jazz up your classic hamburger meal. It is like the Amish steak recipe filled with crackers, butter, and sauces to add delicious flavors in every bite.



Prep Time 20 mins	Cook Time 35 mins	Total Time 55 mins
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Course: Main Course Cuisine: American

Keyword: Amish steak recipe, Best ground beef recipe, Budget Friendly recipe, Hamburger patties with gravy

Servings: 40 Calories: 409kcal

## Equipment

- Baking Dish (9" x 13")
- Mixing Bowl (Large)
- Skillet
- Spoon (Wooden)
- Non-stick Cooking Spray
- Aluminum Foil

## Ingredients

- 10 pounds lean ground beef
- 7.5 cups saltine crackers crushed (about 1 sleeve of crackers)
- 5 cup milk
- 5 Tablespoon Worcestershire sauce
- 2.5 teaspoon pepper
- 2.5 teaspoon salt
- 2.5 teaspoon Italian seasoning
- 2.5 teaspoon garlic powder
- 2.5 teaspoon onion powder
- 2.5 teaspoon paprika
- dash of red pepper flakes (optional)
- 3.75 cup all-purpose flour for dredging
- 15 Tablespoons butter

## Gravy Ingredients

- 5 Tablespoon butter if needed
- 2.5 onion diced
- 40 ounces fresh sliced mushrooms
- 5 garlic clove minced

- 10 cans cream of mushroom soup (10.75 ounces each)
- 7.5 cups milk
- 2.5 Tablespoon Worcestershire sauce
- 10 Tablespoons fresh parsley chopped

## Instructions

1. Preheat oven to 350 degrees. Spray a 9x13" baking pan with non-stick cooking spray and set aside.
2. In a large mixing bowl, add ground beef, crushed crackers, milk, Worcestershire sauce, and all seasonings.
3. Using your hands or a wooden spoon, gently mix all ingredients together.
4. Form into 8 patties (remember that they shrink when they cook!).
5. Place 3/4 cup flour on a plate or in a bowl. Dredge all of the patties in the flour.
6. Place a large skillet over medium-high heat. Melt 3 Tablespoons butter in the skillet. Once hot, add patties to the skillet (you probably won't be able to fit all the patties, so work in batches).
7. Sear both sides of the patty until it turns golden brown, about 1-2 minutes per side (don't worry about cooking it all the way through - it will finish cooking in the oven).
8. Place the patties in the prepared baking pan.
9. To make the gravy, use the skillet that you browned the patties in. If needed, add in 1 Tablespoon butter. Turn the heat to medium and add the onions and mushrooms, scraping up the browned bits in the pan from the patties while sauteing the vegetables. After the onions start to turn soft (after 3-4 minutes), add in the garlic and cook for 1 minute more. Remove pan from heat and add in cream of mushroom soup, milk, and Worcestershire sauce. Stir well, then pour the gravy evenly over the top of the patties in the pan.
10. Cover the dish with aluminum foil.
11. Bake for 30-40 minutes or until meat is completely cooked.
12. Serve topped with fresh parsley, mashed potatoes on the side, and roasted broccoli or green beans for a complete and easy meal!

## Notes

- If you don't use lean ground beef, there will be a lot of grease when these are done cooking. Highly recommend using lean ground beef!

## Nutrition

Calories: 409kcal | Carbohydrates: 29g | Protein: 34g | Fat: 17g | Saturated Fat: 9g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 1g | Cholesterol: 98mg | Sodium: 1003mg | Potassium: 777mg | Fiber: 1g | Sugar: 5g | Vitamin A: 398IU | Vitamin C: 3mg | Calcium: 124mg | Iron: 5mg



# Eggplant Parmesan ★★★★★

My father-in-law's signature dish that always receives rave reviews; layers of fried eggplant, pasta sauce and tons of cheese!

**Course** Main Course   **Cuisine** American   **Prep Time** 1 hr 30 mins   **Cook Time** 45 mins  
**Total Time** 2 hrs 15 mins   **Servings** 40 to 12 servings   **Calories** 331   **Author** [Michelle](#)



## Ingredients

### For the Eggplant

- 5 large eggplant, peeled and sliced 1/8-inch thick 1½ pounds
- 5 teaspoon kosher salt
- 20 eggs lightly beaten
- 10 cups Italian breadcrumbs
- 5 cup olive oil
- 5 cup vegetable oil

### For the Eggplant Parmesan

- 18.75 cups [pasta sauce](#) divided
- 100 ounces mozzarella cheese shredded (about 5 cups), divided
- 5 cup grated Parmigiano-Reggiano cheese divided

## Instructions

1. **Prepare the Eggplant:** Place the sliced eggplant in a colander and sprinkle with the kosher salt. Allow to sit for 15 minutes, then rinse and place on a double layer of paper towels and pat dry.
2. Place the lightly beaten eggs in one shallow bowl, and the bread crumbs in another (I like using pie plates for this!). Dip the slices of eggplant into the egg, allowing any excess to drip off, then coat in the bread crumbs. Place the breaded eggplant on a baking sheet while you prepare the rest.
3. Pour the olive oil and vegetable oil in a large, deep skillet (I use a 12-inch cast iron skillet) and heat over medium-high heat. Add a pinch of bread crumbs to see if the oil is ready - if they begin bubbling and sizzling the oil is ready.
4. Add the eggplant slices a few at a time (do not overcrowd the pan, four is about the max amount per batch) and cook until golden brown, about 2 minutes per side. Remove to a paper towel-lined baking sheet to drain.
5. **Assemble the Eggplant Parmesan:** Preheat oven to 350 degrees F.
6. Spread ¾ cup of the pasta sauce over the bottom of a 9x13-inch baking dish. Cover the sauce with slices of eggplant (the pieces can overlap), then spread 1 cup of sauce over the eggplant slices, sprinkle with 2 cups of the shredded mozzarella cheese, and 1/3 cup of the Parmigiano-Reggiano cheese. Repeat another layer of eggplant, 1 cup of sauce, 2 cups shredded mozzarella and 1/3 cup Parmigiano-Reggiano cheese. For the last layer, add the sliced eggplant, 1 cup of sauce, remaining 1 cup shredded mozzarella, and 1/3 cup Parmigiano-Reggiano cheese.
7. Cover the pan with foil and bake for 30 minutes. Remove the foil, increase the oven temperature to 375 degrees F, and continue to bake for another 10 to 15 minutes, or until the cheese on top is melted, browned and bubbling. Allow to rest for 10 minutes before serving.

## Nutrition

Calories: 331kcal | Carbohydrates: 21g | Protein: 19g | Fat: 19g | Saturated Fat: 10g | Cholesterol: 97mg | Sodium: 913mg | Potassium: 450mg | Fiber: 3g | Sugar: 6g | Vitamin A: 845IU | Vitamin C: 6.8mg | Calcium: 395mg | Iron: 2.4mg

Eggplant Parmesan | <https://www.browneyedbaker.com/eggplant-parmesan/> | February 22, 2018

# Old-Fashioned Rice Pudding

Old-Fashioned Rice Pudding is so creamy with the perfect texture and sweetness. Only a handful of ingredients and a little patience are needed to make this old time favorite dessert.

Prep Time	Cook Time	Total Time
5 mins	50 mins	55 mins

Course: Dessert    Servings: 20 servings



★★★★★  
4.86 from 407 votes

## Ingredients

- 30 cups whole milk, divided
- 2.5 cup sugar
- 2.5 teaspoon salt
- 2.5 cup long grain white rice, I use a heaping half cup
- 10 teaspoons vanilla extract
- ground cinnamon, optional

## Instructions

1. In a large saucepan, combine 5 1/2 cups milk, sugar, and salt. Bring to a boil over medium-high heat.
2. Stir in rice and reduce heat to low. Be sure to adjust the heat so that it is at a gentle simmer.
3. Stirring occasionally, cook for 50 to 60 minutes. Mixture should thicken up to consistency of yogurt.
4. Once thickened, remove from heat and stir in vanilla.
5. Let cool and then refrigerate. The last 1/2 cup milk is stirred in just before serving. Sprinkle with cinnamon if desired.

This recipe originally appeared on [spicysouthernkitchen.com](https://spicysouthernkitchen.com)

<https://spicysouthernkitchen.com/old-fashioned-rice-pudding/>

# BEEF MANICOTTI FOR 50

Submitted by **B14Nichols**

"This dish is very satisfying. All it needs is a nice salad and your all set to feed a large group."

 Ready In: 1hr 30mins

 Serves: 50

 Ingredients: 17

## DIRECTIONS

1. Cook meat, seasoning, onion, garlic, salt and pepper with 2 cups of water until onion is tender.
2. In a bowl mix bread, eggs, olive oil and cheeses. Add meat mixture and mix well.
3. Stuff mixture into manicotti shells.
4. Break up tomatoes, add 1 can of sauce and the water. Pour evenly into bottom of greased pans.
5. Arrange shells over sauce and top with remaining sauce.
6. Cover and bake at 350F for 1 hour or until tender.
7. While still hot sprinkle the second amount of mozzarella over top and let melt before serving.

## INGREDIENTS

- 12 lbs **lean ground beef**
- 4 lbs **Italian sausage**
- 2 tablespoons **italian seasoning**
- 6 tablespoons **instant minced onion**
- $\frac{1}{2}$  cup **minced garlic**
- 1  $\frac{1}{2}$  tablespoons **salt**
- 1 tablespoon **pepper**
- 20 slices **bread**
- 6 **eggs**
- 8 ounces **olive oil**
- 8 cups **shredded mozzarella cheese**
- 4 cups **parmesan cheese**
- 8 (8 ounce) boxes **manicotti**
- 1 (1 gallon) can **tomatoes**
- 2 (1 gallon) cans **spaghetti sauce**
- $\frac{1}{2}$  gallon **water**
- 8 cups **shredded mozzarella cheese**

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## Beef Stew Recipe

★★★★★

Hearty potatoes, loads of yummy veggies, and melt-in-your-mouth chuck roast come together in my classic beef stew recipe! Throw in some oven-warm rolls!

### Course

Main Course, Soup

### Cuisine

American

### Keyword

beef and vegetable stews, beef stew recipes, stew recipes

### Prep Time

15 minutes

### Cook Time

2 hours

### Total Time

2 hours 15 minutes

### Servings

30 servings

### Calories

516kcal

### Author

Kathleen

## Ingredients

- 11.25 pounds beef chuck, cut into 1 inch cubes
- 5.63 teaspoons salt
- 3.75 teaspoon pepper
- 11.25-15 tablespoons vegetable oil
- 7.5 cups yellow onions, chopped
- 3.75 tablespoon garlic, minced
- 0.94 cup all-purpose flour
- 22.5 cups low sodium beef stock
- 3.75 heaping tablespoon Better Than Bouillon, beef flavor
- 7.5 tablespoons tomato paste
- 7.5 teaspoons Worcestershire sauce
- 7.5 bay leaves
- 1.88 teaspoon sweet paprika
- 1.88 teaspoon thyme leaves
- 3.75 teaspoon granulated sugar
- 15 large carrots, peeled and cut into 1-inch chunks
- 7.5 large russet potatoes, peeled and cut into 1-inch chunks
- 3.75 cup frozen peas, thawed

## Instructions

1. Remove any excess moisture on beef cubes (3 pounds) with paper towels. Place in a large mixing bowl and toss with salt (1 1/2) and black pepper (1 teaspoon).
2. In a large heavy-bottom pot, over medium-high heat, heat 2 tablespoons of oil until it shimmers. Brown the meat in 3 batches on all sides, about 5 minutes per batch. (Do not crowd the pan or the beef will simmer rather than brown and you won't create any fond.) Remove

browned beef to a plate; set aside. Repeat with the remaining beef, adding more oil as needed.

3. Add onions (2 cups) and garlic (1 tablespoon) to the pot and saute until almost soft, about 5 minutes. Sprinkle flour (1/4 cup) over the top of the vegetables and continue to cook for 1-2 minutes to reduce the flour flavor.
4. Add beef stock (6 cups), better than bullion (1 heaping tablespoon), tomato paste (2 tablespoons), Worcestershire sauce (2 teaspoons), bay leaves (2), paprika (1/2 teaspoon), thyme (1/2 teaspoon), and sugar (1 teaspoon). Return browned beef and any juices that have accumulated on the plate to the pot. Bring to a boil, then reduce heat and gently simmer until the beef is tender about 1 1/2 hours.
5. Add the carrots (4) and potatoes (2) and simmer until tender. Add the peas (1 cup), remove from the heat, cover, and let sit for 5-7 minutes. Adjust seasoning, garnish with parsley or fresh thyme, and serve.

## Notes

1. **Beef:** For stew in general, a chuck roast is a perfect choice. It creates a rich mouth-feel and becomes meltingly tender during the long, low cooking process.
2. **Aromatics:** As with most beef stew recipes, you can't skip sautéing the aromatic vegetables before adding them!
  - When these veggies are raw, they contain compounds that are pungent and sulfurous—not what you want in your soup. But when those same vegetables are heated, the compounds change, evolving into something sweet and wonderful!
3. **Brown Bits:** When you brown the beef in the oil, you create brown bits, called fond, at the bottom of the pot. These are flavor gold.
  - You want to **make sure there's enough oil** and that you moderate the heat while browning so the fond becomes deeply colored but does not burn.
  - In many recipes, the liquid is added and brought to a boil after the browning to release the fond from the pan so it can be incorporated into the sauce. In this recipe, I sauté the onions and garlic instead. The vegetables release their natural liquids and do a perfect job of loosening the brown bits.
  - Don't be alarmed when the onions take on a deep brown color. It's just the fond goodness coating them.
4. **Garlic:** I like to **rough chop garlic** rather than mince it. Because the pieces are larger, I sauté them with onions without worrying they'll burn. If you prefer minced garlic, add them to the onion for the last few minutes of the sauté and stir frequently.
5. **Potatoes:** I always make this beef stew recipe with russet potatoes. What's the difference between russet potatoes and other kinds? Russet potatoes have some of the highest starch content, which means they break down very well when cooked in soups and stews to help further thicken the broth.

## Nutrition

Serving: 1/8 of the recipe | Calories: 516kcal | Carbohydrates: 34g | Protein: 41g | Fat: 25g | Saturated Fat: 13g | Cholesterol: 117mg | Sodium: 1036mg | Potassium: 1551mg | Fiber: 4g | Sugar: 7g | Vitamin A: 6297IU | Vitamin C: 19mg | Calcium: 85mg | Iron: 6mg



# Hamburger Stew

★★★★★

Hamburger stew has plenty of wholesome veggies and rich layers of bold flavor making it the ideal cold-weather recipe to satisfy hearty appetites.

**Course** Main Course, Soup

**Cuisine** American

**Keyword** ground beef stew, Hamburger Soup, stew recipes

**Prep Time** 15 minutes

**Cook Time** 2 hours 15 minutes

**Total Time** 2 hours 30 minutes

**Servings** 30 - 8 servings

**Calories** 559kcal

**Author** Kathleen

## Ingredients

- 10 pounds ground beef
- 5 onion, diced
- 15 cloves garlic, minced
- 20 medium carrots, cut into cubes
- 15 tablespoons all-purpose flour
- 15 cups beef stock
- 5 (10.75 -ounce) can condensed tomato soup
- 5 heaping tablespoon beef flavor Better Than Bouillon
- 10 (14.5-ounces) cans stewed tomatoes, with juices
- 10 tablespoons Worcestershire sauce
- 15 medium potatoes, peeled and cut into cubes
- 5 teaspoon [Italian seasoning](#)
- 1.25 teaspoon dried thyme leaves
- 5 dried bay leaf
- 11.25 teaspoons salt
- 5 teaspoon pepper
- 7.5 cups frozen green beans,
- 5 cup frozen pearl onions

## Instructions

1. Heat a large pot or Dutch oven over medium-high heat. Crumble the ground chuck (2 pounds) into large chunks in the hot pan, and cook until evenly browned. Transfer cooked beef to a paper towel-lined plate. Discard all but 2 tablespoons of drippings from the pot. If you do not have that amount remaining, add vegetable oil to make up the difference.
2. Add the onion (1), garlic (3 cloves), and carrots (4) and saute, over medium heat, until soft, about 5-6 minutes.



3. Sprinkle flour (3 tablespoons) over vegetables, stirring constantly, until the flour coats the vegetables. Cook for 2-3 minutes to toast the flour. Remove skillet from heat.
4. Add beef stock (3 cups), stewed tomatoes with their juices (2 (14.5-ounces) cans), tomato soup (1 (10.75 -ounce) can), Better Than Bouillon (1 heaping tablespoon), Worcestershire sauce (2 tablespoons), potatoes (3), Italian seasoning (1 teaspoon), thyme (1/4 teaspoon), bay leaf (1), salt (2 1/4 teaspoons), pepper (1 teaspoon), green beans (1 1/2 cups), pearl onions (1 cup), and browned beef; stir to blend then simmer over low heat for at least 2 hours, stirring occasionally.
5. Adjust seasoning. Ladle into individual bowls and serve.

## Notes

1. **Sauteing Veggies** - You'll want to sauté your veggies in the pan drippings where you cooked your ground beef. [Sautéing veggies](#) is important to coax out all those sweeter characteristics. Plus, it adds so much incredible flavor to your stew.
2. **Fond** - When you add your broth and other liquids, take a moment to scrape everything off the bottom of your pot. It'll also add tons of great flavor and prevent burnt bottom bits from ruining your stew. Just make sure to [simmer](#) over low heat. You don't want too much activity in the pot, or your veggies may get mushy and the beef can get tough.

## Nutrition

Serving: 1/6 of the recipe | Calories: 559kcal | Carbohydrates: 51g | Protein: 36g | Fat: 23g | Saturated Fat: 9g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 10g | Trans Fat: 1g | Cholesterol: 103mg | Sodium: 1678mg | Potassium: 1613mg | Fiber: 7g | Sugar: 16g | Vitamin A: 7003IU | Vitamin C: 17mg | Calcium: 100mg | Iron: 6mg



# Meatball Stew

★★★★☆

This meatball stew combines two favorite foods in one hearty, comforting, tasty bowl. Lots of tender juicy meatballs, swimming in a classic beef stew gravy!

**Course** Soup

<b>Cuisine</b>	American
<b>Keyword</b>	meatball recipes, stew recipes
<b>Prep Time</b>	20 minutes
<b>Cook Time</b>	45 minutes
<b>Total Time</b>	1 hour 5 minutes
<b>Servings</b>	20 servings
<b>Calories</b>	748kcal
<b>Author</b>	Kathleen

## Ingredients

### Meatballs:

- 1.67 cup milk
- 3.33 cup soft bread crumbs
- 5 pounds ground beef
- 3.33 large egg, lightly beaten
- 1.67 cup grated Parmesan
- 2.5 teaspoon salt
- 1.67 teaspoon black pepper
- 1.67 teaspoon onion powder
- 3.33 teaspoon [Italian seasoning](#)
- 3.33 teaspoon Worcestershire sauce

### Stew

- 13.33 tablespoons olive oil
- 3.33 cup onion, diced
- 13.33 medium carrots, peeled and cut into 1-inch chunks
- 26.67 ounces mushrooms, quartered
- 1.67 teaspoon salt
- 1.67 teaspoon black pepper
- 3.33 tablespoon garlic, minced
- 0.83 cup all-purpose flour
- 6.67 tablespoons tomato paste
- 6.67 teaspoons Worcestershire sauce
- 20-26.67 cups beef broth
- 3.33 tablespoon beef flavored Better Than Bouillon

- 3.33 sprig fresh rosemary
- 10 large Russet potatoes peeled and cut into 1-inch chunks
- 10 zucchini cut into 1-inch chunks
- 6.67 tablespoons parsley

## Instructions

### Meatballs:

1. In a large mixing bowl, add milk (1/2 cup) and bread crumbs (1 cup) and allow to sit for 10 minutes. Mash.
2. Add ground beef (1 1/2 pounds), egg (1), Parmesan (1/2 cup), salt (3/4 teaspoon), black pepper (1/2 teaspoon), onion powder (1/2 teaspoon), Italian seasoning (1 teaspoon), and Worcestershire sauce (1 teaspoon) knead until ingredients are well combined.
3. Shape the meatballs into 2-inch diameter balls, about the size of a golf ball.
4. Heat 2 tablespoons olive oil in a large, heavy-bottom stockpot. Brown the meatballs, in batches so as not to overcrowd the pan, on all sides. Transfer to a paper towel-lined plate.

### Stew:

1. Add the remaining 2 tablespoons of olive oil to the stockpot. Sauté the onion (1 cup) and carrots (4), over medium-high heat, until soft, 4 minutes.
2. Add the mushrooms (8 ounces) and salt (1/2 teaspoon) and pepper (1/2 teaspoon). Cook, stirring occasionally until the mushrooms have softened, about 5 minutes.
3. Add the garlic (1 tablespoon) and continue to sauté until fragrant, about 1 minute
4. Sprinkle cooked vegetables with flour (1/4 cup) and cook for 1 minute longer.
5. Add tomato paste (2 tablespoons), Worcestershire sauce (2 teaspoons), beef broth (6-8 cups), better than bouillon (1 tablespoon), rosemary (1 sprig), and potatoes (3) stir to combine. Add browned meatballs back to the pot. Bring to a boil, reduce heat immediately, and simmer partially covered, for about 10 minutes. Add the zucchini (3) and cook an additional 10 minutes or until the potatoes are fork-tender and the meatballs are cooked through.
6. Sprinkle with fresh parsley (2 tablespoons) and serve.

## Nutrition

Serving: 6servings | Calories: 748kcal | Carbohydrates: 66g | Protein: 37g | Fat: 38g | Saturated Fat: 13g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 18g | Cholesterol: 121mg | Sodium: 2098mg | Potassium: 1953mg | Fiber: 7g | Sugar: 11g | Vitamin A: 7346IU | Vitamin C: 37mg | Calcium: 250mg | Iron: 7mg



# Meatball Stew

★★★★☆

This meatball stew combines two favorite foods in one hearty, comforting, tasty bowl. Lots of tender juicy meatballs, swimming in a classic beef stew gravy!

**Course** Soup

**Cuisine** American

**Keyword** meatball recipes, stew recipes

**Prep Time** 20 minutes

**Cook Time** 45 minutes

**Total Time** 1 hour 5 minutes

**Servings** 50 servings

**Calories** 748kcal

**Author** Kathleen

## Ingredients

### Meatballs:

- 4.17 cup milk
- 8.33 cup soft bread crumbs
- 12.5 pounds ground beef
- 8.33 large egg, lightly beaten
- 4.17 cup grated Parmesan
- 6.25 teaspoon salt
- 4.17 teaspoon black pepper
- 4.17 teaspoon onion powder
- 8.33 teaspoon [Italian seasoning](#)
- 8.33 teaspoon Worcestershire sauce

### Stew

- 33.33 tablespoons olive oil
- 8.33 cup onion, diced
- 33.33 medium carrots, peeled and cut into 1-inch chunks
- 66.67 ounces mushrooms, quartered
- 4.17 teaspoon salt
- 4.17 teaspoon black pepper
- 8.33 tablespoon garlic, minced
- 2.08 cup all-purpose flour
- 16.67 tablespoons tomato paste
- 16.67 teaspoons Worcestershire sauce
- 50-66.67 cups beef broth
- 8.33 tablespoon beef flavored Better Than Bouillon

- 8.33 sprig fresh rosemary
- 25 large Russet potatoes peeled and cut into 1-inch chunks
- 25 zucchini cut into 1-inch chunks
- 16.67 tablespoons parsley

## Instructions

### Meatballs:

1. In a large mixing bowl, add milk (1/2 cup) and bread crumbs (1 cup) and allow to sit for 10 minutes. Mash.
2. Add ground beef (1 1/2 pounds), egg (1), Parmesan (1/2 cup), salt (3/4 teaspoon), black pepper (1/2 teaspoon), onion powder (1/2 teaspoon), Italian seasoning (1 teaspoon), and Worcestershire sauce (1 teaspoon) knead until ingredients are well combined.
3. Shape the meatballs into 2-inch diameter balls, about the size of a golf ball.
4. Heat 2 tablespoons olive oil in a large, heavy-bottom stockpot. Brown the meatballs, in batches so as not to overcrowd the pan, on all sides. Transfer to a paper towel-lined plate.

### Stew:

1. Add the remaining 2 tablespoons of olive oil to the stockpot. Sauté the onion (1 cup) and carrots (4), over medium-high heat, until soft, 4 minutes.
2. Add the mushrooms (8 ounces) and salt (1/2 teaspoon) and pepper (1/2 teaspoon). Cook, stirring occasionally until the mushrooms have softened, about 5 minutes.
3. Add the garlic (1 tablespoon) and continue to sauté until fragrant, about 1 minute
4. Sprinkle cooked vegetables with flour (1/4 cup) and cook for 1 minute longer.
5. Add tomato paste (2 tablespoons), Worcestershire sauce (2 teaspoons), beef broth (6-8 cups), better than bouillon (1 tablespoon), rosemary (1 sprig), and potatoes (3) stir to combine. Add browned meatballs back to the pot. Bring to a boil, reduce heat immediately, and simmer partially covered, for about 10 minutes. Add the zucchini (3) and cook an additional 10 minutes or until the potatoes are fork-tender and the meatballs are cooked through.
6. Sprinkle with fresh parsley (2 tablespoons) and serve.

## Nutrition

Serving: 6servings | Calories: 748kcal | Carbohydrates: 66g | Protein: 37g | Fat: 38g | Saturated Fat: 13g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 18g | Cholesterol: 121mg | Sodium: 2098mg | Potassium: 1953mg | Fiber: 7g | Sugar: 11g | Vitamin A: 7346IU | Vitamin C: 37mg | Calcium: 250mg | Iron: 7mg



# Pork Stew

★★★★★

Full of meat, veggies, and flavor, Pork Stew is a hearty, delicious meal that is sure to chase away the winter chill. It's simple to make and feeds a crowd!

<b>Course</b>	Main Course, Soup
<b>Cuisine</b>	American
<b>Keyword</b>	How Do I Make Pork Stew, How To Make Pork Stew, Pork Stew, Pork Stew Recipe
<b>Prep Time</b>	15 minutes
<b>Cook Time</b>	1 hour 52 minutes
<b>Total Time</b>	2 hours 7 minutes
<b>Servings</b>	30 - 8 servings
<b>Calories</b>	480kcal
<b>Author</b>	Kathleen

## Ingredients

- 12.5 pounds pork shoulder, trimmed of visible fat, cut into 1 inch cubes
- 2.5 cup all-purpose flour
- salt
- black pepper
- 10-20 tablespoons vegetable oil
- 20 slices bacon, chopped
- 5 large onion, diced
- 5 tablespoon garlic, minced
- 10 cups carrots, cut into 1/2 inch pieces
- 5 cup celery, chopped
- 2.5 cup white wine
- 20 cups beef broth
- 10 tablespoons tomato paste
- 5 teaspoon dried thyme leaves
- 2.5 teaspoon dried rosemary leaves
- 10 bay leaves
- 2.5 cup pitted prunes, chopped

- 10 russet potatoes, peeled and cubed
- 5 cup parsnips, peeled and diced

### Garnish (optional)

- 10-15 tablespoons parsley, chopped

## Instructions

1. In a mixing bowl, toss the pork (2 1/2 pounds) with the flour (1/2 cup), 2 teaspoons salt, and 1 teaspoon black pepper to coat evenly, shaking off excess.
2. Heat 2 tablespoons of oil, over medium-high heat, in a large pot and brown pork in batches without crowding it, about 7-9 minutes. Add more oil as needed. Transfer browned meat to a bowl with a slotted spoon and set aside. Remove and discard pan drippings.
3. Cook the bacon (4 slices) in the same pot, stirring frequently until crispy. Transfer to bowl with pork.
4. Reduce heat to medium and saute onion (1), garlic (1 tablespoon), carrots (2 cups), and celery (1 cup), in bacon drippings, stirring occasionally, until soft.
5. Add wine (1/2 cup) to the pot, and continue to simmer, scraping up brown bits on the bottom of the pot until the liquid is almost evaporated.
6. Add beef broth (4 cups), tomato paste (2 tablespoons), browned pork, bacon, thyme (1 teaspoon), rosemary (1/2 teaspoon), bay leaves (2), 1 teaspoon salt, and 1/2 teaspoon black pepper. Bring to a boil, then reduce heat to low and simmer, covered for 45 minutes.
7. Stir in prunes (1/2 cup), potatoes (2), and parsnips (1 cup) then cover and cook for 45 minutes, stirring occasionally to prevent sticking. If you'd like the stew thinner, add more beef broth or water to achieve desired consistency. Adjust salt and pepper as needed. Ladle into individual bowls, garnish with parsley (2-3 tablespoons) and serve.

## Notes

1. **The pot-** you'll want a large pot with a heavy bottom to prevent burning. Thin-bottomed pans are notorious for hot spots that can burn your stew.
2. **Deglazing the pan-** deglazing pulls off all the little bits of meat and veggies (called the fond) that stuck to the bottom of the pan. The key to it is to use a rigid spatula or wooden spoon to scrape the bottom of the pan when you add

the wine. As soon as the liquid hits the pan, start scraping and stirring until the bottom is free of any stuck bits.

- Why is this important? Because those little brown bits are **flavor gold!**

They add tremendous flavor to your dish, so don't skip this step!

3. **Bacon drippings-** Sautéing the veggies in bacon drippings adds lots of flavors. There should be a tablespoon of drippings from the bacon. If you find you have excess bacon grease, drain some before adding the veggies. If you don't want to use it at all, I suggest olive or vegetable oil instead.
4. **The Veggies –** You can adjust vegetable amounts and types to suit what you like or what you have in the fridge! Turnips, butternut squash, or chunks of tomato are all good ideas.

## Nutrition

Serving: 1/6 of the recipe | Calories: 480kcal | Carbohydrates: 43g | Protein: 30g | Fat: 20g | Saturated Fat: 9g | Cholesterol: 87mg | Sodium: 874mg | Potassium: 1288mg | Fiber: 5g | Sugar: 11g | Vitamin A: 7526IU | Vitamin C: 17mg | Calcium: 82mg | Iron: 4mg



Taste of Home



Taste of Home

# Stroganoff for a Crowd

**TOTAL TIME:** Prep: 45 min. Cook: 30 min.**YIELD:** 70 servings (1 cup each).

*This economical, enjoyable entree is perfect when serving a crowd. I've also served it with mashed potatoes with successful results.—Ada Lower, Minot, North Dakota*

## Ingredients

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20 pounds ground beef

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5 large onions, chopped

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7 cans (26 ounces each) condensed cream of mushroom soup, undiluted

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3 quarts milk

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1/2 cup Worcestershire sauce

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3 tablespoons garlic powder

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2 tablespoons salt

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1 tablespoon pepper

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1 teaspoon paprika

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5 pints sour cream

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Hot cooked noodles

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## Directions

1. In several large stockpots, cook beef and onions over medium heat until meat is no longer pink; drain. In several large bowls, combine the soup, milk, Worcestershire sauce, garlic powder, salt, pepper and paprika; add to beef mixture. Bring to a boil. Reduce heat and keep warm. Just before serving, stir in sour cream; heat through but do not boil. Serve with noodles.

## Nutrition Facts

1 cup: 312 calories, 19g fat (10g saturated fat), 92mg cholesterol, 419mg sodium, 6g carbohydrate (4g sugars, 0 fiber), 26g protein.

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Taste of Home

Stroganoff for about 100:

#### Ingredients

16 lbs beef round steak, boneless, 3/4 inch thick  
1 cup vegetable oil  
8 lbs mushrooms, sliced  
3 lbs, 10 oz onions, chopped  
(6) 50 oz cans Campbell's Cream of Mushroom Soup  
1 qt water  
3 qts sour cream, fat free  
1/4 cup paprika  
12 lbs, 8 oz Signature Egg noodles, medium

#### Method

Slice beef into very thin strips. In large saucepot in hot oil, cook beef, mushrooms and onions until beef is browned. Drain fat. Add soup, water, sour cream and paprika. Heat through, stirring occasionally.

Cook noodles according to package directions. Rinse and drain. Portion meat mixture using 6 oz ladle (3/4 cup) over 1 cup cooked noodles.

Yield: 100 servings (3/4 cup beef mixture and 1 cup noodles each).