

# Roast Beef

Makes 8 Servings

*Tammy's Favorites*  
Main Dishes - Beef

*A pot roast usually includes a classic mix:*

*POTATOES: Yukon gold or red potatoes peeled russet potatoes. You will love the buttery texture of Yukon months pot roast recipe.*

*ONIONS: White or yellow onion are the best to use for adding flavour while slow braising.*

*CARROTS: Add them peeled or unpeeled. Make sure you cut them into thick chunks, as slicing them into thin discs will turn to mush.*

*If preferred, you can cook your potatoes and carrots separately. The onions always work well with the roast.*

**4 pounds roast beef**  
**1 tablespoon olive oil**  
**4 pounds potatoes**  
**3 carrots**  
**1 yellow onion**  
**4 cloves garlic**  
**1 teaspoon salt**  
**1 teaspoon thyme**  
**1/2 teaspoon pepper**  
**1 cup beef broth**  
**2 teaspoons beef bouillon**  
**2 tablespoons flour**

Crock Pot method:

Season roast with a good amount of salt and pepper and sear on all sides until browned (about 5-6 minutes each side). Transfer roast to the bowl of a 6-quart slow cooker. Add in all remaining ingredients and cook on low 8 hours. If you prefer a thickened gravy, mix 2 tablespoons flour into the beef broth before adding to the crock pot. The meat will be so tender and falling apart, and the vegetables soft. Remember to taste test and add any salt or pepper, until reaching your desired flavour.

PRO TIP: It's better to cook pot roast on the low setting rather than the high setting when it comes to pot roast. Your meat will be tender and delicious every time.

Instant Pot method:

Heat oil in the Instant Pot and set to 'Saute'. When oil is hot, sear on all sides until browned (about 4-5 minutes each side). Add in all remaining ingredients and cook on high pressure for 60 minutes, followed by a 15 minute natural release. Then use the quick pressure lever to release any remaining pressure. Carefully remove lid and transfer roast and veggies to a warm plate.

PRO TIP: the natural release portion of electric pressure cooking is an important step. We have found that if you release the pressure immediately after cooking, your beef may toughen up. Letting the pressure cooker sit for 15 minutes during the natural release stage produces a tender result.

Oven method:

Use a dutch or heavy based oven-proof pot to sear your well-seasoned seasoned roast. Transfer roast to a plate. Sauté garlic for 30 seconds until fragrant. Add the stock to deglaze your pan, scraping up any browned bits. Whisk in the flour and let cook for about 4 minutes (don't worry about any lumps, they will cook out). Add the rest of your ingredients, bring to a simmer, cover with lid (or foil) and transfer to your preheated oven. Roast for 3-4 hours, or until meat is starting to falling apart. Transfer the roast, carrots, and potatoes to a warm plate, and use a spoon to skim the fat off the surface of the cooking liquid. Cut the roast into thick slices, and serve with the vegetables.

## Dinner Rolls

Makes 8 Servings

*Tammy's Favorites*  
Breads, yeast

**1 cup water warm**  
**2 tablespoons butter**  
**1 egg**  
**3 1/4 cups flour**  
**1/4 cup sugar**  
**1 teaspoon salt**  
**3 teaspoons yeast**

Put water and butter in microwave safe dish and warm for 45 seconds. This will help the butter begin to melt.

Put water and butter in mixing bowl. Add egg, flour, sugar, salt, and yeast. Begin with 3 cups flour and only add the remaining 1/4 cup if needed. Mix all ingredients until ball of dough begins to form. If you have a dough hook on your mixer, knead for 5 minutes at medium speed. If you do not have a dough hook, turn dough out on counter and knead by hand until the dough becomes smooth and elastic. Cover dough and let rise until double. Punch dough and shape rolls. Let rise for 30 minutes.

Bake at 375 for 12-15 minutes.

## Vanilla Topping

Makes 8 Servings

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*Tammy's Favorites*  
Desserts and Frostings

*From the kitchen of Judy Coburn*

- 1 package instant vanilla pudding**
- 1 3/4 cups milk**
- 1 pint vanilla ice cream**

Beat until stiffened and add 1 pint vanilla ice cream. Mix until thick and creamy.

This makes a great topping for chocolate cake instead of frosting. For an extra treat, sprinkle chocolate chips and nuts over chocolate cake before baking.

## Chili-Ghetti

Makes 10 Servings

Preparation: 45 minutes , Cook Time: 45 minutes

*Tammy's Favorites*

Pasta

**2 tablespoons butter**  
**3/4 cup chopped onions**  
**2 (14-ounce) cans tomatoes**  
**2 (14-ounce) cans mild chili**  
**1 (8-ounce) package spaghetti**  
**3 cups shredded Cheddar cheese**  
**1 cup sour cream**  
**1/4 cup grated Parmesan cheese**

In large skillet melt butter; Saute onion. Add tomatoes and chili; simmer 45 minutes. In the meantime, cook spaghetti according to package directions; drain. Remove skillet from heat; stir in cheddar cheese until melted. Fold in sour cream. Combine chili mixture and spaghetti. Pour mixture into 4 quart casserole. Top with Parmesan cheese. Bake, covered, for 45 minutes; remove cover last 15 minutes.

## Cream Chicken and Rice

Makes 6 Servings

*Tammy's Favorites*  
Main Dishes - Poultry

*From the kitchen of Tammy Hulse*

**4-5 boneless skinless chicken breast halves**  
**1 (10 1/2-ounce) can cream of chicken soup**  
**1/2 cup sour cream**  
**1 tablespoon lemon juice**  
**1/2 cup dry bread crumbs**  
**1/2 teaspoon garlic salt**  
**1/2 teaspoon salt**  
**1/2 teaspoon seasoned salt**  
**1/2 teaspoon paprika**  
**4 tablespoons butter**

**1 cup rice**

Place chicken in pan. Mix together seasonings, lemon juice and sour cream. Pour mixture over chicken. Sprinkle breadcrumbs over chicken. Drizzle melted butter over all. Cover with tin foil. Bake at 300 F for 2 hours. Take tinfoil off during last half hour to brown. Serve over rice

## Beef Stew

Makes 8 Servings

*Tammy's Favorites*  
Soups and Stews

*From the kitchen of Tammy Hulse*

*If you have celery, corn, or peas on hand you can easily add them to this hearty beef stew.*

**4 cups beef broth**  
**4 russet potatoes peeled and cubed**  
**1 cup carrots cubed or sliced**  
**1 onion chopped**  
**2 bay leaves**  
**1-2 cups roast beef cooked and chopped (leftovers)**  
**1 (8-ounce) can tomato sauce**  
**1 teaspoon salt**  
**1 tablespoon Worcestershire sauce**  
**1 teaspoon sugar**

Place cut vegetables and beef broth in pan. Bring to boil. Reduce heat and simmer for 20 minutes until vegetables are tender. Add beef pieces, tomatoes sauce, salt, sugar, Worcestershire sauce. Simmer for an additional 10-15 minutes.

## Baking Powder Biscuits

Makes 12 Servings

*Tammy's Favorites*  
Breads, Quick

*Turn this biscuit recipe into a sour dough recipe by reducing the flour to 1 cup. Use 1 cup sour dough starter instead of milk. This is a great way to use excess sour dough starter and it will give your biscuits a mild sour dough flavor.*

**2 cups unbleached flour**  
**2 1/2 teaspoons baking powder**  
**1/2 teaspoon baking soda**  
**1/2 teaspoon salt**  
**1/2 cup butter**  
**3/4 cup milk may need a little more**

Heat oven to 450 F. In large bowl, combine flour, baking powder and salt. Add oil and mix with pastry blender until consistency of coarse meal. Add milk; stir with fork until mixture leaves sides of bowl and forms soft, moist dough. On floured surface, toss lightly until no longer sticky. Roll out 1/2 inch thick; cut with 2-inch floured cutter. Place on ungreased cookie sheet. Bake for 8-12 minutes.

Variations: Buttermilk Biscuits - add 1/4 tsp soda to flour. Substitute buttermilk for milk.  
Cheese Biscuits: add 4 oz. shredded cheese to flour mixture. Grease cookie sheet.  
Drop Biscuits: Increase milk to 1 1/4 cups. Drop dough by spoonfuls onto pan.  
Soft sided biscuits: Use 9-inch round pan so sides of biscuits touch each other  
Southern Style: Reduce oil to 1/4 cup.

## Grilled Cheese Sandwiches

Makes 6 Servings

*Tammy's Favorites*  
Sandwiches and Pizza

*Grilled cheese sandwiches are always a hit! Choose your favorite bread - whole wheat, white, or sour dough for this simple meal*

**1 loaf bread**  
**6 ounces Cheddar cheese**  
**4 tablespoons butter**

Heat skillet on medium high heat. Make sandwiches with one slice of cheese. (Add ham or turkey, or even mixed tuna and mayo if you have some on hand). Butter outside of sandwich and put in skillet - butter side down. Butter the top side of the sandwich. When bottom of sandwich is sufficiently browned to your liking, turn it over and cook the other side.

## Baked Potatoes with Chili and Cheese

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*Tammy's Favorites*  
Vegetables

**4 baking potatoes**  
**1 (14-ounce) can chili beans**  
**1/2 cup sour cream**  
**4 tablespoons butter**  
**8 ounces Cheddar cheese grated**

Baked potatoes in oven:

Heat oven to 350 degrees and position racks in top and bottom thirds. Wash potato (or potatoes) thoroughly with a stiff brush and cold running water. Dry, then using a standard fork poke 8 to 12 deep holes all over the spud so that moisture can escape during cooking. Place in a bowl and coat lightly with oil. Sprinkle with kosher salt and place potato directly on rack in middle of oven. Place a baking sheet on the lower rack to catch any drippings.

Bake 1 hour or until skin feels crisp but flesh beneath feels soft. Serve by creating a dotted line from end to end with your fork, then crack the spud open by squeezing the ends towards one another. It will pop right open. But watch out, there will be some steam. Add toppings if using.

Cook's Note

If you're cooking more than 4 potatoes, you'll need to extend the cooking time by up to 15 minutes.

Instant Pot Method:

Add water to a 6-qt Instant Pot®. Place metal trivet into the pot.

Pierce potatoes with a fork; place potatoes on top of the trivet. Select manual setting; adjust pressure to high, and set time for 14 minutes. When finished cooking, naturally release pressure according to manufacturer's directions, about 20-30 minutes.

When cool enough to handle, cut each potato in half lengthwise; top with butter and season with salt and pepper, to taste.

If you want to make twice baked potatoes, the oven method is recommended as the instant pot will leave the potato skins too soft to form a shell for the second baking.

# Ground Beef Stroganoff

Makes 8 Servings

*Tammy's Favorites*  
Main Dishes - Beef

- 1 pound ground beef**
- 1/2 cup onions chopped**
- 1/8 teaspoon garlic powder**
- 1 tablespoon butter**
- 2 tablespoons flour**
- 1 teaspoon salt**
- 1/4 teaspoon pepper**
- 1/4 teaspoon paprika**
- 1 can cream of mushroom soup**
- 1 cup sour cream**
- 1 (12-ounce) package noodles**

Saute onion and garlic in a little butter in hot skillet. Stir in meat, flour, seasonings and sauté about 5 minutes until meat loses its color. Add soup. Simmer about 10 minutes. Stir in sour cream and heat but do not boil. Add milk if needed. Season to taste. Serve on hot rice or noodles. (You may choose to brown the meat first so you can drain off the fat)

# Carolyn's Brownies

Makes 24 Servings

*Tammy's Favorites*  
Bars and Cookies

*From the kitchen of Carolyn Hulse*

**1/2 cup butter**  
**1/2 cup safflower oil**  
**10 tablespoons unsweetened cocoa**  
**2 cups sugar**

**4 eggs**  
**1 1/2 cups flour**  
**dash salt**

Melt 1/2 cup butter with 1/2 cup sunflower or canola oil. Add cocoa powder and sugar. Beat well. Add eggs, flour and salt, Mix well. Add nuts if desired. Spread in 9x13 pan. Bake at 350 F for 25-30 minutes.