

Recipes by Heather Werner, Werner Family Angus of Diagonal, Iowa

Beef Enchiladas

Ingredients:

1 ½ lbs. ground beef
1 15 oz. can refried beans
1 10 oz. can red enchilada sauce
10 burrito style tortillas
2 c. of Colby jack cheese (shredded)
Sliced black olives (optional)
Diced green chilies (optional)

Directions: **Step 1:** Brown ground beef, and season as desired. When it is finished, add the refried beans. **Step 2:** Put a spoon full (about ½ cup) in a tortilla. Then wrap it like a burrito and put in the baking dish. **Step 3:** When you have your 8 to 10 tortillas filled lined up in your baking dish, pour enchilada sauce over all the stuffed tortillas. Sprinkle cheese over all of it and then add black olives and green chilies if desired. **Step 4:** Bake on 350 degrees Fahrenheit for about 15 to 20 minutes. Feeds 8 to 10.

Beef Sausage Gravy

Ingredients:

1 lb. beef sausage
¼ c. flour
2 c. milk

Directions: If you haven't yet, you should ask your butcher if they can make some beef sausage because it is my favorite! My kids love it and even just making sausage balls and serving it with grape jelly has been a huge morning success.

Step 1: Brown the sausage, season with salt and pepper as desired. **Step 2:** Add the flour to make your roux (I had to look up how to spell roux). Add milk, constantly stir until thickened. I usually add just 1 ½ cups of the milk to start with and add more till it's at the right consistency. Serve over biscuits.

Spaghetti Sauce

Ingredients:

1 lb. ground beef
1 15 oz. can tomato sauce
1 6 oz. can tomato paste
Lawry's garlic salt
Italian seasoning
Worcestershire sauce
Parmesan cheese

Directions: Brown ground beef, season as desired. When finished, add the tomato sauce and tomato paste with a splash of Worcestershire sauce. **Step 2:** This is where it may get a little tricky. The garlic salt, Italian seasoning, and Parmesan cheese I go by whether it smells right. If I were to guess, I would say about 1 tsp. Italian seasoning, ½ tsp. garlic salt, and at least 1 to 2 big dashes of Parmesan cheese. **Step 3:** I serve this sauce over noodles, or even add it to lasagna.