



BIG B GROCERY

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BIG B KNOWS WHAT IT TAKES TO FEED A FAMILY

Asian Beef and Broccoli with Noodles



Ingredients:

- 1-1/4 pounds boneless beef top round or top sirloin steak, cut 1 inch thick
- 2 packages (3 ounces each) Oriental-flavored instant ramen noodles, broken up
- 1-1/2 teaspoons cornstarch dissolved in 1/2 cup water
- 2 tablespoons vegetable oil
- 1/2 pound broccoli florets
- 2 medium carrots, thinly sliced
- 1 teaspoon grated orange rind (optional)

Instructions:

1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine seasoning from ramen noodles with cornstarch mixture in large bowl. Add beef; toss.

2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry broccoli and carrots 1 minute. Add noodles and 1-1/2 cups water; bring to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until vegetables are tender and most of liquid is absorbed, stirring occasionally. Remove; keep warm.

3. Heat remaining oil in same skillet over medium-high heat until hot. Drain beef, discarding marinade. Stir-fry 1/2 of beef 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Serve over noodles. Sprinkle with orange rind.

Beef Rib Roast with Lemon Glazed Carrots and Rutabagas



Ingredients:

-1 well trimmed beef rib roast (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)

-salt and pepper

-4 to 5 medium carrots cut into 3 x 1/4 x 1/4-inch strips

-1 small rutabaga, cut into 3 x 1/4 x 1/4-inch strips

-1/2 cup water

-2 tablespoons butter

-1 tablespoon packed brown sugar

-1 tablespoon fresh lemon juice

-1/2 teaspoon grated lemon peel

-1/4 teaspoon dried dill weed

-1/4 teaspoon salt

Instructions:

1. Heat oven to 350°F. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast 2-1/4 to 2-1/2

hours for medium rare; 2-3/4 to 3 hours for medium doneness.

2. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

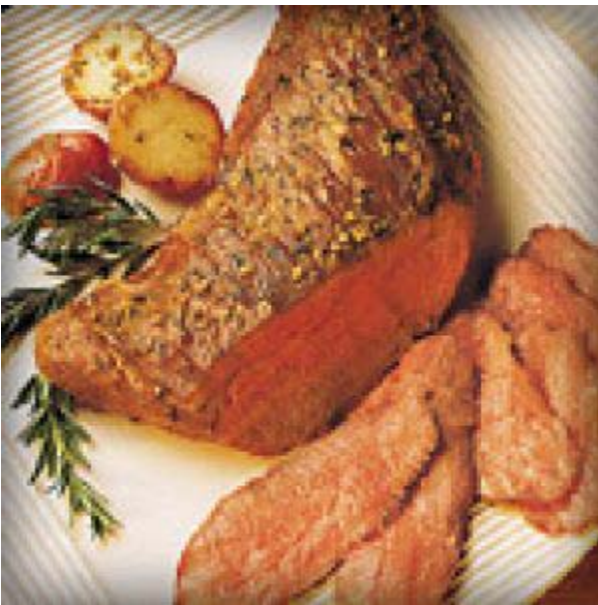
3. Meanwhile place carrots, rutabaga and water in medium saucepan. Cover and cook over medium heat 13 to 15 minutes. Combine butter, brown sugar, lemon juice, lemon peel, dill weed and 1/4 teaspoon salt in small pan; cook over medium heat 2 to 3 minutes, stirring occasionally.

4. Add butter mixture to vegetables; continue cooking, uncovered, 3 to 4 minutes or until vegetables are glazed, stirring occasionally.

5. Carve roast into slices; season with salt and pepper, as desired. Serve with vegetables.

Makes 8 to 10 serving

Beef Tri-Tip with Rosemary-Garlic Vegetables



Ingredients:

- 1 beef tri-tip roast (1-1/2 to 2 pounds)
- 1 tablespoon olive oil
- 12 small red-skinned potatoes, halved
- 2 medium red, yellow or green bell peppers cut into eighths
- 2 medium sweet onions cut into 1-inch wedges

Seasoning:

- 2 cloves garlic, minced
- 1 teaspoon dried rosemary
- 1/2 teaspoon salt

-1/4 teaspoon pepper

Instructions:

1. Heat oven to 425°F. Combine seasoning ingredients; press 1/2 onto beef roast. Combine remaining seasoning with oil and vegetables in large bowl; toss.
2. Place roast on rack in shallow roasting pan. Place vegetables on rack around roast. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 45 minutes for medium doneness.
3. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer to board; tent with foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile increase oven temperature to 475°F. Remove peppers. Continue roasting potatoes and onions 10 minutes or until tender and lightly browned. Carve roast across the grain. Serve with vegetables.

Cheesy Spinach-Stuffed Meatloaf



Ingredients:

Meatloaf:

-1 1/2 pounds lean ground beef-

-3/4 cup soft bread crumbs

-1 egg

-1 teaspoon salt

-1/8 teaspoon pepper

Filling

-1 package (10 ounces) frozen chopped spinach defrosted, well drained

-1/2 cup shredded part-skim mozzarella cheese

-3 tablespoons grated Parmesan cheese

-1 teaspoon dried Italian seasoning

-1/4 teaspoon salt

-1/8 teaspoon garlic powder

Topping:

-3 tablespoons ketchup

-1/4 cup shredded part-skim mozzarella cheese

Dried Italian seasoning (optional)

Instructions:

1. Heat oven to 350°. In medium bowl, combine filling ingredients; mix well. Set aside. In large bowl, combine meatloaf ingredients, mixing lightly but thoroughly.
2. Place beef mixture on waxed paper and pat into 14 x 10-inch rectangle. Spread filling over beef, leaving 3/4-inch border around edges. Starting at short end, roll up jelly-roll fashion. Press beef mixture over spinach filling at both ends to seal. Place seam side down on rack in open roasting pan.
3. Bake in 350° oven 1 hour. Spread ketchup over loaf; return to oven and continue baking 15 minutes. Top loaf with 1/4 cup mozzarella cheese Sprinkle with additional Italian seasoning if desired
4. To serve, cut into 1-inch thick slices.

Chili Salsa Beef



Ingredients:

-1-1/2 pounds beef for stew, cut in 1-1/4-inch pieces

-1 tablespoon olive oil

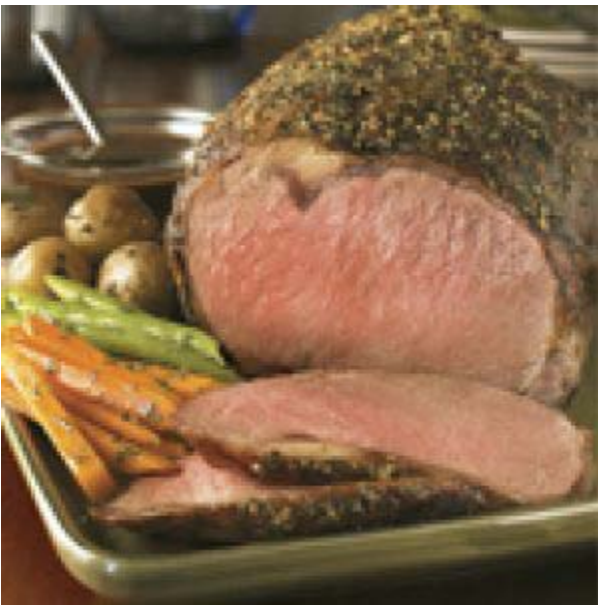
-1 cup prepared thick-and-chunky salsa

- 2 tablespoons packed brown sugar
- 1 tablespoon reduced-sodium soy sauce
- 1 clove garlic, minced
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 cups hot cooked rice

Instructions:

1. Heat oil in Dutch oven over medium heat until hot. Brown beef in batches; pour off drippings. Return beef to pan.
2. Stir in salsa, sugar, soy sauce and garlic; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender. Stir in cilantro and lime juice. Serve over rice.

Classic Beef Rib eye Roast with Herb Shallot Sauce



Ingredients:

- 1 beef rib eye roast, small end (4 to 6 pounds)
- 2 tablespoons chopped fresh thyme
- 2 tablespoons garlic-pepper seasoning
- 2 tablespoons minced shallot
- 2 teaspoons chopped fresh thyme
- 1 cup dry red wine
- 2 teaspoons country Dijon-style mustard
- 1 tablespoon butter, softened

-Salt and pepper

Instructions:

1. Heat oven to 350°F. Combine 2 tablespoons thyme and garlic-pepper seasoning; press evenly onto all surfaces of beef roast.
2. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 350°F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/2 hours for medium doneness.
3. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile skim fat from drippings. Combine drippings, shallot and 2 teaspoons thyme in medium saucepan. Cook and stir over medium heat 2 to 3 minutes or until shallots are crisp-tender. Stir in wine and mustard; bring to a boil. Reduce heat; simmer 8 to 10 minutes or until sauce is reduced to 3/4 cup. Stir in butter. Season with salt and pepper as desired
5. Carve roast into slices. Serve with sauce.

Makes 6 to 8 servings

Classic Meatloaf



Ingredients:

Meatloaf:

- 1-1/2 pounds ground beef
- 1 cans (8 ounces) tomato sauce
- 1 cup soft bread crumbs
- 1 egg
- 1 small onion, finely chopped

-2 teaspoons Worcestershire sauce

-1 teaspoon dried thyme leaves, crushed

-1/2 teaspoon garlic salt

-1/4 teaspoon pepper

Topping:

-1 tablespoon packed brown sugar

-1 teaspoon dry mustard

Instructions:

1. Heat oven to 350°F. Measure 1/4 cup tomato sauce; combine with topping ingredients. Set aside.
2. Combine remaining tomato sauce with remaining meatloaf ingredients in large bowl, mixing lightly but thoroughly.
3. Shape beef mixture into 8 x 4-1/2-inch loaf on rack in broiler pan. Spread topping over meatloaf. Bake in 350°F oven 1 hour to medium (160°F) doneness until not pink in center and juices show no pink color.
4. Let stand 10 minutes before cutting. Cut into slices.

Makes 6 servings

Porterhouse and Twice Baked Potatoes for Two



Ingredients:

-1 beef Porterhouse or T-bone steak, cut 1 inch thick (about 1 pound)

-1 package (10 ounce) frozen twice-baked potatoes, any variety

Seasoning:

-1/2 teaspoon garlic salt

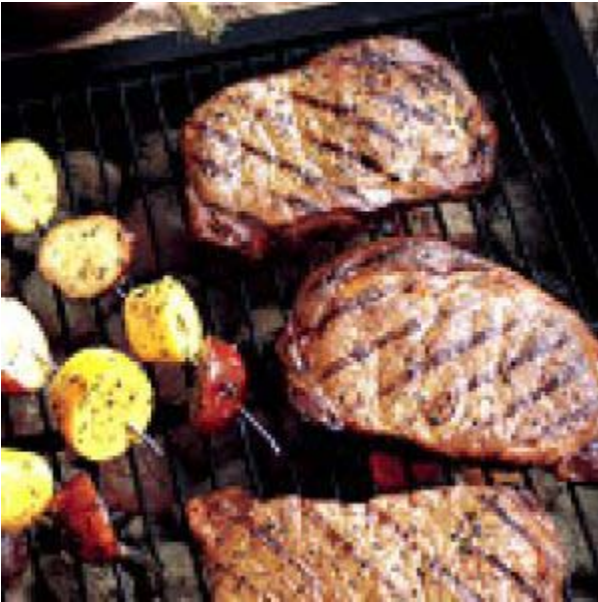
-1/4 teaspoon seasoned pepper

Instructions:

1. Cook potatoes according to package directions; keep warm.
2. Meanwhile combine seasoning ingredients: press evenly into both sides of beef steak.
3. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; cook 14 to 17 minutes for medium-rare to medium doneness, turning once.
4. Trim fat from steak. Remove bone; carve steak crosswise into slices. Serve with twice-baked potatoes.

Makes 2 servings

Rib eye Steaks and Seasoned Vegetable Kabobs



Ingredients:

- 3 beef rib eye steaks cut 1 inch thick (about 2 pounds)
- 6 small red potatoes cut in half (about 1-1/2 to 2 ounces each)
- 2 tablespoons finely chopped fresh oregano
- 1/2 teaspoon ground red pepper
- 2 medium yellow squash, cut into 1-inch pieces
- 3 tablespoons butter, melted
- 1 tablespoon minced garlic
- Salt and ground black pepper

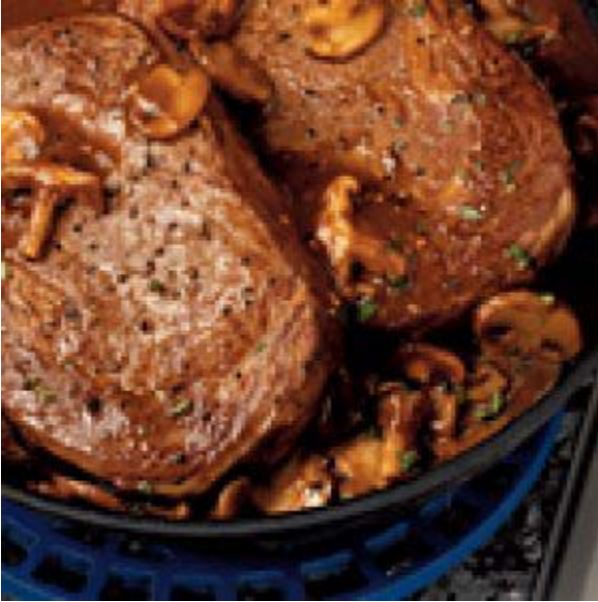
Instructions:

1. Place potatoes in a 2-quart microwave-safe dish. Cover and microwave at HIGH 2 to 4 minutes or until just under fork tender. Cool slightly.
2. Meanwhile combine oregano, red pepper and garlic in small bowl; reserve half for vegetables. Press remaining seasoning mixture evenly onto both sides of each steak. Combine reserved seasoning mixture with melted butter; set aside.

3. Alternately thread vegetables onto six 8-inch metal skewers.
4. Place steaks and kabobs on grid over medium, ash-covered coals; brush kabobs with some of the seasoned butter. Grill steaks, uncovered, 11 to 14 minutes for medium rare to medium doneness, turning once. Grill kabobs, uncovered, 10 minutes, turning once and brushing with remaining seasoned butter. Season steaks and kabobs with salt and black pepper, as desired

Makes 6 servings

Rib eye Steaks and Sun Dried Tomato Mushroom Sauce



Ingredients:

-2 beef rib eye steaks or beef top loin (strip) steaks, cut 1 inch thick (about 8 ounces each)

-1/2 teaspoon coarse grind black pepper

-2 teaspoons chopped fresh thyme (optional)

Sauce

-1 tablespoon butter

-4 ounces mixed wild mushrooms, sliced

-1 teaspoon minced garlic

-1 can (14 to 14-1/2 ounces) ready-to-serve beef broth

-1/3 cup dry red wine

-1 tablespoon cornstarch

-1 tablespoon sun dried tomato spread

-1/4 teaspoon pepper

-Salt

Instructions:

1. for sauce, heat butter in saucepan over medium heat until melted Add mushrooms and garlic; cook and stir 2 to 3 minutes or until mushrooms begin to soften. Remove mushroom mixture from pan; set aside.
2. Combine broth, wine and cornstarch; add to same pan. Bring to a boil. Cook and stir 1 minute or until slightly thickened. Reduce heat and simmer about 10 minutes or until mixture is reduced to 1-1/2 cups. Stir in mushroom mixture, sun dried tomato spread, pepper and salt, as desired.
3. Meanwhile press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot Place steaks in skillet; cook 12 to 15 minutes for medium rare to medium doneness, turning occasionally. Remove to platter; keep warm. Add mushroom sauce to skillet; increase heat to medium-high. Cook and stir, 1 to 2 minutes or until browned bits attached to skillet are dissolved. Spoon sauce over steaks; sprinkle with thyme, if desired.

Makes 2 to 4 servings

Rib eye Steaks with Balsamic Mushroom Sauce



Ingredients:

- 2 beef rib eye steaks cut 3/4 inch thick (about 9 to 12 ounces each)
- Salt and pepper
- 1 package (8 ounces) button mushrooms, cut in half
- 1 teaspoon dried thyme leaves, crushed
- 3/4 cup balsamic vinegar
- 2 tablespoons butter
- 1/4 teaspoon salt

Instructions:

1. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 3/4-inch thick steaks 8 to 10

minutes (1-inch thick steaks 12 to 15 minutes) for medium rare to medium doneness, turning once. Remove steaks; keep warm. Season with salt and pepper, as desired

2. Add mushrooms and thyme to same skillet; cook and stir 3 to 5 minutes or until tender. Remove mushrooms; set aside. Add balsamic vinegar to skillet; increase heat to medium-high. Cook and stir 7 to 10 minutes or until browned bits attached to skillet are dissolved and sauce is reduced to 1/4 cup. Stir in butter, mushrooms and 1/4 teaspoon salt. Cook and stir until heated through.

3. Serve sauce with steaks.

Makes 2 to 4 servings

Rib eye Steaks with Fresh Tomato Tapenade



Ingredients:

-2 beef rib eye steaks cut 1-inch thick (about 12 ounces each)

-2 teaspoons course ground black pepper

-1 teaspoon salt

Fresh Tomato Tapenade:

-1 cup cherry or grape tomatoes cut in half

-1 can (2-1/4 ounces) sliced ripe olives, drained

-1/4 cup chopped fresh basil

-3 tablespoons shredded Parmesan cheese

Instructions:

1. Press pepper evenly onto beef steaks.

2. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 11 to 14 minutes for medium rare to medium doneness turning occasionally

3. Meanwhile combine Fresh Tomato Tapenade ingredients in small bowl.

4. Season steaks with salt, as desired. Top each steak evenly with Fresh Tomato Tapenade.

Makes 2 to 4 servings

Salsa Rib eyes with Spicy Black Bean Salad



Ingredients:

- 4 boneless beef rib eye steaks cut 1 inch thick (about 8 ounces each)
- Spicy Black Bean Salad (recipe follows)

Marinade:

- 2/3 cup thick and chunky salsa (mild, medium or hot)
- 1/4 cup fresh lime juice
- 1 tablespoon vegetable oil
- 1 tablespoon dried oregano leaves, crushed
- 2 cloves garlic, minced

Spicy Black Bean Salad

Ingredients:

- 1 can (15 ounces) black beans, rinsed and drained
- 1 large orange, peeled, cut into 1/2-into pieces
- 1/3 cup thinly sliced green onions
- 1/4 cup fresh lime juice
- 2 tablespoons vegetable oil

Instructions:

1. Combine ingredients in medium bowl, mixing gently but thoroughly.

Makes 2-1/4 cups.

Instructions:

1. Combine marinade ingredients in medium bowl. Place beef steaks in food-safe plastic bag; add marinade, turning to coat. Close bag securely and marinate in refrigerator 30 minutes, turning once. Meanwhile prepare Spicy Black Bean Salad.

2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill 11 to 14 minutes for medium rare to medium doneness, turning occasionally.

3. Serve steaks with Spicy Black Bean Salad

Makes 4 servings.

Steak Diane



Ingredients:

-4 rib eye steaks (1/2 in)

-1/4 teaspoon pepper

-1/4 teaspoon salt

-4 tablespoons butter (divided)

-3 teaspoons green onions, chopped

-1 teaspoon prepared mustard

-1 teaspoon lemon juice

-1 1/2 teaspoons Worcestershire sauce

-1 teaspoon parsley

-1 teaspoon fresh chives, minced

Instructions:

1. Sprinkle steaks with salt and pepper.
2. Heat 2 T butter in skillet, stir in onions and mustard.
3. Add steaks.
4. Cook for 3 minutes on each side.
5. Remove to serving platter and keep warm.
6. To skillet, add lemon juice, Worcestershire sauce, and remaining 2 T butter.
7. Cook for 2 minutes.
8. Add parsley and chives.
9. Pour over steaks.

Tenderloin and Cranberry and Pear Salad with Honey Mustard Dressing



Ingredients:

- 4 beef tenderloin steaks, cut 3/4 inch thick (4 ounces each)
- 1/2 teaspoon coarse grind black pepper
- 1 package (5 ounces) mixed baby salad greens
- 1 medium red or green pear, cored, cut into 16 wedges
- 1/4 cup dried cranberries
- Salt
- 1/4 cup coarsely chopped pecans, toasted
- 1/4 cup crumbled goat cheese (optional)

Honey Mustard Dressing:

- 1/2 cup prepared honey mustard
- 2 to 3 tablespoons water

-1-1/2 teaspoons olive oil

-1 teaspoon white wine vinegar

-1/4 teaspoon coarse grind black pepper

-1/8 teaspoon salt

Instructions:

1. Season beef steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot Place steaks in skillet; cook 7 to 9 minutes for medium rare to medium doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salad s. top each salad evenly with dressing, pecans and goat cheese, if desired.

Makes 4 servings