

BEEF STROGANOFF

Gloria Dew Fountain

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| 1 lb. ground beef | 3 c. tomato sauce |
| 1 small chopped onion | 1 c. buttermilk |
| 3 c. noodles | 2 Tbsp. margarine |
| 2 tsp. Worcestershire sauce | 2 tsp. All-Season |

Brown hamburger and onion in skillet; drain. Add noodles to beef; stir in all other ingredients. Cook on low for 20 minutes or until noodles are tender. Simmer and serve.

BEEF TENDERLOIN STUFFED WITH SHRIMP

*Candace Jobe
Outpatient*

(Pan gravy on the side)

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| 1 lb. raw jumbo Louisiana shrimp | 1 c. olive oil, rubbed onto roast |
| 4 lb. boneless beef tenderloin | ½ c. olive oil in 15 inch frying pan for browning of roast |
| ¼ tsp. seafood seasoning | Salt and pepper to taste |
| 4 pieces butcher's string (12 inches long), cutting off excess after tying knot | |

Preheat oven to 350°. Peel and devein shrimp. Take tenderloin, butterfly, and cut a "V" out of each half of the tenderloin. Fill the center of your tenderloin with the shrimp. Sprinkle seafood seasoning over the shrimp. Close tenderloin and tie together with butcher's string every 2 to 3 inches. Salt and pepper the roast and cover with olive oil.

Pour ½ cup olive oil in frying pan and heat to medium-high. Place the tenderloin in the pan and brown on all four sides. Remove tenderloin and place in the center of a small roasting pan. Roast in oven for 1 hour or until internal temperature of tenderloin reaches 140° to 145°. Add pan gravy.