

Here's the beef recipes

Beef is a favorite of males and females of all ages, and has been ever since the first prime rib steer came off the Midwest ranches. These recipes are sure to satisfy and please: Company Stew, Spicy Round Steak Roll-Ups and delicious Chuck Wagon Hamburger Steak.

Enjoy!

Company Stew

6 slices bacon
3 pounds stew meat
1 pound carrots, chunky chop
1 medium onion, chopped
3 tablespoons flour
2 cups broth
2 cups red wine
1 tablespoon tomato paste
bay leaf
1/2 teaspoon thyme
salt and pepper to taste
small whole onions, if desired
Par-boil carrots and onions and add last. Cut up and fry 6 slices of bacon. Brown 3 pounds stew meat, cut into small cubes. In jar, combine broth and flour. Place lid on jar and shake. When smooth (in seconds), add with remaining ingredients in large cooking vessel.

Hint: Makes a lot of stew; freezes well. I cook it a long time. It can be made ahead of time. I also use bouillon cubes to make broth, but canned broth also works well. A slow cooker may be used for 8 hours or more.

"Cooking with Betty"

Betty Jacobs



Spicy Round Steak Roll-Ups

1 1/2 pounds thin-sliced round steak
1/2 cup raisins
2 tablespoons shortening
1 cup water
6 whole cloves
3 ginger snaps, crumbled
1 cup cooked rice
1 tablespoon brown sugar
1 can (10 ounces) onion soup
1/2 cup vinegar
1 bay leaf
Parsley and carrot curls to garnish

Cut steak in oblong pieces. Pound meat. In medium-size bowl, combine rice, raisins and brown sugar. Place dressing mixture near center of meat. Roll and tuck in ends and fasten with toothpicks. Brown steak in shortening. Pour off shortening and add the other ingredients except ginger snaps. Cover and simmer in skillet for 1 1/2 hours or until tender, stirring frequently. Remove cloves and bay leaf. Now add ginger

snaps and cook for an additional 15 minutes.

Chuck Wagon Hamburger Steak

salt and pepper, optional
1 1/2 pounds ground beef
Form ground beef into cakes not less than 1/2-inch thick, but not over 3/4-inch thick.
Make a sauce of:
1 cup water
4 to 5 tablespoons catsup
1 tablespoon smoke sauce
dash A-1 sauce
dash Worcestershire sauce
Baste steaks with this mixture and after bubbling, cover and simmer on top of the stove until done, about 45 to 60 minutes. This is so easy!

Democratic group to meet

The Democratic Women's Association of Lampasas will hold its first meeting of the new year on Wednesday at 11:30 a.m. at My Girls on Courtyard Square.

After eating lunch, discussion will be centered on the agenda for the year, the upcoming presidential inauguration and DWAL goals for the year.

Grief support

Seton Highland Lakes Hospice's six-week grief support group meets the first Wednesday of each month from Jan. 14 to Feb. 25.

The group will gather from 3-4:30 p.m. at the Marble Falls Library.

This event is in addition to ongoing monthly support group meetings. No pre-registration is required.

For additional information, contact Sherry Beaman at (512) 756-8003.

Aglow meeting on tap

Lampasas Aglow, a community lighthouse of Aglow International, will meet Monday at 7 p.m. at Holiday Inn Express, 1200 Central Texas Expwy.

Speaker will be Vera Zidermanis. She and her husband, Auseklis, have a full-time traveling ministry. They have ministered throughout the U.S., Latvia, Europe, Canada and the Philippines.

Mrs. Zidermanis also conducts monthly Bible studies, church conferences and women's retreats.

She has been with Aglow since 1974 and has served as area board vice president of outreach, Heart of Texas area president, praise and worship leader in Waco, and vice president and president.

Participants are asked to bring non-perishable food items for Lampasas Mission.

Members are reminded about the Heart of Texas Spring Retreat set March 26-28 at Greene Family Camp in Bruceville with guest speaker LaVonne Chandler. Early registration (until Feb. 15) is \$60; and \$70 until March 20. Those ages 13-24 may register at no charge.

For information, phone Lana McDearmon at (512) 489-2214.

NOTICE OF HOLIDAY
In accordance with the Texas statutes relating to holidays, the undersigned will be **CLOSED**:
Monday, January 19, 2009
in observance of
Martin Luther King Jr. Day

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Texans can receive 10 free trees by joining Arbor Day Foundation

Ten free flowering trees will be given to residents of Texas who become members of the Arbor Day Foundation in January 2009.

The free trees are part of the nonprofit Foundation's Trees for America campaign.

Those who join the Foundation in January will receive two white flowering dogwoods, two flowering crabapples, two Washington hawthorns, two American redbuds, and two golden raintrees.

"These compact trees were selected for planting in large or small spaces," said John Rosenow, chief executive of the Arbor Day Foundation. "They will give your home in Texas the beauty of lovely pink, white, and yellow flowers -- and also provide winter berries and nesting sites for songbirds."

The trees will be shipped postpaid at the right time for planting between February 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to the Foundation's bimonthly publication, Arbor Day, and The Tree Book, which includes information about tree planting and care.

To become a member of the Foundation and to receive the free trees, send a \$10 contribution to Ten Free Flowering Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by January 31.

Texas residents can also join online at arborday.org.

Multi-Service Center

901 S. Live Oak - Lampasas • 556-3858 • 556-2550
8 a.m.-4 p.m.

Lunch is served Monday through Friday, 11:30 a.m. Public transportation, Monday through Friday, 8 a.m. to 3 p.m. Reservations may be made by calling 24 hours in advance, 556-3858, 8 a.m. - 4 p.m.

Wednesday, Jan. 14, 2009

Menu: Hot sliced turkey/gravy, mashed potatoes, Italian green beans, white roll, sugar cookies and milk.

Thursday, Jan. 15, 2009

Menu: Beef stroganoff, buttered noodles, seasoned broccoli, whole wheat bread, chunky fruit, yogurt and milk.

Friday, Jan. 16, 2009

Menu: Chicken parmesan, oven-browned potatoes, California vegetables, whole wheat roll, fruit fluff and milk.

Monday, Jan. 19, 2009

Center closed for holiday

Tuesday, Jan. 20, 2009

Menu: Hawaiian pork riblets, sweet potato, cabbage & carrots, whole wheat bread, banana cake and milk.

Center Activities

Exercise classes..... Tuesdays, Thursdays, 10:30 a.m.
Stretch and flex, low-impact exercises designed for seniors.
Treadway Hearing Aid service..... 9:30 a.m., 1st & 3rd Wednesdays
Central Texas Housing rep..... 10 a.m. to 3 p.m.
1st & 3rd Wednesdays
Birthday/anniversary luncheon..... 3rd Wednesday
Quilting..... Mondays and Thursdays
Bingo..... Fridays, 10 a.m.
Pinochle, other card games..... Anytime
Bereavement counseling..... 2nd Wednesday, 10:30 a.m.
Dominoes..... Anytime

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