



WESTERN BEEF LOAF (Original)

- Sauté shredded carrot, sliced mushrooms, sliced celery and diced onion in 2 tbsp. butter or margarine adding 1 tbsp. of water
- and cook until veggies are tender
- Combine with 2 lbs. lean ground beef
- Add 1 cup flour and desired spices (I use steak spice, liquid hickory and garlic)
- Mix well and add 1/3 cup of Cattle Boyz Original BBQ Sauce
- Put mixture in ungreased loaf pan and give a generous coating of fresh cracked black pepper
- Bake at 350 for 1 hour until top is browned