



Missouri Grass Fed Beef Favorite Family Recipes

collected by [Robert C. Worstell](#),
Manager, [Worstell Farms](#).

INTRODUCTION

We've put this together from a variety of sources just so you could enjoy the incredible taste and tenderness of our [Missouri grass fed and pasture-raised beef](#).

Yes, we're completely spoiled from raising it ourselves and always having plenty in diet. That and our regular exercise and healthy vegetables, plus the Missouri fresh air we enjoy – keeps us pretty healthy all along. We wanted to share our good fortune with you, and help you improve your own quality of life by using these recipes and our wonderful beef to cook your way to better health.

Of course, you can use [La Cense](#) or anyone else's real grass-fed beef, just make sure you know who raised it, how they did it, and where it was processed. That avoids all sorts of problems with your food safety. Plus, you get to meet some interesting people that way...

Please note that a lot of these recipes are designed for lower-heat and longer cooking in order to retain the inherent tenderness of low-fat, naturally-raised beef.

This booklet was compiled for the most-requested “how do we cook this cut?” recipes. While we haven't included any traditional steak and hamburger barbecue recipes, we hope to include these in our next issue. And we left a lot of room for notes at the bottom of these, mostly.

So have a great time with these, and feel free to drop us any comment you have.

A handwritten signature in black ink, which appears to read 'Robert C. Worstell'. The signature is written in a cursive style and is positioned in the bottom right corner of the page.

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Visit <http://worstellfarms.com> for more data and information on [Missouri pasture-raised beef](#) and how you can get some [pasture-fed beef to buy](#).

BEEF POT ROAST RECIPE

Here's a nice little beef pot roast recipe, which I found in my files. The great part about cooking [Missouri grass fed beef](#) in your crock pot is that it not only tenderizes the beef (as if it needed it), but also preserves those high omega 3 oils to ensure a heart-healthy and tasty meal. Crock pot cooking is known for its ease and efficiency. Just set it up in the morning (or the night before) and let it do it's thing. You then come home at night after work and only need to serve it up. Another great part is that you can get the more inexpensive cuts of beef, so you save time as well.

America's Favorite Beef Pot Roast

3 1/2 Pounds sirloin tip roast, trimmed
1/4 Cup flour
2 Teaspoons salt
1/8 Teaspoon pepper
3 Carrot -- , Peeled and sliced
3 potatoes -- peeled and quartered
2 Small onions – sliced
1 Stalk celery -- cut in 2" pieces
1 2 Oz Jar mushrooms – drained or 1/4 Cup mushroom gravy
3 Tablespoons flour
1/4 Cup water



Trim all excess fat from roast; brown and drain if using chuck or another highly marbled cut.

Combine 1/4 cup flour, the salt and pepper.

Coat meat with the flour mixture.

Place all vegetables except mushrooms in Crock-Pot and top with roast (cut roast in half, if necessary, to fit easily). Spread mushrooms evenly over top of roast.

Cover and cook on Low for 10 to 12 hours. If desired, turn to High during last hour to soften vegetables and make a gravy. To thicken gravy, make a smooth paste of the 3 tablespoons flour and the water and stir into Crock-Pot. Season to taste before serving.

Serves 4 to 6

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BAKED MEATBALLS

4 Servings, about 3 meatballs each, plus 4 servings for another meal

- Onions, minced 1/4 cup
- Vegetable oil 1 tablespoon
- Lean ground beef 2 pounds
- Eggs 2
- Bread crumb 3/4 cup
- Whole milk 1/2 cup
- Salt 1/8 teaspoon
- Pepper 1/2 teaspoon
- Onion powder 2 teaspoons
- Garlic powder 1/2 teaspoon



PREPARATION TIME: 15 MINUTES

COOKING TIME: 10 TO 12 MINUTES

1. Preheat oven 400° F. Grease baking sheet lightly with oil.
2. Add 1 tablespoon oil and onions to small skillet. Cook over medium heat, until tender, about 3 minutes.
3. Mix remaining ingredients together in bowl; add onions. Mix until blended, using a large serving spoon.
4. Shape beef mixture into 1- to 2-inch meatballs; place on baking sheet.
5. Bake until thoroughly cooked, about 10 to 12 minutes.

Note: Serve with spaghetti sauce and in the meatball sandwich.

PER SERVING:

Calories 345

Total fat 21 grams

Saturated fat 7 grams

Cholesterol 142 milligrams

Sodium 224 milligrams

(Photo credit: [TheGirlsNY](#))

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BEEF POT ROAST

4 Servings, about 3 ounces beef each, plus 4 servings for another meal

- Onion, chopped 1/2 cup
- Water 2 tablespoons
- Beef chuck roast, boneless 2-1/2 pounds
- Hot water 2 cups
- Beef bouillon 1 cube
- Orange juice 2 tablespoons
- Ground allspice 1/4 teaspoon
- Pepper 1/8 teaspoon

PREPARATION TIME: 20 MINUTES

COOKING TIME: 2 HOURS

1. Simmer onion until tender in 2 tablespoons water in heavy, deep skillet.
2. Add roast to skillet; brown on sides.
3. Combine beef bouillon cube with 2 cups hot water; stir until dissolved.
4. Combine orange juice, allspice, pepper, and beef broth. Pour over meat. Cover and simmer, about 2 hours.

PER SERVING:

Calories 220

Total fat 9 grams

Saturated fat 3 grams

Cholesterol 91 milligrams

Sodium 264 milligrams



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BEEF-NOODLE CASSEROLE

- 4 Servings, about 2 cups each
- Lean ground beef 1 pound
- Onions, chopped finely 1/2 cup
- Boiling water 3 quarts
- Noodles, yolk-free, enriched, uncooked 2-3/4 cups
- Tomato soup, condensed 1 10-3/4-ounce can
- Water 1-1/4 cups
- Pepper 1/8 teaspoon
- Bread crumbs 1 cup



PREPARATION TIME: 20 MINUTES

COOKING TIME: 30 MINUTES

1. Brown beef and onions in hot skillet; drain.
2. Place water in large saucepan; bring to rolling boil. Cook noodles in boiling water for 10 minutes; drain and set aside.
3. Combine soup, water, and pepper. Stir into cooked meat. Add cooked noodles to meat mixture. Stir gently to avoid tearing the noodles.
4. Spoon beef-noodle mixture into 9- by 13-inch baking pan. Sprinkle bread crumbs over beef-noodle mixture.
5. Bake, uncovered, at 300^oF, about 30 minutes.

PER SERVING:

Calories 595

Total fat 18 grams

Saturated fat 6 grams

Cholesterol 86 milligrams

Sodium 575 milligrams

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FAJITAS-ON-A-STICK

- 1 1/4 lb. boneless grass fed beef top sirloin steak, cut 1 inch thick
- 1/3 C. prepared Italian dressing
- 3 T. fresh lime juice
- 2 medium green or red bell peppers, each cut lengthwise into quarters
- 2 medium onions, each cut crosswise into 1/2 -inch slices
- Salt
- 8 medium flour tortillas, warmed
- Prepared salsa
- 8 9-inch bamboo skewers



Soak eight 9-inch bamboo skewers in enough water to cover for 10 minutes; drain. Trim fat from beef steak. Cut steak crosswise into 1/2-inch-thick strips. Thread an equal amount of beef, weaving back and forth, onto each skewer.

In small bowl, combine dressing and lime juice, mixing well; brush onto beef, peppers, and onions. Place vegetables on grid over medium, ash-covered coals; grill peppers, uncovered, 12 to 15 minutes and onions 15 to 20 minutes or until tender, turning both once.

Approximately 10 minutes before vegetables are done, move vegetables to outer edge of grid. Place beef in center of grid; grill 8 to 10 minutes for medium-rare to medium doneness, turning once.

Season beef with salt, as desired; remove beef from skewers. Serve beef and vegetables in tortillas with salsa.

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INDIAN FRY-BREAD TACOS

Fry bread mix:

4 C. white flour
1/2 t. salt
1 T. baking powder
1 3/4 C. lukewarm water

Indian taco toppings:

1 22-oz. can of chili beans (or make your own pot of beans)
4 large ripe tomatoes
1 head of lettuce
2 lbs. Missouri grass fed beef hamburger
1 lb. cheddar cheese

Fry bread:

Combine all dry ingredients. Add water and knead until dough is soft but not sticky. Add more flour if needed. Let dough sit for 4 hours and knead occasionally. Shape dough into balls the size of a small apple. Roll out dough to the size of a tortilla. Dough should be about 1/2-inch thick. Poke a small hole in the middle. Fry dough mixture in hot vegetable oil; oil should be about an inch deep. Brown on both sides. Drain and serve hot. (A shortcut for flour mixture is Gold Medal Self-Rising Flour and water; 4 cups self-rising flour and 2 cups lukewarm water.)

Indian taco toppings:

Cook hamburger and season to your taste. Prepare beans. Dice tomatoes, chop cheese, shred lettuce. Spread meat and bean mixture on hot bread, top with lettuce, tomatoes and cheese.



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ANTIQUÉ FAIR BEEF BARBECUE

1 (3 - 3 1/2 lb.) Missouri grass fed chuck roast
1 can consomme

Put roast in Dutch oven, add consomme. Do not brown roast. Simmer 5 to 6 hours, covered, until meat pulls apart easily. If necessary, add more consomme during cooking. Remove meat, skin excess grease from consomme (easier if cooled first), and measure remaining liquid for use in the following sauce.

SAUCE:

1 lg. onion, sliced very thin
1 c. chopped celery
1/4 c. brown sugar
1/4 c. prepared mustard
2 tbsp. Worcestershire sauce
2 c. reserved liquid, adding water if needed
1 c. catsup
1 (15 oz.) can tomato sauce

Cook onion and celery in small amount of oil until tender. Add remaining ingredients. Simmer 20 minutes. Shred roast (easier if cool) and add to sauce. If it becomes too thick, dilute with consomme, water or tomato juice.

Will fill 12 to 14 buns; serves about 8.



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COUNTY FAIR BARBECUE SANDWICHES

2 1/2 lb. boneless beef, trimmed
2 1/2 lb. boneless pork shoulder, trimmed
2 qt. water
2 ribs celery, cut up lg.
2 carrots, cut up lg.
2 sm. bay leaves
8 whole cloves
1 tsp. salt
1/4 tsp. black pepper

SAUCE;

2 tbsp. butter
1 c. chopped onion
1 1/2 c. water
1 c. catsup
1/2 c. cider vinegar
1/3 c. sugar
1 tbsp. plus 1 tsp. Worcestershire
1 tbsp. brown sugar
2 tsp. celery salt
2 tsp. paprika
1/2 tsp. ground cumin
1/2 tsp. black pepper
1/2 tsp. salt



MEAT: Preheat oven to 325 degrees. Place meat, vegetables, and seasonings in large roaster. Cover and bake for 3 hours. Remove pork and continue cooking beef for another hour or until tender. Remove meat and shred into bite size pieces while warm using 2 forks. Reserve broth for another use.

SAUCE: In large saucepan, saute onion and butter until onion is transparent. Add remaining ingredients and mix well. Add shredded meats, simmer over low heat until mixture is thick and juice, about 15 minutes. Do NOT stir too often - meat should stay in good size pieces. Serve hot on buns.

(Photo credit: [Rick Audet](#))

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CHILI CON CARNE

350 gr (12.3 oz) [Missouri grassfed ground beef](#)

1 red onion, finely diced
3 cloves garlic, finely diced
1 stick celery, finely diced
2 red chili, finely diced

2 t ground cumin
2 t ground coriander
2 t dried oregano
1 t smoked paprika, picanto
1 t cayenne
1 t ground black pepper
1 cinnamonstick
1 bay leaf (or salam leaf)

1 T tomato purée or 200 ml passata
400g (14oz.) tinned tomatoes
150 ml red wine

400g (14oz.) tinned red kidney beans, rinsed and drained
250 gr (8 oz.) diced peppers (red/yellow/green)
200 gr (7 oz.) corn from a tin.
20g (about 1 oz.) chocolate, finely chopped (if you don't forget it like me)

Method

1. Heat a large pan until hot then add the olive oil and beef mince. Fry until browned, then remove from the pan and set aside.
2. Add the onions, garlic, celery and chillies and saute for 5-6 minutes until translucent.
3. Add all the spices and fry for one minute.
4. Return the beef to the pan and stir to combine.
5. Add the tomato purée, tinned tomatoes and red wine and bring to the boil.
6. Reduce the heat and simmer for 1-1½ hours until very tender.
7. Add paprika's/peppers. Cook until you like it. Crunchy or softer.
8. Add the chocolate, the kidney beans and corn and simmer for a further five minutes until heated through.
9. Check the seasoning. Add chopped coriander or parsley if available.



(Photo credit: [FotoosVanRobin](#))

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BEEF AND RICE ENCHILADAS

1 pound ground round
1 medium onion, chopped
1/2 cup chopped green bell pepper
1 tablespoon minced garlic
1 can (6 ounces) tomato paste
3/4 cup water
1 cup cooked white rice
3 cups shredded cheddar cheese (divided)
1 1/2 teaspoons dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon fennel seed
1 teaspoon garlic salt
1 tablespoon chili powder
12 flour tortillas (about 10-inches) warmed
8 ounces picante sauce or salsa
1 can (about 10 ounces) enchilada sauce



In large saute pan, cook ground round, onion, bell pepper and garlic until meat is thoroughly cooked.

Remove from heat and drain excess liquid. Add tomato paste, water, rice, 2 cups cheese, picante sauce and seasonings.

Cook over low heat until mixture is thickened, about 10 minutes.

Spread 1/2 cup of beef mixture on each tortilla and roll it up.

Pour 1/4 cup sauce on bottom of 9-inch baking pan. Place enchiladas, seam side down, in pan.

Pour rest of sauce over burritos and sprinkle with remaining 1 cup cheese.

Bake in 350-degree oven 8 to 10 minutes or until heated through and cheese melts.

Makes 4 servings.

(Photo credit: [Robert W. Howington](#))

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MAKE-IT-EASY BEEF POTPIE

1 lb Boneless beef top sirloin steak, cut 3/4 inch thick
1 tb Vegetable oil
8 oz Small mushrooms, quartered
1 md Onion, sliced
1 Garlic clove, crushed
1 Jar beef gravy
1 10 oz package frozen peas and carrots
1/4 ts Dried thyme
1 Can (8oz) refrigerated Crescent dinner rolls

Preheat oven to 375 degrees. Trim fat from steak. Halve steak lengthwise, then crosswise into 1/4 inch thick strips.



In large ovenproof skillet, heat oil over medium-high heat until hot. Add beef in 2 batches and stir-fry 1 to 2 minutes, until outside surface is no longer pink. Do not overcook.

Remove from skillet with slotted spoon; set aside. In same skillet, cook mushrooms, onion, garlic and 1/4 cup water, stirring frequently, 3 minutes, until onion is tender.

Stir in gravy, vegetables and thyme. Bring to a boil; remove from heat. Stir in reserved beef.

Separate crescent rolls into 8 triangles. Starting from wide ends, roll up halfway; arrange over beef mixture so pointed ends are directed toward center. Bake 17 to 19 minutes, until crescent rolls are deep golden brown.

Can substitute a 9 inch square baking pan for ovenproof skillet.

(Photo credit: [jeffreyw](#))

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CROCKPOT FAMILY FAVORITE POT ROAST

Another favorite recipe for your crock-pot - Bottom Round Pot Roast, which gets more tender the longer you cook it. Now, this one starts with browning the beef in a skillet. If you use virgin olive oil to cook it in, you can add some more heart-healthy omega-3 ALA to your diet - on top of what is already in your grass fed and pasture finished Missouri beef. This is another time and money-economical way to cook for a small family (or have a few meals' of leftovers) with little fuss or mess in the kitchen.



- 2 1/2 pounds beef bottom round roast
- 2 teaspoons olive or vegetable oil
- 3 medium potatoes -- cut into 2" pieces
- 2 1/2 cups baby-cut carrots
- 2 cups sliced mushrooms
- 1 medium stalk celery -- sliced
- 1 medium onion -- chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme leaves
- 1 14.5 oz can diced tomatoes -- undrained
- 1 10.5 oz can condensed beef consommé or broth
- 1 5.5 oz can eight-vegetable juice
- 1/4 cup Gold Medal all-purpose flour

Remove excess fat from beef. Heat oil in 10-inch skillet over medium-high heat. Cook beef in oil about 10 minutes, turning occasionally; until brown on all sides. Place potatoes, carrots, mushrooms, celery and onion in 4 to 5 quart crock pot. Sprinkle with salt, pepper and thyme. Place beef on vegetables.

Pour tomatoes, consommé and vegetable juice over beef.

Cover and cook on low heat setting 8 to 10 hours or until beef and vegetables are tender. Remove beef and vegetables from crock pot, using slotted spoon; place on serving platter and keep warm. Skim fat from beef juices in crock pot if desired. Remove 1/2 cup of the juices from the crock pot; mix with flour until smooth using wire whisk. Gradually stir flour mixture into remaining juices in crock pot. Cook on high heat setting about 15 minutes or until thickened. Serve sauce with beef and vegetables.

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ABOUT WORSTELL FARMS

Our family goes back on both sides with farmers. As far as we can trace.

And that tradition came to Mexico, Missouri around 1960 to purchase the current farming operation.

Jim and Laura Worstell established a working farm there and then, and raised a big family of 8 kids, along with several dogs, cats, and an occasional pet squirrel or raccoon. And don't forget the llama's and peacocks...

In 2000, [Robert Worstell](#) returned to the farm to take over operations management (as well as the day-to-day chores) and shares these duties with his mother and sister (well, not the chores, so much.)



On approximately 250 acres of land, which is mixed hillsides, bottom, and woods, we raise a combination of annual row-crops and also our beef. Typical of this area, we have marginal land which is better suited to cattle than cultivation.

We've found that where we run our cattle actually improves the soil and its health - as long as we pay attention and actually manage how long and when they graze where. As we continue to study and learn about and from our cattle, our daily lessons help us to improve the quality and quantity of beef we raise. We practice managed grazing and are transitioning over to ultra-high-density stocking, as this is even better for the land and actually *requires* more cattle per acre to keep up with the lush growth and pasture renovation.

All our beef is from local stock. Mostly black Angus cross-bred cows, with our current Belted Galloway bull named "Gene Autry" is servicing these well.

Ordering Our Beef

We only take local orders, so contact us via the website or call directly. Due to Federal laws, we cannot sell our beef outside of Missouri – you'll have to buy it here. Generally, our beef is spoken for well before it's ready for processing. However, contact us for what we have coming up and we can give you an estimate on when the next one is coming available.

We are also offering [La Cense beef](#), which is USDA inspected and can be shipped anywhere in the US. Please see <http://worstellfarms.com> for details.