Grass Fed Organic Beef for Healthy Sandwiches

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Snacks need not be boring. If you wanted to prepare delectable yet healthy meal for snacks, sandwiches is one of the easiest way to please your guest and kids by serving them delectably cooked beef sandwiches from the healthy goodness of grass fed beef. Grass fed beef is your best option in choosing meat for your family. Since an organic meat is leaner and flavorful, you can be complacent that you are giving your loved-ones the best food packed with health benefits.

What are easy ways to make grass fed organic beef sandwiches? Here are few recipes that you may consider:

Reuben

This indulgent sandwich uses: dark rye bread, 1/4 pound thinly sliced corned organic beef, 2 slices of Swiss cheese, 3 ounces drained sauerkraut and, 1/4 cup thousand island dressing.

To cook, place dark rye breads on the baking sheet. Top the corned grass fed organic beef, cheese and sauerkraut. Best served hot with thousand island dressing.

Beefy Joes

Ground organic beef can create a miracle in sandwiches. Beefy Joes which also known as sloppy joes can be cooked easily in very simple steps. The ingredients are 1 lb ground grass fed organic beef, 1 can condensed tomato soup, 1 cup chunky salsa, 1/2 cup shredded cheddar cheese, and hamburger buns. Add with chopped onions and garlic powder if desired. This measurement can make 8 beefy sandwiches.

In a skillet brown the ground beef in a medium heat. Pour off unnecessary fat, but do not squeeze the meat so that the beef juices will not be extracted. Add the salsa and cook thoroughly. Season to taste. Fill the hamburger with the beef and top with cheese.

Beef and Cheese Croissants

if you are thinking of a sandwich that is easy and fast to prepare, beef and cheese croissants will save you from the rush whenever guests arrive. If you got organic beef stocked in the fridge, there is no reason to worry, for this sandwich recipe is a natural pleaser.

For four sandwiches, use 4 croissants cut lengthwise in half, a lettuce leaves, 8 thin slices of roast beef, Â¼ cup horseradish sauce, 8 slices of cheese, and red onions as garnish.

To create sandwich. Spread each halves of the cut croissant with horseradish sauce before topping with lettuce leaf, 2 slices of roast grass fed organic beef and cheese. Lay with onions before covering the sandwich with the other top half of the croissant. To avoid falling off, secure the sandwich with a toothpick.

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Peggy Edwards is a writer who loves to cook a titlegrass fed organic beef grass fed organic beef recipes. Peggy is an avid reader of health magazines, cook books and loves watching cooking shows in television. She lives in New York with her parents and siblings.

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