

Beef... It's What's For Dinner!



Beef is the largest agricultural commodity in the state of Kansas.

- * Kansas ranked third nationally with 6.7 million cattle on ranches and in feedyards as of January 1, 2008. (Kansas Ag Statistics)
- * Cattle represented 54% of the 2007 Kansas agricultural cash receipts. (Kansas Ag Statistics)
- * Cattle generated \$6.32 billion in cash receipts during 2007. (Kansas Ag Statistics)
- * Kansas ranked seventh nationally in beef cow numbers as of January 1, 2008, with 1.51 million head. (Kansas Ag Statistics)
- * Kansas ranks first nationwide in commercial cattle processed with 7.7 million head in 2007. (Kansas Ag Statistics)
- * Kansas ranks third in the value of live animals and meat exported to other countries at \$449.8 million in 2006. (Kansas Ag Statistics)
- * Meat packing and prepared meat products manufacturing make up the largest share of the food processing industry in the state. This industry provides employment for over 18,700 people in Kansas. (Kansas Department of Labor)
- * Kansas ranked second in fed cattle marketed with 5.14 million in 2007. That represents 22.9% of all cattle fed in the United States. (Kansas Ag Statistics)
- * Kansas ranked third in total red meat production in 2007. Beef represented 6.2 billion pounds of the total. (Kansas Ag Statistics)
- * Kansas ranks first in hides and skins exported from the U.S., totaling \$382.2 million in 2006. (Kansas Ag Statistics)
- * In 2007, Kansas had 31,000 farms with cattle and calves. (Kansas Ag Statistics)
- * Kansas has 47.2 million acres of farm ground. Cattle are the ideal mechanism for efficiently utilizing grasses and plants growing on the 18.3 million acres of Kansas pasture and rangeland. These acres are not suited for the production of cultivated crops and would be wasted if it were not for ruminants, such as cattle, turning these resources into essential protein and nutrients for human use.

Beef Month

is a time to reflect on the importance of cattle and agriculture to the state. Kansas beef producers play a vital role in providing the safest and most wholesome supply of beef to consumers around the world.



Crazy Quesadillas

25 to 30 minutes ~ Makes 4 servings.

Ingredients:

- 1 pound ground beef (90% to 95% lean)
- 1 jar (16 ounces) prepared salsa with black beans and corn
- 1-1/2 cups shredded spicy Mexican cheese blend
- 1/4 cup chopped fresh cilantro
- 4 large flour tortillas (10-inch diameter)
- Chopped fresh cilantro

Instructions:

1. Heat oven to 350°F. Brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Pour off drippings.
2. Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet.
3. Bake in 350°F oven 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Sprinkle with cilantro, as desired; serve with reserved salsa.

BBQ Beef Chuck Steak

Ingredients:

- 1 beef chuck 7-bone steak, cut 3/4 to 1 inch thick (about 2 pounds)

Marinade:

- 1 cup finely chopped onion
- 1 cup ketchup
- 1/3 cup packed brown sugar
- 1/3 cup red wine vinegar
- 1 tablespoon Worcestershire sauce
- 1/8 to 1/4 teaspoon crushed red pepper

Instructions:

1. Combine marinade ingredients in medium bowl. Place beef steak and 1 cup marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Refrigerate remaining marinade.
2. Remove steak; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 15 to 18 minutes for medium rare to medium doneness, turning occasionally.
3. Place remaining marinade in small saucepan; bring to a boil. Reduce heat; simmer 10 to 15 minutes or until sauce consistency, stirring occasionally.
4. Cut steak into serving-size pieces. Serve with sauce.

Beef Spaghetti Pie Ome

Ingredients:

- 1 pound lean ground beef
- 1 teaspoon garlic powder
- 1/2 teaspoon salt
- 1/2 teaspoon ground cumin
- 1 can (10 ounces) diced tomatoes with green chilies, undrained
- 3/4 cup light dairy sour cream
- 1 cup shredded Monterey Jack or Cheddar cheese

Pasta Shell

- 1 package (7 ounces) uncooked spaghetti
- 1/3 cup shredded Monterey Jack or Cheddar cheese
- 1 egg
- 1/2 teaspoon salt
- 1/4 teaspoon garlic powder

Instructions:

1. Heat oven to 350°. Cook pasta according to package directions; drain well. In large bowl, whisk together remaining pasta shell ingredients. Add pasta; toss to coat. Arrange pasta in 9-inch pie dish, pressing down and up side to form shell; set aside.
2. Meanwhile heat large nonstick skillet over medium heat until hot. Add ground beef; brown 4 to 5 minutes, breaking up into 3/4-inch crumbles. Pour off drippings. Season beef with 1 teaspoon garlic powder, 1/2 teaspoon salt and cumin; stir in tomatoes. Bring to a boil; cook 3 to 5 minutes or until liquid is almost evaporated, stirring occasionally.
3. Reserve 2 tablespoons beef mixture for garnish. Stir sour cream into remaining beef; spoon into pasta shell. Place 1 cup cheese in center, leaving 2-inch border around edge. Spoon reserved beef mixture onto center of cheese; bake in 350° oven 15 minutes or until heated through.
4. To serve, cut into wedges. Makes 4 servings.

Mojo Beef Kabobs

40 minutes ~ Makes 4 servings.

Ingredients:

- 1 pound boneless beef top sirloin steak, cut 1 inch thick
- 1 teaspoon coarse grind black pepper
- 1 large lime, cut into 8 wedges
- 1 small red onion, cut into 8 thin wedges
- 1 container grape or cherry tomatoes (about 10 ounces)

Mojo Sauce:

- 1/4 cup fresh orange juice
- 1/4 cup fresh lime juice
- 3 tablespoons finely chopped fresh oregano
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 3/4 teaspoon salt

Instructions:

1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium-rare to medium doneness, turning occasionally.
5. Serve kabobs drizzled with sauce.

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