# Great beef council recipes

#### **Rubsand butters for grilling**

Peppery Dijon-parsely rub 1/4 cup chopped fresh parsely 2 tablespoons Dijon-style musard

1 tablespoon cracked mixed peppercorns or cracked black pepper 2 large cloves minced garlic 1 teaspoon salt.

*Spicy three-pepper dry rub* 2 teaspoons each of salt, dried oregano leaves, sweet paprika, dried thyme leaves.

1 teaspoon each of garlic powder, onion powder, ground black pepper, ground white pepper.

1/2 teaspoon ground red pepper. Combine all ingredients. Store in airtight container, and shake before using.

*Green onion & garlic butter* 1/4 cup salted butter, very soft 2 tablespoons finely chopped green onion 1 teaspoon minced garlic

#### Chipotle chile butter

1/4 cup salted butter, very soft 2 tablespoons minced shallots 1 tablespoon minced fresh cilantro

1 tablespoon minced chipotle peppers in adobo sauce

1 teaspoon fresh lime juice.

For both butters, combine all in- 4) gredients in small bowl. Stir with fork until uniformly blended. Prepare and refrigerate covered up to three days in advance.

Beef recipes from the Beef check-off program

more more great recipes visit chopped spinach www.beef.org.

#### Chuckwagon Beef and Pasta tortillas, warmed **Skillet** (serves 4)

beef

chopped 1/2 cup chopped onion

1 can (approx 14 oz.) prepared beef broth

1 1/2 cups uncooked wagon wheel or rotini pasta

1 cup prepared hickory-flavored BBQ sauce

1/4 cup water

1/2 cup finely shredded Cheddar lapping edges. cheese

In large nonstick skillet, brown ground beef, bell pepper and onion over medium heat 6 minutes or until outside surface of beef is no longer pink, breaking into 3/4 inch (serves 6) crumbles. Pour off drippings. Stir in broth, pasta, BBQ sauces and cooked boneless beef pot roast water; bring to a boil. Reduce heat with gravy to medium-low; cover and simmer 10 to 15 minutes or until pasta is almost tender. Uncover skillet; sauce continue cooking 5 to 7 minutes or until pasta is tender and sauce is thickened, stirring occasionally. Sprinkle with cheese.

#### Beef and Salsa Burritos (serves

1 1/4 pounds 80 percent lean ground beef 1 1/2 tablespoons chili powder

1/2 teaspoon ground cumin

1 1/4 cups chunky salsa 1 package (10 ounces) frozen

1 cup shredded Cheddar 8 medium (8 inch diameter) flour

In large nonstick skillet, brown 1 pound 80 percent lean ground ground beef over medium heat 8 to 10 minutes or until no longer pink, 1 small green bell pepper, stirring occasionally. Pour off drippings. Season beef with chili power, cumin, 1/2 teaspoon salt and 1/4 teaspoon pepper. Stir in salsa and spinach; heat through. Remove from heat; stir in cheese. To serve, spoon approximately 1/ 2 cup beef mixture in center of each tortilla. Fold bottom edge up over filling; fold sides to center, over-

> Mealtime beef solutions from kansasbeef.org

### **Beef & Broccoli with Walnuts**

1 package (1 pound) fully-

1/2 cup walnut halves

4 Tbsp. plum jelly or fruit spread

1 Tbsp. water

2 cups instant rice, cooked 3 cups fresh broccoli florets,

cooked walnuts, 2 Tbsp. plum jelly, and halves and dressing; heat thortinuously 5 minutes or until wal- Serve beef mixture over hot pasta; nuts are slightly glazed. Transfer to sprinkle with cheese.

plate; spread to separate. Remove beef pot roasts from package. Measure 3/4 cup of the gravy and place in same skillet (Add beef broth or water to equal 3/4 cup if necessary.) Add 1/2 cup Hoisin sauces and 2 Tbsp. plum jelly. Heat over medium heat until hot, stirring occasionally. Cut pot roast into 1-inch pieces; add to skillet. Cook over medium-low heat 5-6 minutes or until beef is heated thoroughly, stirring occasionally. Spoon beef mixture and walnuts over rice and broccoli.

Italian Beef Stir-Fry (serves 4) 1 pound beef round tip steaks, up

to 1/4 thick 2 cloves garlic, crushed 1 Tbsp. olive oil 2 small zucchini, thinly sliced 1 cup cherry tomato halves 1/4 cup fat-free bottled Italian salad dressing

2 cups hot cooked spaghetti 1 Tbsp. grated Parmesan cheese

Cut beef steaks into 1-inch wide strips. Cook and stir garlic in oil in 1/2 cup Chinese-style Hoisin large nonstick skillet over medium-high heat for 1 minute. Add beef (1/2 at a time) and stir-fry 1-1 1/2 minutes or until outside surface is no longer pink. Remove with slotted spoon; keep warm. Add zucchini to same skillet; stir-fry 2-Heat large nonstick skillet over 3 minutes or until crisp-tender. medium heat until hot. Combine Return beef to skillet with tomato water in skillet. Cook and stir con- oughly. Salt and pepper to taste.



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Claudia Lopez, a Goodland High freshman, who moved here from Mexico, helped Principal Harvey Swager pronounce a passage in Spanish on Tuesday during an activity to encourage people to embrace other races and cultures. Lopez and other members of a new student club called G.R.A.C.E. held a dinner to get to know teachers and school administrators. Photo by Rachel Miscall/The Goodland Daily News

## New high school club helps keep girls in class

#### **GRACE**, from Page 1

ity called "The Chain of Life," designed to encourage acceptance of other people, races and cultures. It required participants to read passages in is the first latina to serve as a federal Spanish and English, and Claudia Lopez, a freshman G.R.A.C.E. member, helped Swager and Dick Short, school board president, correctly pronounce Spanish words.

Later, everyone wrote their names on different colored strips of construction paper and Lovington stapled them together to form G.R.A.C.E.'s "Chain of Life."

Swager told people how the club was started.

The principal said he wanted to sit down and talk with the Hispanic girls having problems in school, so he asked them if they would like to form a club. They wanted to, he said, so he called Lovington for help.

Lovington's job is to find ways to teachers and school board members are stop children from drinking, smoking here." and doing drugs, and Swager said she was excited about helping the girls with their lives. Lovington said she recruited Fernandez and they spent part of a day at the Prevention Center on 11th Street doing what's called a V.M.O.S.A, or Vision, Mission, Objective, Strategy and Action training, with the girls. The activity, Lovington said, helps club members figure out what they want to do and how they're going to do it. It can sometimes take adults days or weeks, she said, but the G.R.A.C.E. members finished the V.M.O.S.A. in 3 1/2 hours. 'Youths are just more open to agreeing," she said. Swager said Janet Murguia, Univer- Benevides, the mother of a G.R.A.C.E. sity of Kansas executive vice chancel- member, "like they serve a purpose."

lor. talked with Hispanic students in February about how as a latina she used education to overcome poverty. Murguia worked in the White House for six years and her twin sister Mary district judge in Arizona.

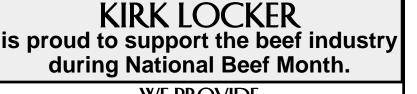
Swager said Murguia, who talked alone with the Hispanic girls for more than an hour, did a lot to help change the students' perception of themselves and what they can accomplish.

"That kind of gave us the fire to get going," he said, noting that one of the club's goals is to visit Murguia at KU in Lawrence.

Swager said the club is open to girls from other races or cultures, but boys are discouraged from joining because they tend to want to dominate a group. He said G.R.A.C.E. has a long way to

"We know that we have a lot of work to do," he said. "That's why parents,

Arely Bacasequa, a seventh grader whose sister is in G.R.A.C.E., said she thinks it's going to work. "I think it's really great what they're doing," she said, "and I'm pretty sure they will have more success in their life.' In the meantime, the girls are building more self confidence and better relationships with adults and their peers. At the end of the dinner Tuesday, G.R.A.C.E. members presented Swager with a plaque thanking him for his help. They gathered around him and he bent down for a group hug. "They're starting to feel more ac-cepted in school," said Irma



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## Prevention center provides programs to help parents

#### **CENTER**, from Page 1

"I deal with anything that will help youths or hurt them," she said.

Lovington said the prevention center opened in Goodland 10 years ago. She said it recently moved from 17th and Main to 109 W. 11th, across the street from the Goodland Area Chamber of Commerce office.

Sue Evans, director of the northwest Kansas main office in Colby, said 13 prevention centers in Kansas serve every county.

vate, non-profit corporation, but part of its annual budget comes from the state of Kansas.

Lovington said the Goodland center has many programs to help children and parents, and she's always looking for new ideas.

Programs include teen parenting classes, community awareness nights at the high school with topics such as date rape and gang violence, classes for children who have been caught drinking, retreats during which students learn about using drugs through fun activities, a bullying prevention program, training to help new clubs define their goals and find ways they will ac-

complish them and faith-based programs.

Lovington said religion is not included in the center's programs.

"We don't push religion at all," she said. "Just the facts."

All of the programs are free, Lovington said, except one called "Prime for Life Under 21," which is for youths who have received a ticket for underage drinking. She said the youths have to pay between \$5 and \$50 for the class.

As a bilingual Hispanic, Lovington She said the organization is a pri-said she sometimes acts as a translaton for the courts or schools.

The Hispanic population is growing in Sherman County, Lovington said, adding that she tries to help young Hispanics adjust to a new culture.

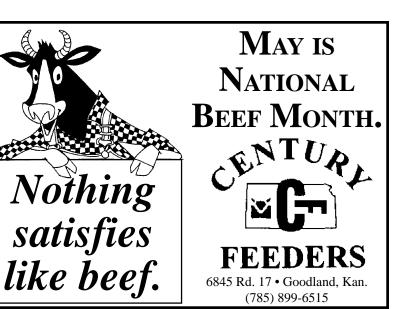
We're losing these kids at a fast rate to a lot of things," she said. "Many are trying to live in two different worlds. It's like me moving to Russia, I want to adjust, but it's hard.'

Lovington said she'd like to reach more children in Sherman County, because every kid is at one time or another is exposed to drugs, alcohol or tobacco.

"It doesn't mean they come from a bad family or they're a horrible monster," she said.



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