

Great beef council recipes

Rubs and butters for grilling

Peppery Dijon-parsely rub

1/4 cup chopped fresh parsely
2 tablespoons Dijon-style mustard
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 ingredients 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 www.beef.org.

Chuckwagon Beef and Pasta Skillet (serves 4)

1 pound 80 percent lean ground beef
1 small green bell pepper, 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 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 crumbles. Pour off drippings. Stir in broth, pasta, BBQ sauces and water; bring to a boil. Reduce heat to medium-low; cover and simmer 10 to 15 minutes or until pasta is almost tender. Uncover skillet; 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 4)

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 chopped spinach
1 cup shredded Cheddar
8 medium (8 inch diameter) flour tortillas, warmed

In large nonstick skillet, brown ground beef over medium heat 8 to 10 minutes or until no longer pink, 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, overlapping edges.

Mealtime beef solutions from kansasbeef.org

Beef & Broccoli with Walnuts (serves 6)

1 package (1 pound) fully-cooked boneless beef pot roast with gravy
1/2 cup walnut halves
1/2 cup Chinese-style Hoisin sauce
4 Tbsp. plum jelly or fruit spread
1 Tbsp. water
2 cups instant rice, cooked
3 cups fresh broccoli florets, cooked
Heat large nonstick skillet over medium heat until hot. Combine walnuts, 2 Tbsp. plum jelly, and water in skillet. Cook and stir continuously 5 minutes or until walnuts are slightly glazed. Transfer to

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 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 2-3 minutes or until crisp-tender. Return beef to skillet with tomato halves and dressing; heat thoroughly. Salt and pepper to taste. Serve beef mixture over hot pasta; sprinkle with cheese.



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 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 stop children from drinking, smoking 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, University of Kansas executive vice chancellor, 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 is the first latina to serve as a federal 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 go.

"We know that we have a lot of work to do," he said. "That's why parents, teachers and school board members are here."

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 accepted in school," said Irma Benevides, the mother of a G.R.A.C.E. member, "like they serve a purpose."

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.

She said the organization is a private, 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.

compish 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 said she sometimes acts as a translator 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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