

# MAY IS BEEF MONTH

Beef is one of the favorites of the West. These recipes are from the Kansas Beef Council. Recipes with (\*) are furnished by T-Bone Feeders.

## Four-Pepper Beef Tenderloin

Ingredients:  
 \*2 pound beef tenderloin roast, center cut  
 \*1 teaspoon dried oregano leaves, crushed  
 \*1 teaspoon sweet paprika  
 \*1 teaspoon salt  
 \*1 teaspoon dried thyme leaves, crushed  
 \*1/2 teaspoon garlic powder  
 \*1/2 teaspoon ground black pepper  
 \*1/2 teaspoon onion powder  
 \*1/4 teaspoon ground red pepper  
 \*1/4 teaspoon ground white pepper

Directions:  
 1. Heat oven to 425°F. In small bowl, combine seasoning ingredients. Press evenly into surface of beef roast.

2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 425°F oven 35 to 40 minutes for medium rare doneness.

3. Remove roast when meat thermometer registers 135°F. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise approximately 10°F to reach 145°F for medium rare.)

4. Carve roast into 1/2-inch-thick slices.

Makes 6 servings

## Chipotle Beef Pot Roast

\*1 package (1-3/4 to 2 pounds) fully-cooked boneless beef pot roast with gravy  
 \*1 can (15-1/2 ounces) chili beans with chipotle peppers, undrained

\*1 cup frozen corn  
 \*1 cup prepared chipotle thick-and-chunky salsa

\*1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves, crumbled  
 \*1/2 teaspoon ground cinnamon  
 \*Chopped fresh oregano, oregano sprigs (optional)

1. Remove beef pot roast from

## Kansas among leading beef states

May is Beef Month in Kansas, a time to reflect on the importance of cattle and agriculture to the state. Agriculture is a significant segment of the U.S. economy, employing 17.4 percent of the population.

The nation's food and fiber system accounts for more than 16.3 percent of the gross national product.

The cattle industry is the largest segment of American agriculture.

Sales of cattle include beef cattle and dairy animals culled from herds or not used in milk production.

Kansas ranks first in the number of commercial cattle processed with 8.21 million head, second in the value of live animals and meat exported to other countries at \$969.7 million, first in the nation in the value of hides

exported to other countries at \$286.7 million and second in fed cattle marketings with 5.37 million head representing 22.3 percent of all cattle fed in the United States.

There are approximately one million U.S. farms and ranches with beef cattle. These units range from part-time cattle operators with only a few head to large commercial units with hundreds or thousands of animals. Agriculture and the cattle industry are important to other segments of the American economy as well.

For every job on the farm, there are six jobs in related supply and processing businesses.

Every dollar of cattle sales directly generates an additional \$5 to \$6 of business activity in farm supply,

food and other businesses.

Governor Kathleen Sebelius in proclaiming May as Kansas Beef Month said, "Kansas beef producer's play a vital role in providing the safest and most wholesome supply of beef to consumers around the world."

Lindsborg cattleman and Kansas Beef Council Chairman Tom Toll recommends, "All Kansans should celebrate Beef Month by enjoying a great tasting steak."

The 25 producer-volunteers that serve on the Kansas Beef Council board direct and evaluate the use of checkoff funds in Kansas. For every \$1 collected in Kansas, about \$.85 is used to support national programs.

Checkoff dollars are utilized to increase beef demand through promotion, research and education at the state and national level.

\*1 teaspoon salt  
 \*1/2 teaspoon pepper  
 \*4 Romaine lettuce leaves  
 \*1/4 cup freshly shaved or grated Parmesan cheese  
 Garlic Crostini:  
 \*8 slices sourdough bread (about 4 x 3 x 1/2 inch)  
 \*Extra virgin olive oil  
 \*2 large cloves garlic, cut lengthwise into quarters

1. Combine ground beef, minced garlic, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four 3/4-inch thick patties, shaping to fit the bread slices.

2. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning occasionally. Season with salt and pepper, as desired.

3. Meanwhile brush both sides of bread slices lightly with oil. Place bread around outer edge of grid. Grill a few minutes until lightly toasted, turning once. Remove bread slices; from grid. Rub both sides of each slice with a garlic quarter.

4. Place one lettuce leaf on four of the bread slides; top each with a burger. Sprinkle evenly with cheese; cover with remaining bread slices. Cut burgers in half, if desired; arrange on lettuce-lined platter, if desired.

Makes 4 servings.

## Grilled Herb Mustard Steaks

Cook and Prep. Time: approximately 25 minutes Servings: 4

\*2 well-trimmed boneless beef top loin or ribeye steaks, cut 1 inch thick (approx. 1 lb.)  
 \*Salt  
 Herb Mustard:  
 \*2 large cloves garlic, crushed  
 \*2 teaspoons water  
 \*2 tablespoons Dijon-style mustard

\*1 teaspoon dried basil leaves  
 \*1/2 teaspoon pepper  
 \*1/2 teaspoon dried thyme leaves

1. In 1-cup glass measure, combine garlic and water; microwave on HIGH 30 seconds. Stir in remaining mustard ingredients; spread onto both sides of beef steaks

2. Place steaks on grid over medium, ash-covered coals. Grill top loin steaks, uncovered, 15 to 18 minutes (ribeye steaks 11 to 14 minutes) for medium rare to medium doneness, turning occasionally.

3. Season steaks with salt, as desired. Carve steaks crosswise into

## \*Minute Steaks in Parsley Butter

4 tablespoons butter, softened  
 1/4 cup finely chopped parsley  
 4 to 8 minute or cubed steaks

1. With a fork, blend the butter and parsley thoroughly.

2. Heat a heavy skillet and sprinkle with salt. Brown the steaks on one side about 2 minutes over high heat, turn and brown on the

other side about 1 minute. Top immediately with small balls of the butter-parsley mixture.

4 servings

## \*Ground Beef with Eggplant

12 (1/2 inch thick) eggplant slices  
 2 pounds ground beef  
 3 tablespoons olive oil  
 1/4 cup chopped onions  
 1/4 cup chopped green pepper  
 2 tablespoons flour  
 2 teaspoons salt  
 1/4 teaspoon freshly ground pepper

1/2 teaspoon oregano

2 cups canned tomato sauce

1 1/2 cups grated cheddar cheese

1. Preheat the oven to 300 degrees.

2. Cook the peeled eggplant slices in boiling water until tender, about 5 minutes.

3. Brown the meat in 2 tablespoons of the oil, stirring occasionally. Cook the onions and green pepper in the remaining oil until the vegetables are wilted. Combine the meat and vegetables in the skillet and stir in the flour, salt, pepper and oregano. Add the tomato sauce and cook until thickened.

4. Arrange half the eggplant slices in a shallow, 2 quart battered baking dish. Spoon over them half

the meat mixture and half the cheese. Repeat the layers and bake, uncovered, for 30 minutes.

4 to 6 servings

## \*Western Beef and Rice Casserole

1 cup pitted ripe olives  
 1 pound ground lean beef  
 2 tablespoons oil  
 1/2 cup chopped onions  
 1 cup sliced celery  
 1/4 cup chopped green pepper  
 1 cup rice  
 2 1/2 cups canned tomatoes  
 1 cup water  
 2 teaspoons salt  
 2 or 3 teaspoons chili powder  
 1/2 teaspoon Worcestershire sauce  
 1/4 teaspoon freshly ground pepper

1. Preheat the oven to 325 degrees F.

2. Cut the olives into large pieces.

3. Brown the beef in the oil. Remove the meat from the pan and add the onions, celery, green pepper and rice. Cook, stirring, until lightly brown.

4. Add the tomatoes, water, seasonings, meat and olives and bring to a boil. Pour into a 2 quart casserole and cover. Bake 45 minutes to 1 hour. 4 to 6 servings.

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