

# CELEBRATE BEEF MONTH

**By Pat Schiefen**  
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 Beef is an all-time favorite in cattle country and the industry has kept up with new and convenient products to save time and work. Beef production in all its areas mean many dollars to this county.

**Chipotle sloppy joes with crunchy coleslaw**

1 pound (95 percent lean) ground beef  
 1/4 cup chopped onion  
 3/4 cup ketchup  
 1/2 cup frozen corn  
 1/2 cup canned black beans, rinsed and drained  
 1/2 cup tomato sauce  
 1 to 2 teaspoons minced chipotle peppers in adobo sauce  
 1/2 teaspoon ground cumin  
 1/4 cup chopped fresh cilantro  
 1/4 teaspoon salt  
 1/4 teaspoon black pepper  
 4 whole wheat hamburger buns, split

**Crunchy coleslaw**

1/4 cup plain nonfat yogurt  
 1 tablespoon light mayonnaise  
 2 teaspoons cider vinegar  
 1/4 teaspoon hot pepper sauce  
 1/8 teaspoon salt  
 1 1/2 cup packaged coleslaw mix  
 1/2 red bell pepper, cut in 1/8 inch strips  
 black pepper

To make coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce and salt in a small bowl. Add coleslaw mix and bell pepper and toss to coat. Season with black pepper. Refrigerate, covered until ready to eat.

Brown ground beef and onion in large skillet or medium heat 8 to 10 minutes or until beef is no longer pink. Beef should be broken into 3/4 inch crumbles. Pour off fat. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers and cumin and

## Kansas Beef facts

- First in the number of commercial cattle processed with 7.5 million head in 2006.
- Cattle represented 61 percent of the 2005 agricultural cash receipts.
- In 2006 the cattle industry had a record of \$6.25 billion in cash receipts.
- Ranks sixth in the value of live animals and meat exported to other countries at \$283.5 million in 2005.
- Second in value of hides exported at \$342.1 million in 2005.
- Third with 6.4 million cattle on ranches and feedyard as of Jan. 1. That's over two times more than the state's population of 2.7 million people.
- The state's second largest

- industry is meat packing and prepared meat products manufacturing.
- Second in fed-cattle marketing with 5.4 million head last year.
- Third in total red meat production last year.
- Sixth in number of of beef cows.
- Cattle consumer 72 percent of corn, 16 percent of soybeans and 60 percent of hay grown in state.
- In 2006 the state had 31,000 farms with cattle and calves.
- Cattle efficiently use grasses and plants growing on the 18.3 million acres of pasture and rangeland in the state not suited for cultivation.

bring to a boil. Reduce heat and simmer for 5 minutes while stirring. Stir in cilantro, salt and pepper.

Place beef mixture on bottom half of bun, top with coleslaw and top of bun.

Makes 4 servings.  
 Preparation time 30 minutes.

**T-Bone steak with parmesan-dusted mushrooms**

1 T-Bone or Porterhouse steak about one inch thick  
 3 teaspoons butter, divided  
 2 tablespoons dry bread crumbs  
 1 tablespoon grated Parmesan cheese  
 2 1/4 teaspoons steak seasoning, divided  
 8 ounces button mushrooms, cut into quarters  
 1/4 cup finely chopped green onions, white and green parts

Melt 1 teaspoon butter in large skillet over medium heat. Stir in bread crumbs and cheese. Stir while cooking 3 to 6 minutes and lightly toasted. Remove and set aside.

Press 2 teaspoons of steak seasoning evenly into the steak. Broil steak 15 to 20 minutes for medium rare to medium doneness on rack in broiler pan that is 3 to 4 inches from heat. Turn meat once.

Melt remaining butter in same skillet over medium heat and add mushrooms, green onions and re-

maining 1/4 teaspoon steak seasoning. Stir while cooking 4 to 6 minutes or until mushrooms are lightly browned and just tender.

Remove bone from steak and slice crosswise. Serve with mushrooms. Top with crumb and cheese mixture.

Makes 2 servings.  
 Preparation time 40 to 45 minutes.

**Hot beef sundaes**

1 package (17 ounces) refrigerated full cooked beef tips with gravy  
 1 package (24 ounces) refrigerated mashed potatoes  
 Toppings: shredded cheddar cheese, sour cream, grape or cherry tomatoes

Heat beef tips with gravy and mashed potatoes according to package directions

Using an ice cream scoop, put 2 scoops (about 1/3 cup each) mashed potatoes in each of 4 sundae cups or serving bowls. Divide beef tips evenly and put over potatoes in each dish. Sprinkle with cheese and top with a dollop of sour cream. Place a tomato in the center of each dish for the cherry.

Makes 4 servings.  
 Preparation time 15 to 20 minutes.

Recipe provided by National Cattleman's Association.

**Corned beef with apple-onion sauté**

1 boneless corned beef brisket with seasoning packet (2 1/2 to 3 1/2

pounds)  
 1 large onion, coarsely chopped  
 5 cloves garlic, coarsely chopped  
 1 1/2 cups apple cider or apple juice

Apple-onion sauté  
 3 tablespoons butter, divided  
 2 medium onions, cut into thin wedges

1 medium Granny Smith apple, cut into 1/4 inch slices  
 2 medium McIntosh apple, cut into 1/4 inch slices  
 1 medium Golden Delicious apple, cut into 1/4 inch slices  
 1/2 cup apple cider or apple juice  
 1 tablespoon brown sugar  
 1/2 teaspoon dried thyme leaves, crushed

Preheat oven to 350 degrees. Put corned beef brisket in roasting pan and place chopped onion and garlic

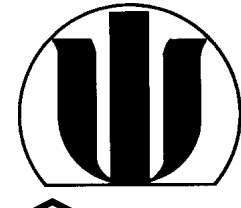
around it. Sprinkle contents of seasoning packet over brisket. Add 1 1/2 cups cider and cover tightly with aluminum foil. Braise in 350 degrees for 2 1/2 to 3 1/2 hours or until brisket is tender.

Prepare apple-onion sauté. Melt 2 tablespoons butter in large skillet over medium heat. Add onion wedges and cook 13 to 15 minutes while stirring until onions are lightly browned. Add apples, remaining 1 tablespoon butter, cider, brown sugar and thyme. Cook and stir until apple are crisp but tender.

Carve brisket diagonally across the grain into thin slices. Serve with apple-onion sauté.

Makes 6 to 8 servings.  
 Preparation time 2 1/2 to 3 3/4 hours.

**Enjoy beef on your grill**



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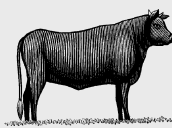
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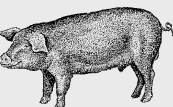
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