



## Kansas beef facts

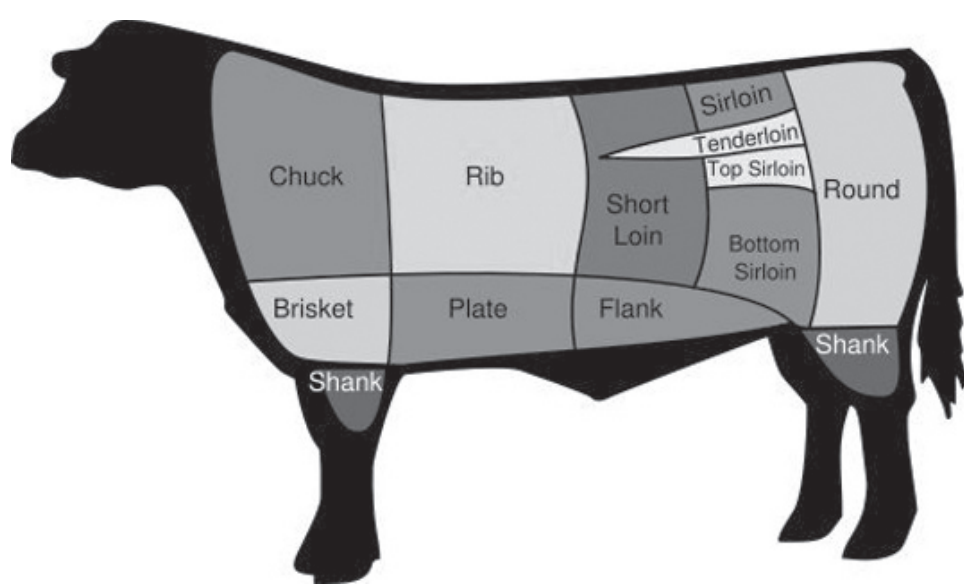
- Kansas ranked third nationally with 6.3 million cattle on ranches and in feedyards as of January 1, 2011. That is over twice the state's human population of 2.818 million.
- Kansas ranked seventh nationally in beef cow numbers as of January 1, 2011, with 1.6 million head.
- Kansas has 46.2 million acres of farm ground; however, not all of this land can be used to grow crops. Cattle are the ideal mechanism for efficiently utilizing grasses and plants growing

on the 17.5 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.

- 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 companies that produce, process, distribute and sell meat and poultry products employ as many as 19,240 people and generate an additional 51,210 jobs in supplier and ancillary industries, according to the American Meat Institute. These include jobs in companies supplying goods and services to manufacturers, distributors and retailers, as well as those depending on sales to workers in the meat industry.

This diagram shows the different cuts of beef that one can buy. Different parts of the beef have varying flavors and texture, and each cut has many different uses.



1. Chuck: roast beef; hamburger is also often made from this part of the cattle.
2. Rib: ribeye steak; prime rib.
3. Shortloin: Stripsteak (Porterhouse, Kansas City Strip) and T-bone
4. Tenderloin: most tender cut of beef; makes tenderloin steaks, the softest and most expensive cut of beef.
5. Sirloin: sirloin steaks; considered a premium steak; can be somewhat tough.
6. Top sirloin: most prized sirloin
7. Bottom sirloin: less tender; much larger steaks.
8. Round: lean cut, lacks fat; commonly cooked through slow, moist methods.
9. Brisket: popular methods of cooking include smoking and marinating the meat, cooking slowly.
10. Plate: choice cut for making fajitas; very flavorful, but can be a bit tough.
11. Flank: used for stir-fry; a tough cut.
12. Shank: very tough and dry; can be used in stew.

### “Natural” vs. Organic Beef

With the arrival of the Organic label, many people wrongly assumed that the terms “organic” and “natural” were interchangeable, failing to understand the strict regulations required to raise certified organic beef. The USDA defines “natural” beef as all meats raised for human consumption without additives and minimally processed. Natural Beef producers may choose not to use antibiotics or growth-promoting hormones, but there is no third-party verification system required by the USDA. Beef from factory feed lots can be labeled natural, according to the USDA's definition.

Certified organic beef must come from a fully verifiable production system that collects information on the history of every animal in the program, including its breed history, veterinary care, and feed. Further, to be certified as organic, all cattle should meet the following criteria: Born and raised on certified organic pasture; never receive antibiotics; never receive growth-promoting hormones; fed only certified organic grains and grasses; must have unrestricted outdoor access

*It's good for you AND it's delicious! The leanest cuts of beef provide up to 12 vital nutrients to the human body, such as protein, iron, zinc and B vitamins. So we've provided 2 delicious beef recipes to try! Eat up and enjoy!*

#### GARLIC HERB CRUSTED BEEF ROAST

##### Ingredients

- 1 boneless beef round rump roast or beef bottom round roast (3 to 4 pounds)
- Salt and ground black pepper

##### Ingredients for rub:

- 2 teaspoons garlic-pepper seasoning
- 2 teaspoons dried basil leaves, crushed
- 2 teaspoons dried thyme leaves, crushed
- 1 teaspoon dried parsley leaves, crushed

-Heat oven to 325°F. Combine rub ingredients in small bowl; press evenly onto all surfaces of beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 325°F oven 1-1/2 to 2 hours for medium rare doneness. Remove roast when meat thermometer registers 135°F for medium rare. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare.) Carve roast into thin slices; season with salt and black pepper, as desired.

#### BEEF POTATO IN ONE

##### Ingredients

- 2 lbs ground sirloin
- 1 small onion, diced
- 1/2 green pepper, diced
- 1 can diced tomatoes
- 2 bay leaves

- 1 1/3 cups water
- 3 large Idaho potatoes, cut in round slices
- 1 pkg shredded cheddar cheese
- 2 tbsps cornstarch

-Brown beef, onions, peppers. Add salt and pepper to taste. Drain and add 1 cup water, bay leaves, tomatoes; simmer for 15 minutes. Remove bay leaves and add 1/3 cup water with cornstarch for thickening. In another skillet, brown potatoes in a small amount of oil until tender, and then drain. Place potatoes in casserole dish and pour beef mixture over. Add cheese to top and brown in oven at 375 degrees for 10 minutes. Let cool then cut in squares for servings.



### Jokester's Corner

Q: What happened to the lost cattle?  
A: Nobody's herd.

Q: What is a cow's favorite lunch meat?  
A: Bullogna

Q: Where do cows like to ride on trains?  
A: In the cow-boose.

Q: What do you call a sleeping bull?  
A: A bull-dozer.

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