# May is National Beef Month and

Beef & Asparagus Pasta Toss

Ingredients:

1 pound ground beef

- 3 cups uncooked bow tie pasta 1 pound fresh asparagus, cut into 1-inch
- 3 tablespoons olive oil
- 1/4 cup minced shallots (about 2 large)
- 2 or 3 cloves garlic, minced Salt and pepper
- 1/4 cup shredded Parmesan cheese (op-

- 1. Cook pasta in boiling salted water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.
- 2. Meanwhile brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Remove from skillet with slotted spoon. Pour off drip-
- 3. Heat oil in same skillet over medium heat until hot. Add shallots and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt and pepper, as de-
- 4. Combine beef mixture with pasta and asparagus in large bowl; toss well. Sprinkle with cheese, if desired.

Makes 4 servings.

**BBQ** Beef Brisket with Smoky

BANKWEST

BANKS OF COLORADO A BRANCH OF BANKWEST OF KANSAS 924 Main Goodland, KS 67725 www.ebankwest.com 899-2342

1-888-828-2265

## Hamburger first appeared at 1904 fair

hamburger is celebrating its 100th anniversary says the Kansas Beef Council.

The enjoyment of grilling and eating the American public's conscience, but his homemade bread. when did the hamburger become such a popular protein choice?

There are different accounts regarding by whom, when and where the hamburger was first introduced in America, which is understandable when consumgrilling favorite.

The hamburger gained its first wide-

May is National Beef Month, and the Fletcher Davis, the vendor who brought the burger to the fair, had developed a reputation for his fried ground beef patties 1921 in Wichita. The name of White slathered with hot mustard, topped with a Castle's square, baby burgers was "slida hamburger is something embedded in slice of Bermuda onion and served between

> While others have claimed credit for inventing the hamburger, there is general agreement that Davis made them famous. The popularity of the hamburger definitely has grown over the last 100 years.

In honor of the Hamburgers centennial ers think about how much they enjoy the anniversary, the Kansas Beef Council provides the following hamburger facts:

• The hamburger bun was first created in spread attention at the 1904 World's Fair 1916. Prior to 1916, hamburgers generally in St. Louis where it created a sensation. were served between two slices of bread.

• The first hamburger "chain" was called White Castle. It was founded in

- By the 1930s, hamburgers had another nickname. They were named after the insatiable hamburger addict from the Popeye comic strip, Wimpy burgers.
- Annually, 86 percent of the American population order at least one hamburger or cheeseburger.
- Clara Peller made the phrase 'Where's the Beef?" famous during a Wendy's advertising campaign.
- Beef is consumed more than 83 million times each day across America.

**Balsamic Marinated Steak &** Asparagus

bine seasoning from ramen noodles with

cornstarch mixture in large bowl. Add beef;

2. Heat 1 tablespoon oil in large nonstick

skillet over medium-high heat until hot.

Stir-fry broccoli and carrots 1 minute. Add

noodles and 1-1/2 cups water; bring to a

boil. Reduce heat; cover and simmer 3 to 5

minutes or until vegetables are tender and

most of liquid is absorbed, stirring occa-

3. Heat remaining oil in same skillet over

medium-high heat until hot. Drain beef,

discarding marinade. Stir-fry 1/2 of beef 1

to 2 minutes or until outside surface of beef

is no longer pink. (Do not overcook.) Re-

move. Repeat with remaining beef. Serve

over noodles. Sprinkle with orange rind.

sionally. Remove; keep warm.

Ingredients: 4 beef round (sirloin) tip side steaks, cut 1

inch thick (about 8 ounces each)

1 pound fresh asparagus 1/2 teaspoon salt

Makes 4 servings.

1/8 teaspoon pepper Marinade:

2/3 cup prepared balsamic vinaigrette 2 tablespoons Dijon-style mustard

Instructions: 1. Combine marinade ingredients in small bowl. Remove and reserve 2 tablespoons. Place beef steaks and remaining marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrig-

#### **Cheddar-Chili Potatoes**

Ingredients:

- package (17 ounces) refrigerated fullycooked sliced beef brisket with barbecue
- 1/2 of a 22-ounce package frozen mashed potatoes (2-2/3 cups)
- 1 cup milk
- 1/3 cup dairy sour cream
- 1/2 to 1 teaspoon minced canned chipotle pepper plus 1/2 teaspoon adobo sauce 3/4 cup shredded Cheddar cheese

**Instructions:** 

- 1. Prepare beef brisket according to package directions.
- 2. Prepare potatoes according to package directions, using only 1 cup milk.
- 3. Add sour cream, chipotle pepper and adobo sauce to hot potatoes; mix well. Stir 1/2 pound broccoli florets in cheese. Serve with barbecue beef. Makes 4 servings.

Asian Beef & Broccoli with Noodles **Ingredients:** 

1-1/4 pounds boneless beef top round or top

WE SALUTE THE

**National Beef Producers!** 

sirloin steak, cut 1 inch thick

- 2 packages (3 ounces each) Oriental-flavored instant ramen noodles, broken up
- 1-1/2 teaspoons cornstarch dissolved in 1/ 2 cup water
- 2 tablespoons vegetable oil
- 2 medium carrots, thinly sliced
- 1 teaspoon grated orange rind (optional) **Instructions:**
- 1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Com-

# Beef safe, nutritious

# and low carb

### FEED & SEED

Also a complete line of Hubbard Feeds, Farm Supplies & Livestock Equipment

- Wheat
- Corn Oats
- Soybean Alfalfa Sorghum

Grasses

- Sudan Grass Sunflowers Seed Treatments

Star

Inoculants
Grain Protectants

**FDI@** 



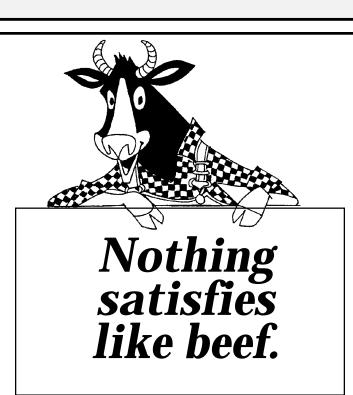
Rt. 2 Box 123A, Hoxie, Kan. 67740 • 785-675-3312

### **Settle for second** best? Not You.

That's why New Holland maintains its innovative edge, always producing tractors that raise the bar. TG tractors just achieved a long list of outstanding performance numbers during tests summarized by the University of Nebraska Tractor Test Lab. Take a look:

- Highest torque rise up to 64.3%
- Most hydraulic flow up to 70.2 gpm with the MegaFlow  $^{TM}$  option • Impressive three-point lift capacity - up to 17,931
- pounds with the increased lift option • Tightest turning radius - 16.5 feet with the
- SuperSteer<sup>TM</sup> FWD axle on 30-inch rows •Intellisteer, auto steering system available on all mod-
- When you're ready to do more work, TG tractors are ready to help. We're ready to help too, visit us soon!





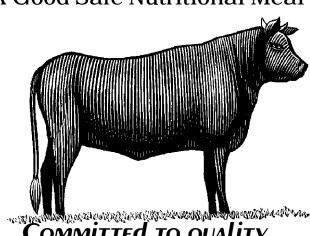
"Listen for current livestock

information on our stations."

Kan Son Feeders in Leota 1-620-375-2282

Cheyenne Feeders LLC St. Francis 1-785-332-3557 Rt. 1 Box 60, Leota, Kan. 67861

May is **National Beef Month** Beef - It's What's for Dinner A Good Safe Nutritional Meal



COMMITTED TO QUALITY beef production!



1751 Rd. 65 Goodland, Kan. (785) 899-6551





### JC Cattle Co.

**Custom Preconditioning and Growing** James Unruh

House: 620-668-5403 409 WW Road Copeland, Kan. 67837 Fax: 620-668-5564

Barn: 620-276-6032 Mobile: 620-260-5782

We specialize in light weight kids and high risk cattle