

# Beef provides versatility as well as flavor

## CHILI BEEF EXPRESS

Total preparation and cooking time: 25 minutes

1 pound ground beef (95% lean)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 can (15-1/2 ounces) chili beans in chili sauce, undrained  
1 can (14-1/2 ounces) chili-style chunky tomatoes, undrained  
1 cup frozen corn  
2 tablespoons chopped fresh cilantro

Brown ground beef in large non-stick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Pour off drippings; season with salt and pepper.

Stir in beans, tomatoes and corn; bring to a boil. Reduce heat; cover and simmer 10 minutes. Sprinkle with cilantro before serving.

Makes 4 servings (about 1-1/4 cups each).

Cook's Tip: Recipe may be doubled; prepare in Dutch oven.

Courtesy Cattlemen's Beef Board and National Cattleman's Beef Association

## ROASTED BEEF SHOULDER TENDER CROSTINI WITH WASABI SOUR CREAM

Total preparation and cooking time: 30 to 35 minutes

2 pounds beef shoulder tender petite roasts (8 to 10 ounces each)  
1 teaspoon pepper

Garlic Bread:  
6 tablespoons butter, melted  
1 tablespoon chopped fresh parsley  
1/2 teaspoon garlic salt  
1 (12-inch) baguette, cut into 24 (1/2-inch thick) slices

Wasabi Sour Cream:  
1 container (8 ounces) dairy sour cream

1 tablespoon prepared wasabi paste

Heat oven to 425° F. Press pepper evenly onto beef roasts.

Place roasts on rack in shallow roasting pan. Do not add water or cover. Roast in 425° F oven 20 to 25 minutes for medium rare to medium doneness. Remove roasts when instant read thermometer inserted into thickest part of roast registers 145° F for medium rare or 160° F for medium doneness. Let stand 5 minutes before carving.

Meanwhile combine butter, parsley and garlic salt in medium bowl. Place baguette slices on two 15 x 10 x 1-inch jelly roll pans. Brush tops with butter mixture. While roasts are standing, toast baguette slices in 425° F oven for 8 minutes or until golden brown.

Combine dairy sour cream and wasabi paste in medium bowl until well blended. Cover and refrigerate until ready to use.

Thinly carve roasts into medallions and evenly layer over toasted garlic bread slices. Top with 1 teaspoon Wasabi Sour Cream.

Makes 24 appetizer servings.

Courtesy Cattlemen's Beef Board

## BEEF SIRLOIN STIR-FRY FETTUCCINE

1 boneless beef top sirloin steak, cut 1 inch thick (approximately 1-1/4 lbs)

1 package (9 ounce) refrigerated uncooked fettuccine  
Salt



Chili Beef Express

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## 30-MINUTE BEEF STROGANOFF

1 nonstick cooking spray  
1 pound round steak; cut into 1/4 inch strips  
2/3 cup water\*  
3 ounces mushrooms, sliced; canned  
1 package dry onion soup mix  
1 cup yogurt, plain, lowfat  
2 tablespoon flour  
6 ounces noodles, egg; cooked

In a frying pan sprayed with non-stick cooking spray, brown meat. Add water, mushrooms (including liquid), and soup mix. Cover and simmer for 15 minutes. In a small bowl, blend yogurt and flour; add to meat mixture. Cook and stir on low heat until mixture thickens. Serve

over hot noodles.

Yield: 4 Servings

\*NOTE: For greater flavor with little or no fat add, substitute no fat beef broth or some wine for part of the water called for in the ingredients.

## BACON-WRAPPED STEAK BURGERS

4 - 8 ounces ground steak -burgers  
4 strips bacon  
5 large mushrooms; sliced  
3 tablespoons butter; melted  
1 package brown gravy mix  
1 teaspoon Worcestershire sauce  
2 teaspoons browning sauce

Wrap bacon around burgers; secure with toothpicks.

Broil 4 - 5 minutes on each side or until bacon is completely cooked.

Saute mushrooms in butter, prepare gravy according to directions on the package.

Add Worcestershire sauce and browning sauce to gravy mix.

When burgers are done, pour gravy over and serve.

Yield: 4 Servings

## BAR-B-QUE BEEF SANDWICHES

3 pound chuck roast  
1 cup water  
2 beef bouillon cubes  
1 tablespoons minced onion  
15 ounce can tomato sauce  
1/4 cup brown sugar  
1/4 cup ketchup  
1/4 cup mustard  
1 dash Worcestershire sauce

Roast meat, along with 1 cup water and bouillon cubes. Shred meat with a fork after cooking and retain 1 cup of the juice from cooking. Add rest of the ingredients to shredded meat. Put in a crock pot and cook on low heat 3 to 4 hours. Serve over hamburger buns or dinner rolls.

Yield: 6 Servings

## BASIC BEEF STEW

2 pounds boneless chuck 1 1/2 inches thick  
4 thick bacon slices  
2 large yellow onions  
2 large cloves of garlic  
3 tablespoon flour  
3/4 teaspoon salt  
1/2 teaspoon pepper  
2 cup beef broth  
1/2 cup red wine, beer or more broth  
2 parsley sprigs  
2 teaspoon fresh thyme or 1/2 teaspoon dried  
6 large carrots  
2 large baking potatoes  
8 ounces frozen pearl onions  
1 chopped parsley for garnish  
cooked egg noodles or rice

Trim of all fat from beef chuck. Cut into 1 1/2 inch pieces. Pat meat dry with toweling. Cut bacon into 1/4 inch wide strips. Cut large onions into 1/4 inch wide wedges. Mince garlic.

Cook bacon in a heavy bottomed 4 1/2 quart dutch oven, until crisp. Remove pieces with slotted spoon. Pour bacon fat into a bowl. Return

1 tablespoon fat to pan. Heat over medium high heat. Add enough beef cubes to cover bottom of pan. Cook, turning cubes with tongs, until browned on all sides. As beef cubes brown remove from pan and add uncooked beef until all pieces are done. Add bacon fat as needed to keep meat from sticking. Remove all meat from pan. Add 1 tablespoon bacon fat. Add onion wedges and cook until onion wilts and is golden brown. Add garlic and cook and stir for one minute. Return meat to pan. Add salt, pepper and flour. Cook with stirring over medium heat to brown the flour slightly, about three minutes. Pour broth and wine, if used, into pan so meat is barely covered. Stir well to scrape browned bits from bottom of pan.

Stir in parsley and thyme. Bring mixture to a boil. Reduce heat to very low. Cover pan and let simmer for until meat is almost tender, about 1 1/2 hours. Shortly before meat is tender, peel carrots, and potatoes. Cut into pieces. Stir into meat mixture. Continue cooking until carrots and potatoes are tender but not mushy, about 20 minutes. Heat any remaining bacon fat in a large skillet, add pearl onions and cook, stirring, until onions are golden on all sides. Stir onions into stew. Cook five minutes. Sprinkle stew with crisp bacon pieces and chopped parsley. Serve over cooked noodles or rice.

Yield: 6 Servings

## BEEF CASSEROLE

1 pound ground beef  
1 package macaroni & cheese  
1 can (17 ounce) sweet peas  
1 can (17 ounce) sweet corn  
1 medium onion; sliced  
1 green bell pepper, diced  
1 can (large) tomato sauce  
salt and pepper to taste

Cook beef, breaking apart into small pieces. Drain off fat. Add tomato sauce, peas, corn, onion and green pepper.

Cook over low heat. Add salt and pepper to taste. Prepare macaroni and cheese according to package directions.

Put in casserole and mix all ingredients thoroughly. Bake at 325 for 15 minutes. Serves 4.

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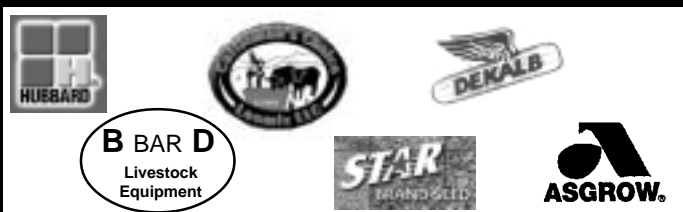
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