

Beef the original low carbohydrate food

GRILLED RANCH STEAK KABOBS WITH GARLIC-PEPPER SEASONING & BALSAMIC CARAMELIZED RED ONION RELISH
Total preparation and cooking time: 1 hour

1-1/2 pounds beef shoulder center (ranch cut) steaks, cut 1-inch thick
1/2 teaspoon garlic-pepper seasoning blend
Basil leaves, for garnish

Red Onion Relish
1/2 cup balsamic vinegar
1/4 cup packed brown sugar
2 tablespoons olive oil
1/4 teaspoon coarse salt
1/8 teaspoon cracked black pepper
1 large red onion, cut into 1/2 inch thick slices

Heat oven to 400° F. Soak twelve 6-inch bamboo skewers in water 10 minutes; drain. Combine balsamic vinegar, brown sugar, olive oil, salt and pepper, in medium bowl, until well blended.

Place onion slices in bottom of 13 x 9 x 2-inch baking pan. Drizzle balsamic mixture over onions and roast in 400° F oven, 20 to 25 minutes or until onions just become soft. Let stand 10 minutes to cool. Coarsely chop onions; set aside until ready to use. Carefully pour balsamic mixture into small nonreactive saucepan; cook and stir over medium heat 4 to 5 minutes or until mixture reduces slightly. Pour over onions just before serving.

Cut beef steak into 1-1/4 inch pieces. Thread 3 beef pieces onto each skewer. Place kabobs on grid over medium, ash-covered coals. Grill, uncovered, 8 to 10 minutes for medium rare to medium doneness, turning occasionally. Serve each kabob with 1 tablespoon Red Onion Relish. Garnish with basil leaves; as desired.

Makes 12 appetizer servings.
Courtesy Cattlemen's Beef Board

ASIAN BEEF STIR-FRY IN WONTON CUPS
Total preparation and cooking time: 30 minutes
Marinating time: 30 minutes

1-1/2 pounds beef top round or top sirloin steak
Marinated Cucumbers (recipe follows)
Toasted Sesame Seeds (recipe follows)
1/2 cup vegetable oil
12 frozen wonton wrappers, thawed
1 medium red bell pepper, thinly sliced (optional)

Sesame-Soy Marinade:
1/4 cup soy sauce
1/4 cup finely chopped green onions
2 tablespoons water
2 tablespoons packed brown sugar
1-1/2 tablespoons dark sesame oil
1 teaspoon minced garlic
1 teaspoon minced fresh ginger
1/4 teaspoon pepper



Grilled Ranch Steak Kabobs

Courtesy Cattlemen's Beef Board

Prepare Marinated Cucumbers and Toasted Sesame Seeds.

Cut beef steak lengthwise in half, then crosswise into 1/8 inch strips; set aside. Combine Sesame-Soy Marinade ingredients in medium bowl. Place beef strips and marinate in food-safe plastic bag; toss to coat. Close bag securely and marinate in refrigerator 30 minutes. Meanwhile heat 1/2 cup oil in large nonstick skillet over medium-high heat until hot. Fry 3 wonton wrappers 15 seconds per side or until crispy; drain on paper towels. Repeat with remaining wonton wrappers.

Remove beef strips from marinade; discard marinade. Heat pan over medium heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Repeat with remaining beef. Evenly divide beef strips over wonton crisps; top beef with 1 tablespoon Marinated Cucumbers and 1/2 teaspoon Toasted Sesame Seeds. Garnish plate with red bell pepper strips, if desired.

Makes 12 appetizer servings.
Cook's Tip: Frozen wonton wrappers can be found in the freezer section of the supermarket.

MARINATED CUCUMBERS
Total preparation and cooking time: 10 minutes
Marinating time: 1 hour
2 tablespoons sugar
1/2 cup rice vinegar
1 cup diced seedless cucumber

Whisk together sugar and vinegar in medium bowl until sugar is dis-

solved. Stir in cucumbers; place mixture in food-safe plastic bag. Close bag securely and marinate in refrigerator 1 hour. Drain cucumbers in large colander; discard marinade.

Makes 1 cup.

Toasted Sesame Seeds: Heat large nonstick skillet over medium heat until hot. Add 1/4 cup white sesame seeds. Cook and stir 5 minutes or until seeds are lightly toasted and golden. Set aside until ready to use.

Courtesy Cattlemen's Beef Board

BUSY'S BEEF JERKY

1 lean round steak; trimmed of fat
garlic powder; to taste
black pepper; to taste

After trimming meat, slice into strips the thickness of the steak (about 1/2 inch) and about 1/2 inch wide. LIGHTLY sprinkle with garlic powder and black pepper. Lay strips over the oven rack. Set oven to bake at lowest temperature — around 120 degrees. Prop oven door open slightly. After about 12 hours, raise heat to about 145 degrees for another 12 hours, still leaving door ajar. These directions are for making jerky in Houston, Texas where it is quite humid. In more arid locations, the time will be shorter.

Finished product will be ugly, brown-to-black, but GOOD!
1 Serving

GARLIC PRIME RIB

1 (10 pound) prime rib roast



Asian Beef Stir-Fry

Courtesy Cattlemen's Beef Board

10 cloves garlic, minced
2 tablespoons olive oil
2 teaspoons salt
2 teaspoons ground black pepper
2 teaspoons dried thyme

1. Place the roast in a roasting pan with the fatty side up. In a small bowl, mix together the garlic, olive oil, salt, pepper and thyme. Spread the mixture over the fatty layer of the roast, and let the roast sit out until it is at room temperature, no longer than 1 hour.

2. Preheat the oven to 500 degrees F (260 degrees C).

3. Bake the roast for 20 minutes in the preheated oven, then reduce the temperature to 325 degrees F (165 degrees C), and continue roasting for an additional 60 to 75 minutes. The internal temperature of the roast should be at 145 degrees F (53 degrees C) for medium rare.

4. Allow the roast to rest for 10 or 15 minutes before carving so the meat can retain its juices.

GERMAN ROULADEN

1 1/2 pounds flank steak
German stone ground mustard, to taste
1/2 pound thick sliced bacon
2 large onions, sliced
1 (16 ounce) jar dill pickle slices
2 tablespoons butter
2 1/2 cups water
1 cube beef bouillon

1. Cut the flank steak into thin filets; about 1/4 inch thick and 3 inches wide.

2. Generously spread one side of each filet with mustard to taste. Place bacon, onions and pickle slices on each filet and form into a roll. Use string or toothpicks to hold the roll together.

3. Heat a skillet over medium heat and melt butter. Place the rolls in the butter and saute until browned.

4. Pour in 2 1/2 cups of water and add the bouillon cube; stirring to dissolve the bouillon cube. Simmer the rolls for about an hour.

GREEN BELL PEPPERS STUFFED WITH TOMATO LENTIL COUSCOUS

5 green bell peppers, chopped
2 pounds ground beef
1 1/2 cups chopped onion
1 green bell pepper, chopped
6 cloves garlic, minced
1 (28 ounce) jar spaghetti sauce
1 (16 ounce) jar spaghetti sauce
1/2 cup chopped onion
1 (6 ounce) package tomato lentil couscous mix
8 ounces shredded sharp Cheddar cheese

1. Preheat oven to 375 degrees F (190 degrees C).

2. Cut peppers in half, place them in a 9 x 13 inch baking dish, and set aside. In a large skillet over medium heat, saute the ground beef for 5 minutes. Add 1 1/2 cups chopped onion, chopped green bell pepper, and garlic. Reduce heat to low, add tomato sauces, and let simmer while preparing the couscous.

3. Prepare couscous according to package directions, but add the remaining onion to the water before adding the couscous. When couscous is done, combine it with the sauce. Fill bell peppers with the mixture. Top each with shredded cheese.

4. Bake at 375 degrees F (190 degrees C) for 20 minutes, or until cheese is bubbly and slightly brown

on top.

AMISH YUMAZUTI

1 pound ground beef
1 onion, chopped
3/4 cup chopped celery
1 tablespoon minced garlic
1/4 cup shredded Cheddar cheese
1 (14.5 ounce) can stewed, diced tomatoes
1 (12 ounce) package uncooked egg noodles
1 (10.75 ounce) can condensed cream of chicken soup

1. Preheat the oven to 350 degrees F (175 degrees C). Place noodles in a pot of lightly salted boiling water. Cook until al dente, about 8 minutes. Drain and set aside.

2. Cook ground beef, onion, celery and garlic in a skillet over medium heat until meat is evenly browned. Drain off excess grease.

3. Butter a 9x13 inch baking dish. Place half of the cooked noodles in the bottom of the dish. Cover them with half of the meat mixture, then half of the tomatoes. Spoon half of the cream of chicken soup over the tomatoes, then sprinkle half of the shredded cheese. Repeat layers, ending with cheese on the top.

4. Bake for 1 hour in the preheated oven, or until cheese is browned and bubbly. Let stand for 10 minutes to set before serving.

AMERICAN SHEPHERD'S PIE

1 pound lean ground beef
1/2 cup chopped onion
1/2 cup chopped celery
1 (10.5 ounce) can condensed vegetable soup
1/2 teaspoon dried thyme
3 cups mashed cooked potatoes
1 cup shredded Colby longhorn cheese

1. Preheat oven to 350 degrees F (175 degrees C) and lightly grease a 2 quart baking dish.

2. In a large skillet over medium-high heat, stir and cook ground beef, onion and celery until juices run clear. Drain. Pour mixture into baking dish with vegetable soup and thyme; stir well. Spread mashed potatoes on top.

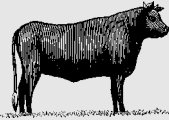
3. Bake 20 minutes. Sprinkle shredded cheese on top and bake 5 minutes more, or until cheese has melted.

KIRK LOCKER

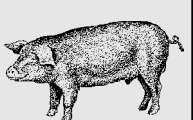
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