



# Cookin' It Up

## Scare tactics get kids in the kitchen

The kitchen may be mom's hallowed ground, but these recipes give kids a chance at culinary creativity. They're sure to delight — not frighten — little monsters this Halloween.

CAB brand ground beef and refrigerated biscuit dough combine with key ingredients for a Spooky Spiders snack that is as much fun to make as it is to eat. Before your little goblins venture out, offer Leaky Cauldron Soup. It's a simple and nutritious dish loaded with vegetables and protein-packed beef.



### Spooky Spiders

#### Ingredients

- ½ pound CAB® ground beef, cooked and crumbled
- ½ pkg. taco seasoning
- ½ cup water
- 1 16-oz. tube home-style refrigerated biscuit dough
- ketchup
- shredded mozzarella or cheddar cheese
- 16 sliced black or green olives
- 32 pretzel sticks

#### Instructions

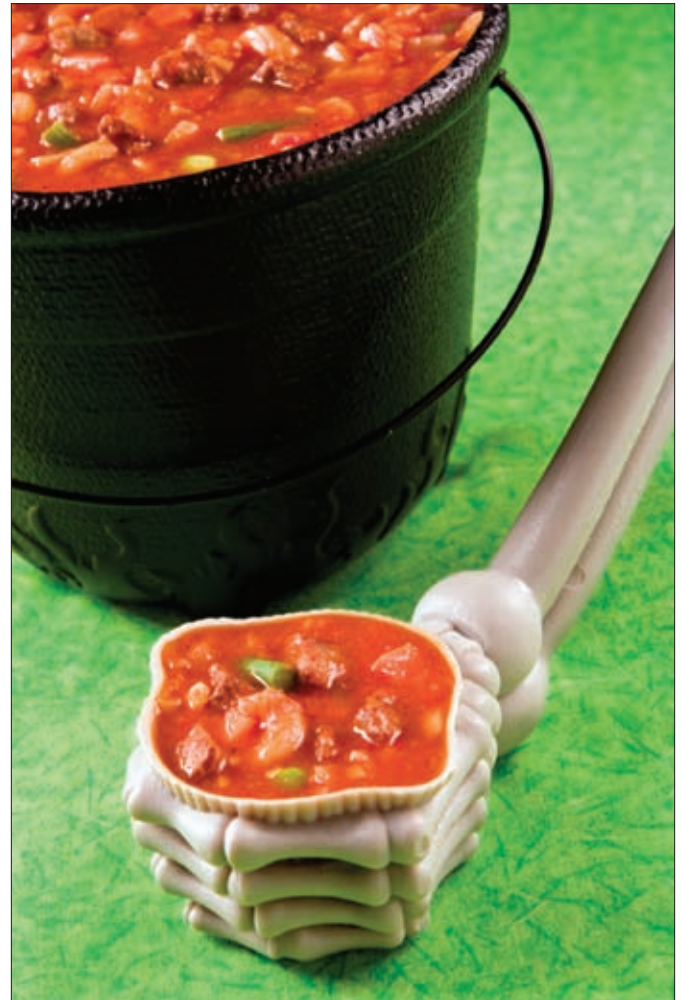
Preheat oven to 375° F.

Separate dough into 8 biscuits; place each biscuit into ungreased muffin cup (not mini muffin). Press dough firmly into the bottom and up the sides of each cup.

Divide crumbled ground beef evenly into dough cups. Squirt ketchup over meat; sprinkle with cheese. Place two olive slices on top of each for "eyes."

Bake for about 20 minutes, or until biscuit edges are golden brown. Cool 5 minutes; remove from muffin cups. Stick four pretzel sticks into each side of each biscuit cup for "legs."

Serves 8.



### Leaky Cauldron Soup

#### Ingredients

- ½ lb. CAB® round steak, cut into ½-in. cubes
- Flour for dusting
- 2 Tbs. vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 28-oz. can crushed tomatoes
- 3 15½-oz. cans beef broth
- ½ cup uncooked elbow macaroni
- 1½ cups frozen mixed vegetables
- Salt and pepper to taste

#### Instructions

Season beef with salt and pepper. Dust with flour; pat off excess. In an 8-quart pot or Dutch oven, heat oil, and cook beef until browned. Add onions and garlic; lower heat and simmer for five minutes, stirring occasionally.

Add tomatoes and broth to meat mixture; bring to a boil over high heat. Reduce heat to low; simmer uncovered 20 minutes.

Add macaroni and vegetables; simmer 15 minutes more.

Serves 6.

►Pastiche Modern Eatery in Tuscon, Ariz., began promoting \$15 steaks to increase summer sales. CAB designed a banner that continues to create interest and generate mid-week sales. Marketing support is one of many services CAB partners can use to grow their businesses and increase CAB brand sales.

