



QUICK-N-EASY DIVISION



Ogre Cheeseburgers

4 CAB® prepared hamburger patties
 4 slices sweet onion, 1/2-inch thick
 vegetable oil
 8 slices Swiss cheese
 4 crusty rolls, split, toasted
 4 leaves romaine lettuce
 4 slices tomato, 1/4-inch thick
 salt and pepper, optional

Sauce:
 1/4 cup mayonnaise
 1 Tbs. Dijon-style mustard

Combine sauce ingredients; set aside. Lightly brush onion with oil. Place patties and onion on grill over medium, ash-covered coals. Grill uncovered, turning occasionally, 13-15 minutes or until centers of patties are no longer pink and onions are tender. After turning, season burgers with salt and pepper if desired. Approximately 1 minute before burgers are done, top each with two cheese slices.

Meanwhile, spread sauce on top half of each roll. Line bottoms of rolls with lettuce and tomato; top with cheeseburger and onion. Close sandwiches.

Yields 4 servings.



Team Information

Division: **9 to 13**

State: **Arkansas**

Team Members:

Abigail Humphrey, Ozark
Lydia Humphrey, Ozark
Kimberly McGuire, Fort Smith
Audrey Taylor, Lavaca
Christine Taylor, Lavaca
Madeline Taylor, Lavaca



'Easy Breezy' Tropical CAB® Roast

2 pkg. (2 lb.) CAB® Quick-N-Easy™ Pot Roast
 1 can tropical fruit salad
 3 tsp. spicy brown mustard
 1 tsp. hot pepper sauce

1 orange
 1 bell pepper, diced
 shredded coconut and bell pepper rings for garnish (optional)

Drain fruit salad and reserve juice. Cut orange in half. Juice half of the orange and add to reserved fruit juice. Peel the other half, dice and add to fruit salad. Combine fruit, diced bell pepper, mustard, pepper sauce and half of the fruit juice; set aside.

Remove roast from packages, reserving gravy. Place roast in microwave-safe dish, cover with plastic wrap, and microwave according to package directions. Leave covered and let stand 5 minutes.

Place 1 package of reserved liquid gravy and half of the fruit juice into a saucepan. Heat to boiling. (This can also be done in the microwave using a microwave-safe dish and covering with vented plastic wrap.)

Carve roast across grain into thin slices. Arrange beef and fruit relish on serving platter or plates. Spoon sauce over sliced beef. Garnish fruit salsa with bell pepper rings and shredded coconut.



Team Information

Division: **9 to 13**

State: **Kansas**

Team Members:

Megan Fink, Manhattan
Allison Jones, Manhattan
Lindsey Jones, Manhattan
Miles Pearson, Scott City
Parker Rayl, Hutchinson



QUICK-N-EASY DIVISION



CAB® Ranch Rodeo Dogs

CAB® Frankfurters
buns
Coca Cola® BBQ Sauce

Coca Cola BBQ Sauce:
2 cups ketchup
1 can of Coca Cola
2 Tbs. Worcestershire sauce
1 Tbs. vinegar
1 pkg. dry onion soup mix
1 tsp. garlic powder

Mix all ingredients and simmer, stirring occasionally, for 45 minutes. Makes a thick sauce.
Yields 3¼ cups.

Grill CAB® Frankfurters to desired doneness. Meanwhile, brush buns with butter and toast them on grill. Drizzle warm Coca Cola BBQ Sauce over frankfurters.

Variations and serving suggestions:

- (1) Wrap frankfurter with cooked (not crisp) bacon slice (secure with toothpick) prior to grilling.
- (2) Slice the frankfurter lengthwise and grill sliced side down first. When that side is done, turn frankfurter and stuff with your choice of cheese (cheddar, Colby Jack, Monterey Jack, American, etc.) Grill until dog is done and cheese is melted.
- (3) Top either variation 1 or 2 with grilled onions.

For a festive table, serve with pico de gallo, baked beans and BBQ pasta salad.



Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:

McKenzie Adam, Long Lane
Layne Robinson, Wellsville
Caleb Sayre, Creighton
Austin Thummel, Sheridan
Chase Thummel, Sheridan
Sam Wallace, Stotts City



Rancher's Low-Carb Beef Fajitas

4 8-oz. CAB® Quick-N-Easy™ Top Sirloin Steaks	2 oz. cheddar cheese, grated
1 cup green bell pepper, sliced	2 oz. Monterey Jack, grated
1 cup red bell pepper, sliced	4 Tbs. sour cream
1 cup onion, sliced	4 Tbs. guacamole
2 Tbs. butter	8 10-inch low-carb tortillas
2 Tbs. fajita seasoning	

In a large skillet sauté peppers, onion and fajita seasoning in butter until tender. Slice steaks into thin strips. Add to skillet and heat thoroughly. Place mixture on warm tortillas. Serve with cheese, sour cream and guacamole.

Serves 8.

Fajitas were first made with skirt steak and eaten by ranch hands.

Prep time: approximately 15 minutes

Cooking time: approximately 10 minutes



Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:

Anthony Broli, Glen Allen
Clay Brubaker, Harrisonburg
Kaitlyn Meadows, Buchanan
Joy Powers, Moneta



QUICK-N-EASY DIVISION



The Sequel to Green Eggs & Ham (Green Stuff on a Burger)

6 CAB® prepared burger patties

Guacamole:

3 ripe avocados, peeled, pitted and chopped
1 medium onion, finely chopped
1 can chopped green chilies

1 Tbs. lemon juice
1 Tbs. salt
½ tsp. pepper
dash Worcestershire sauce

Mix guacamole ingredients and chill 1 hour.

Season burgers with chili powder, Tony Chachere's® Original Creole seasoning. Warm on grill or in microwave.

Serve on a wheat hamburger bun. Top each burger with guacamole, a slice of Monterey Jack cheese, pepper Jack cheese and shredded lettuce.



Team Information

Division: **14 to 17**

State: **Mississippi**

Team Members:

Clint Collins, Morton
Emma Collins, Morton



Celebrity Prime Rib with Chipotle Butter

6 fully cooked CAB® Quick-N-Easy™ Prime Rib slices, ¾- to 1-inch thick
1 Tbs. butter

Chipotle Butter:

¼ lb. (1 stick) butter, softened
3 Tbs. shallots, minced
1 Tbs. chipotle peppers, minced, in adobo sauce
1 Tbs. fresh lime juice
½ tsp. salt

Combine chipotle butter ingredients in small mixer bowl; beat until fluffy.

Heat ½ Tbs. butter in large, nonstick skillet over medium-high heat until hot. Place two rib slices in skillet. Sear 4-5 minutes, or until lightly browned and heated through, turning once. Remove; keep warm. Repeat with remaining ½ Tbs. butter and beef slices.

Top beef slices with chipotle butter, as desired.



Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

Jared Bedwell, Isabella
Allison Bond, Inola
Jordan Davis, Foss
Cali Emberson, Nowata
Kelsey Pfeiffer, Orlando
Kayla Swanson, Ochelata

Spicy Beef and Polenta

1 lb. precooked CAB® Quick-N-Easy™ Roast Au Jus
1 can diced tomatoes with green chilies
½ cup cilantro

1-2 tsp. chili powder
1 cup frozen or fresh corn
1 roll prepared polenta
1 cup Jack cheese, shredded

Drain au jus from beef into skillet. Add tomatoes and seasoning to au jus, reserving 2 tsp. cilantro. Shred beef with fork. Put beef and corn in skillet with other ingredients and heat through. Slice polenta and place slices on top of meat mixture. Heat 5 minutes. Turn off heat. Top polenta with shredded cheese and cover until cheese melts.

Serve with fresh green salad.

Makes 6-8 servings.



Team Information

Division: **18-21**

State: **Illinois**

Team Members:

Chelsea Frost, Tallula
Tanna Fruhling, Homer
Jessica Huffman, Mahomet
Justin Moritz, Piper City



QUICK-N-EASY DIVISION



Land of Oz Sirloin Steak with Sweet & Sour Shrimp Sauce

4 8-oz. CAB® Quick-N-Easy™ Sirloin Steaks

Sweet & Sour Shrimp Sauce:

1 container (12 oz.) frozen orange juice concentrate

½-¾ lb. small shrimp

½ tsp. canola oil

1 oz. (approximately) fresh ginger root

zest from one large orange (outer skin, chopped)

½ tsp. oregano

½ tsp. thyme

½ tsp. sesame oil

1 jalapeño pepper, finely chopped

½ onion, finely chopped

Preheat the sesame and canola oil in a saucepan. Add the onion, jalapeño pepper, ginger root and orange zest. Sauté above ingredients about 10 minutes.

Add one 12-oz. container of frozen orange juice concentrate and cook for another 15 minutes on slow fire. Season to taste and add small shrimp. Cook 3-5 minutes and serve over steaks. Garnish with chopped mint or parsley.

Warm steaks in microwave oven until warm (follow package instructions). Serve with sauce.

Add your choice of side items: Dorothy's Lower Carb Bistro Salad, Tin Man's Green Beans, Cowardly Lion's Roasted Ear Corn, Scarecrow's Twice-Baked Potatoes, Glenda's Ciabatta Rolls.



Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Coye Crenshaw-Kleve,
Manhattan

Dylan Evans, *Lebo*

Emily McCurry, *Burton*

Megin Santee, *Langdon*

Megan Theis, *Leavenworth*



Dorm Dogs

4 CAB® prepared burger patties

1 pkg. CAB® Frankfurters

1 can (6 oz.) tomato paste

1 Tbs. sugar

1 Tbs. yellow mustard

1 Tbs. dried minced onion

2 tsp. chili powder

1 tsp. Worcestershire sauce

1 tsp. salt

½ tsp. celery seed

½ tsp. ground cumin

¼ tsp. black pepper

1 cup water

Cook the burger, season with salt and pepper. Add remaining ingredients. Simmer about 30 minutes, until sauce thickens.



Team Information

Division: **18 to 21**

State: **Montana**

Team Members:

Dan Vanek, *Silesia*

Alex Wheatcroft-Hooker, *Luther*

It's A Wrap

1 pkg. (1¾-2½ lb.) fully cooked boneless CAB® Quick-N-Easy™ Pot Roast with Gravy

½ cup frozen corn, defrosted

1 small tomato, chopped

1 Tbs. fresh cilantro, chopped

1 jar (16 oz.) prepared thick-and-chunky salsa

2 Tbs. fresh cilantro, chopped

4 large flour tortillas, warmed

Combine corn, tomato, 1 Tbs. cilantro and 2 Tbs. salsa in a small bowl.

Remove beef pot roast from package; tear into shreds with two forks. Discard gravy. Combine beef, remaining salsa and cilantro in large saucepan; heat through over medium heat, stirring occasionally.

Spoon one-fourth of beef mixture onto each tortilla, leaving 1½-inch border all around. Top with one-fourth of corn mixture. Fold right and left edges of tortillas over filling, fold bottom edge up over filling, and roll up to enclose. Serve immediately.



Team Information

Division: **Adult**

State: **Arkansas**

Team Members:

Al DeClerk, *Pocahontas*

Mark Martin, *Lavaca*

Terry Tribble, *Pocahontas*

Frank Williams, *Paragould*