

# WHAT'S COOKING



by the Culinary Staff, Certified Angus Beef LLC

## Weeknight dish in a dash

*Depending on where you call home, the warm days of summer may be basking in all of their glory; for others, they're beginning to subside. For most of us, that's a sign school's about to start.*

You might be looking forward to a routine again, or maybe you still have an adventurous vacation on the horizon before the kids hit the books. Wherever you are and whatever you're doing, we thought we'd make those back-to-school blues a little brighter.

Hearty stews are one of our favorite weeknight meals. Not only do they feed a crowd that usually seeks seconds, but most of the time there are leftovers for lunch the following day. This Southwestern Beef and Bean Stew is a quick and delicious dinner idea. We're betting it will soon be one of your family favorites, too.

The first step is to cut and sear the beef chunks until browned. Do it in batches so they brown, not boil. Next, sauté the onion, garlic, pepper and cumin, adding tomatoes and green chilies. Finally, add beans, corn and the beef chunks. Then it's a slow simmer for about 30

minutes while all of those delightful Southwestern flavors meld.

Serve the stew with fresh avocado and parsley, if you're up for it. You could also top with a sprinkle of cheddar cheese or dollop of sour cream.

Now how about some green stuff? If you're looking for interesting ways to incorporate healthy cooking into classic weeknight meals, these meatballs with zoodles (noodles made of fresh zucchini) are a delicious twist on classic heavy pasta. And they have loads of flavor.

Preparation is quicker than boiling water if you use a spiralizer tool to make the zoodles. You can also forgo the new kitchen gadget and make thick noodles using a peeler. Both the zoodles and meatballs can be prepared ahead of time and stored in the refrigerator for up to three days.

Wishing you all a happy new school year!

### Southwestern Beef and Bean Stew

#### Ingredients

- 3 lb. CAB® chuck arm roast, cut into ½-inch cubes
- 1½ tsp. coarse kosher salt
- 1 tsp. fresh ground pepper
- 2 Tbs. vegetable or canola oil
- 1 large onion, peeled and chopped (about 2 cups)
- 3 cloves garlic, finely diced (about 1 Tbs.)
- 1 Tbs. ground cumin
- 2 tsp. ancho chili pepper powder
- 1 (28-oz.) can diced tomatoes
- 2 (4-oz.) cans diced green chilies
- 1 (15½-oz.) can black beans, rinsed
- 1 (15½-oz.) can pinto beans, rinsed
- 1 cup frozen sweet corn kernels, rinsed under warm water to thaw
- Optional garnishes: sour cream, avocado, cilantro



### Instructions

1. Season beef with salt and pepper. Heat oil in a heavy-bottom pot over medium-high heat.
2. Sear beef cubes in two or three batches to brown at least two sides; remove beef from pan.
3. Add onion, garlic, cumin and ancho pepper; stir to clean browned beef bits from bottom of pan, about 5 minutes.
4. Add tomatoes and green chilies. Bring to a boil, reduce heat, cover and simmer 10 minutes.
5. Add beans, corn and beef to the pot. Simmer on very low an additional 30 minutes.
6. Ladle into bowls, garnish and serve.

## Meatballs with Zucchini Noodles

### Ingredients


- 1 lb. ground chuck
- 1 lb. ground pork
- 1 onion, diced
- ½ red pepper, diced
- 2 Tbs. fresh basil, chopped
- 1 Tbs. fresh parsley, chopped
- 1 tsp. red pepper flakes
- 2 garlic cloves, minced
- salt and pepper
- 1 egg
- 1 Tbs. cooking oil or cooking fat
- 1 28-oz. can diced tomatoes
- 2 zucchinis, washed and dried

### Instructions

1. Combine chuck, pork, onion, red pepper, basil, parsley, red pepper flakes, and garlic in a bowl. Season liberally with salt and pepper. Add the egg and mix well. Line a baking sheet with parchment paper. Roll the meat into 1½-inch balls and line on the baking sheet. Cover and place in the fridge until ready to cook.
2. When ready to cook, preheat the oven to 400° F. Preheat a skillet over medium-high heat. Swirl the cooking oil in the pan to coat. Working in batches, brown the meatballs on all sides 2-3 minutes a side. Nestle all the meatballs in the pan and pour the diced tomatoes and their liquid over top.
3. Bake in the oven 15 minutes longer, until meatballs are cooked through and liquid is bubbly.
4. Meanwhile, make the zucchini noodles. Spiralize the noodles and arrange on two paper towels in a single layer to absorb any liquid. Pat dry. If making ahead, wrap thin layers of noodles in paper towels and store in a large sealable bag.



5. When ready to cook the zoodles, place desired amount in a microwave safe bowl. Cover with plastic wrap and heat for 2 minutes. Drain excess liquid. Toss the zoodles in the tomato juices and arrange meatballs over top. Garnish with fresh basil and serve hot.

**TIP:** Add all of the ingredients and meat to your stand mixer to combine. Thanks to Girl Carnivore Kita Roberts for this one. 

# ANGUS Directory

## EMBRYOS

### THE INTERNATIONAL EMBRYO TRANSFER SCHOOL

Comprehensive embryo transfer courses which improve your reproductive techniques, sales of animals and embryos.

Dr. Peter Elsdén • (662) 562-0304 • [www.etschool.com](http://www.etschool.com)



**JERRY GAY**

**LIVESTOCK INSURANCE**

American Live Stock, a division of Markel Service Incorporated. Featuring livestock mortality insurance covering death from accident or disease. Contact for rates.

901/276-2855 Office  
901/458-2880 Home  
901/276-0758 Fax  
1910 Madison Ave., #530  
Memphis, TN 38104

## SEMEN



### AMERICA'S CONVENIENT A.I. BRAND

Shipping Daily UPS - Fed Ex from central Missouri  
(800) 774-0437  
[www.cattlevisions.com](http://www.cattlevisions.com)



## LIVESTOCK INSURANCE

See your agent and ask for...  
*insist on...*



### AMERICAN LIVE STOCK

Division of Markel Services Inc.

2000 South Batavia Ave. Ste #500  
Geneva, IL 60134  
(630) 232-2100  
Fax (847) 572-6362

[www.livestock-insurance.com](http://www.livestock-insurance.com) • [swilson@markelcorp.com](mailto:swilson@markelcorp.com)

## MISCELLANEOUS

### CATTLE FOR CHRIST INTERNATIONAL, INC.



**Glenn Crumpler**  
President

*Cattlemen helping you take the Gospel and love of Christ around the world*

4125 CR 636  
Enterprise, AL 36330  
[www.CattleforChrist.com](http://www.CattleforChrist.com)

334-393-4700 (Home)  
334-333-4400 (Mobile)  
2 Corinthians 5:15

## TRANSPORTATION

### LATHROP LIVESTOCK TRANSPORTATION

USDA Approved Quarantine Center  
Serving O'Hare Field and All Export Points  
ICC Authority #MC 128974 for All States and Canada  
35W090 Lathrop Lane, Dundee, IL 60118  
Randy Lathrop (847) 426-5009 or 428-5806  
FAX (847) 428-3788

### Protect Your Investment with Cattle and Equine Insurance

Conover Auction Service is an authorized insurance agent for American Live Stock, a division of Markel Service Inc., offering mortality insurance for you or your customers' cattle and equine purchases.



Contact Jeanne Conover at 515-491-1335 or the home office at 641-227-3537



### Graham School, Inc. ATTENTION CATTLEMEN

A one week comprehensive course that will improve your business. If you need practical training in pregnancy testing, artificial insemination, calf delivery and care, herd health and many additional subjects pertaining to the cattle industry, call for our free brochure!

**(785) 448-3119**



Graham School, Inc. • Garnett, Kansas 66032  
DEPT. AJ [www.grahamschoolforcattlemen.com](http://www.grahamschoolforcattlemen.com)

To advertise in the Classifieds contact:  
**Karri Mildenberger**  
816-383-5289  
[kmildenberger@angus.media](mailto:kmildenberger@angus.media)



### James F Bessler Inc

LIVESTOCK MORTALITY INSURANCE

518 Brownstone Dr.  
St. Charles, IL 60174-2807  
O: 630.945.3483 • C: 815.762.2641  
F: 630.945.3584  
[jim@jamesbessler.com](mailto:jim@jamesbessler.com)  
[www.jamesbessler.com](http://www.jamesbessler.com)

## Looking for show results?

Show results can be found online at:

[www.angus.org/show/showresults.aspx](http://www.angus.org/show/showresults.aspx)



# ANGUS Directory

## AHIR



**AMEN ANGUS FARMS**  
Ken & Bonnie Amen  
(970) 522-8211  
Mat & Wendy Lewis  
(970) 521-0545  
26966 Co. Rd. 63  
Iliff, CO 80736  
[www.amenangusfarms.com](http://www.amenangusfarms.com)



**JORGENSEN  
LAND & CATTLE**  
*Nearly 5 decades of  
selection for traits of  
economic importance.*  
Call for Cody or Greg at (800) 548-2855  
or check our Web site: [www.jorgensenfarms.com](http://www.jorgensenfarms.com)



[WWW.SPURRANCH.COM](http://WWW.SPURRANCH.COM)  
Owner Clay Hartley 918-633-2580  
Ranch Mgr. Jeff Owen 918-244-2118  
Ranch Office 918-256-9910  
Vinita Office 918-256-5850



Jud Baldrige  
5329 W. Hwy. 30  
North Platte, NE 69101  
(308) 532-2100  
Fax (308) 532-8269  
Jeff Baldrige  
13664 W. Wildlife Rd. • North Platte, NE 69101  
(308) 534-7780 • Fax (308) 534-7780

Over 65 Years of Providing Genetics For The Real World



2188 Clay Ave • Bridgewater IA 50837  
bull barn 641-369-2829 • [www.nicholsfarms.biz](http://www.nicholsfarms.biz)



"the herd with a program"

Dru Uden  
1524 G Rd. • Franklin,  
NE 68939  
(308) 470-0740  
[www.tcranch.com](http://www.tcranch.com)



Jerry & Sharon, Donnie  
(308) 544-6552  
Jed & Kara  
(308) 544-2212  
Gabriel & Becca  
(308) 544-6296  
[www.connealyangus.com](http://www.connealyangus.com)

Spring Bull Sale - 4th Saturday in March  
Fall Bull Sale - Monday before Thanksgiving

**OAK HOLLOW**  
Performance Tested Purebred Angus Cattle

[www.oakhollowangus.com](http://www.oakhollowangus.com)  
Kenneth D. Lowe (270) 202-7186  
Smiths Grove, Kentucky



**Wye Angus Annual Sale**  
1st Saturday in April • 12 p.m.

University of Maryland Foundation, Inc.  
Wye Angus  
Edward C. Draper, Program Manager  
P. O. Box 169 • Queenstown, MD 21658  
[edraper@umd.edu](mailto:edraper@umd.edu) • [agresearch.umd.edu/wye/angus](http://agresearch.umd.edu/wye/angus)  
(410) 827-6016 • FAX (410) 827-7821 • Evening (410) 310-9286

14<sup>th</sup> Annual Fall Bull Sale • Sept. 24, 2018  
2<sup>nd</sup> Annual "Early Bird" Bull Sale • Jan. 28, 2019  
40<sup>th</sup> Annual Production Sale • April 6, 2019  
4<sup>th</sup> Annual "Meating Demand" Bull Sale • May 13, 2019



Ashland, KS 67831 • (620) 635-2156  
Mark • Greg • Garth • [gar@ucom.net](mailto:gar@ucom.net)  
[www.GardinerAngus.com](http://www.GardinerAngus.com)



Dean Bryant  
15317 Carroll Road  
Monkton, MD 21111  
[www.roseda.com](http://www.roseda.com)  
E-mail: [roseda@roseda.com](mailto:roseda@roseda.com)  
(410) 472-2697 (COWS)

To Advertise in the AHIR section, contact:  
Karri Mildenerger  
[kmildenerger@angus.media](mailto:kmildenerger@angus.media)  
816-383-5289

**ANGUS MEDIA**

By getting your materials in **eight weeks before the sale**, there will be plenty of time for production, corrections, proofing, printing, binding and mailing. Your finished sale book will have time to show up in mailboxes three weeks before the sale—sooner in the online version.

Angus Media will produce an attractive sale book that is accurate, informative, finished on time and mailed to a targeted audience of Angus buyers in your specified area...purebred buyers, commercial buyers, or both. **No one else can offer this degree of targeting!**

**Call Special Services at (816) 383-5100 to get started today.**

**Are you ready for sale season?**