# 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.

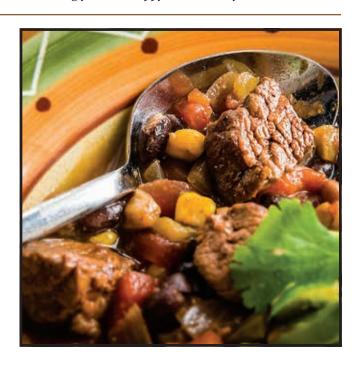
Preparation is quicker than boiling water if you use a spiralizer tool to make the zoodles. You can also forgo the new kitchen gadget and make thick noodles using a peeler. Both the zoodles and meatballs can be prepared ahead of time and stored in the refrigerator for up to three days.

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 parlsey, chopped
- 1 tsp. red pepper flakes
- 2 garlic cloves, minced
- salt and pepper
- 1 egg
- 1 Tbs. cooking oil or cooking fat
- 128-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 11/2-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. A

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