

Cookin' It Up in Milwaukee

Juniors and adults compete in the 2002 Auxiliary-sponsored All-American Certified Angus Beef® Cook-Off.

Story by **Kendra Kelton**, photos by **Courtney Wimmer**

Cooking was the name of the game at the 19th Annual All-American Certified Angus Beef® (CAB®) Cook-Off, sponsored by the American Angus Auxiliary. The event was held July 9 during the 2002 National Junior Angus Show (NJAS) in Milwaukee, Wis. Thirty-seven teams participated.

Showmanship and recipe honors were awarded to teams of adults and teams of youth in three age divisions. An overall winner was also named in each division. The teams competed in either the fresh-meat or Quick-



N-Easy™ division. This was the third year the timesaving Quick-N-Easy products were presented.

Michigan juniors took top overall honors and won showmanship in the fresh-meat junior division (ages 9 to 13) with their "Steak Sandwich with

'Rockin' 'Round the Clock' Rub." Team members included Erika Boehmer, Olivet; Danielle Foster, Niles; Patricia Vaassen, Ann Arbor; and Drew Bordner, Sturgis.

The junior, fresh-meat recipe category was won by Missouri. Juniors Sadie Kinne, Eagleville; Kathryn McDonald, Seneca; Austin Sayre, Garden City; Paige Wallace, Mount Vernon; and Dereck Washam, Pierce City, served "Angus Survivor Kabobs."

The overall winner in the fresh-meat intermediate division (ages 14 to 17) was the team

from Indiana, winning both showmanship and recipe categories. Team members Ashlyn Carter, Upland; Joseph Claeys, Chalmers; Christina Harp, Crawfordsville; Jenna Langley, Walton; Adam Leeper, Argos; and Lucas Neumayr, New Richmond, prepared "Stuffed Tuscan Tenderloin."

Winners of the fresh-meat senior division (ages 18 to 21) were from Michigan. They won both showmanship and recipe. Team members Emily Hogberg, Mason; Renee Thelen, Saline; and Jessica Scrimger, Clifford, prepared "Big, Beefy, Blue Cheese Steaks."

Arkansas won top honors in the fresh-meat adult division, winning both showmanship and recipe categories, with "Granny's Beef and Black Bean Soup." Team members included Michelle Rieff, Bentonville; Bob Shofner, Bentonville; Mark Martin, Lavaca; Teddy Morelock, Fayetteville; Susan Taylor, Lavaca; and Kathleen McGuire, Fort Smith.

Kansas juniors cooked their way into the winning slot of the Quick-N-Easy junior division, preparing "Quick CAB Quesadillas." Team members Courtenay DeHoff, Tonganoxie; Kenny Hopper, Leonardville;



► Haley Rieff, Bentonville, Ark., tap-dances during her team's intermediate division skit. The Cook-Off provides an opportunity for juniors to have fun while learning about CAB.



► Members of the Mississippi senior division Cook-Off team perform their rendition of the television show "Mama's Family." Costumes and makeup are a common sight at the Cook-Off.

Kyleigh Santee, Langdon; Chelsea Dickinson, Glasco; and Jacinda Dickinson, Glasco, also won junior showmanship.

Top recipe honors in the Quick-N-Easy junior division went to Virginia. Madeline Lickey, Philomont; Megan Graves, Afton; David Asal, Farmville; Mandy Richardson, Louisa; and Will Epperly, Moneta, prepared "On-the-Trail Beans and Franks."

Alabama juniors Kindra Wood and Meghan Hill, both of Holly Pond, won the Quick-N-Easy intermediate division. The team also won the showmanship category with their "Harley Hotshots."

Arkansas won the intermediate Quick-N-Easy recipe category. Team members Robby Shofner, Bentonville; Erin Turrentine, Bentonville; Seth Malley, Bentonville; Lana Phelps, Siloam Springs; Joshua Holly, Decatur; and Andy Boecker, Bentonville, prepared "Charlie's Supreme Cheeseburger."

The overall winner in the Quick-N-Easy senior division was the team from Iowa. They also took first in the showmanship and recipe categories. "Busy-Day Beef" was prepared by team members Kendall Bremer, Blakesburg;

Table 1: State winners of the 2002 Auxiliary-sponsored All-American Certified Angus Beef® Cook-Off

	Fresh-Meat			Quick-N-Easy™		
	Recipe	Showmanship	Overall	Recipe	Showmanship	Overall
Junior division (ages 9 to 13):						
1st	Missouri	Michigan	Michigan	Virginia	Kansas	Kansas
2nd	Wisconsin	Iowa	Missouri	Kansas	South Dakota	South Dakota
3rd	Michigan	Missouri	Iowa	South Dakota	Virginia	Virginia
Intermediate division (ages 14 to 17):						
1st	Indiana	Indiana	Indiana	Arkansas	Alabama	Alabama
2nd	Missouri	Michigan	Missouri	Indiana	Indiana	Indiana
3rd	Arkansas	Missouri	Michigan	Kansas	Oklahoma	Kansas
Senior division (ages 18 to 21):						
1st	Michigan	Michigan	Michigan	Iowa	Iowa	Iowa
2nd	Illinois	Indiana	Indiana	California	California	California
3rd	Indiana	Mississippi	Mississippi	Kansas	Kansas	Kansas
Adult division:						
1st	Arkansas	Arkansas	Arkansas	Arkansas	Arkansas	Arkansas
2nd				Iowa	Iowa	Iowa

Brittnia Carlson, Cherokee; and Abby Janssen, Bloomfield. The entry received the Black Kettle Award given in memory of the late Paul St. Blanc.

The adult Quick-N-Easy division was captured by Arkansas. Carla Vaught, Mena; Janet Watkins, Vandervoort; Cathy Watkins, Wickes; Debbie Miller, Mena; Jeff Miller, Mena; Shirley Williams, Fort Smith; and Sharon Rehm, New Blaine, prepared "BBQ Beef Twisters."



► The Auxiliary-sponsored All-American Certified Angus Beef® Cook-Off allows juniors to be creative and perform skits. Junior members can compete in two divisions, fresh-meat and Quick-N-Easy™.



► Sampling the CAB meals, judges for the Cook-Off evaluate the teams on both showmanship and recipe. Cook-Off teams decorate the tables consistent with the theme of the meal and skit.



► Judges score each Cook-Off team after its performance.



All-American Certified Angus Beef® Cook-Off Winners



► Michigan juniors won top overall honors in the fresh-meat junior division. Team members, **Patricia Vaassen** (front), Ann Arbor; **Drew Bordner** (left), Sturgis; **Danielle Foster** (center), Niles; and **Erika Boehmer**, Olivet, prepared a "Steak Sandwich with 'Rockin' Round the Clock' Rub." The team placed first in the showmanship category.



► Winners of the junior division fresh-meat recipe category were from Missouri. Team members are (sitting) **Paige Wallace**, Mount Vernon; (standing, from left) **Sadie Kinne**, Eagleville; **Austin Sayre**, Garden City; **Derek Washam**, Pierce City; and **Kathryn McDonald**, Seneca. They served "Angus Survivor Kabobs."



► Indiana juniors won first place in the fresh-meat intermediate division, winning both showmanship and recipe categories. The team prepared "Stuffed Tuscany Tenderloin." Team members are (from left) **Joseph Claeys**, Chalmers; **Christina Harp**, Crawfordsville; **Adam Leeper**, Argos; **Lucas Neumayr**, New Richmond; **Ashlyn Carter**, Upland; and **Jenna Langley**, Walton.



► The overall winners in the fresh-meat senior division were the Michigan juniors. Team members (from left) **Emily Hogberg**, Mason; **Renee Thelen**, Saline; and **Jessica Scrimger**, Clifford, prepared "Big, Beefy, Blue Cheese Steaks."



► The Arkansas team captured the adult fresh-meat overall honors, winning both showmanship and recipe categories. Team members (from left) **Teddy Morelock**, Fayetteville; **Michelle Rieff**, Bentonville; **Bob Shofner**, Bentonville; **Mark Martin**, Lavaca; **Kathleen McGuire**, Fort Smith; and **Susan Taylor**, Lavaca, served "Granny's Beef and Black Bean Soup."



► Kansas juniors won top honors in the junior Quick-N-Easy division with their "Quick CAB Quesadillas." Team members are (from left) **Courtenay DeHoff**, Tonganoxie; **Kenny Hopper**, Leonardville; **Kyleigh Santee**, Langdon; **Chelsea Dickinson**, Glasco; and **Jacinda Dickinson**, Glasco. They also won the showmanship category.



► Alabama juniors won top honors in the intermediate Quick-N-Easy division with their "Harley Hotshots." Team members are (from left) **Kindra Wood** and **Meghan Hill**, both of Holly Pond. They also won first place in the showmanship category.

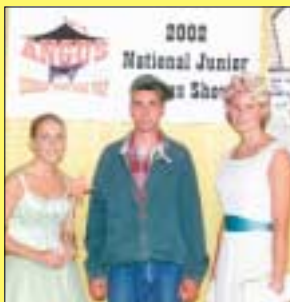


► The junior division Quick-N-Easy recipe category was won by Virginia juniors. Team members (from left) **David Asal**, Farmville; **Will Epperly**, Moneta; **Madeline Lickey**, Philomont; **Mandy Richardson**, Louisa; and **Megan Graves**, Afton, prepared "On-the-Trail Beans and Franks."



► "Charlie's Supreme Cheeseburger," prepared by Arkansas juniors, captured the top recipe honors in the intermediate Quick-N-Easy division. Team members are (sitting) **Lana Phelps**, Siloam Springs; (standing, from left) **Erin Turrentine**, Bentonville; **Andy Boecker**, Bentonville; **Robby Shofner**, Bentonville; **Joshua Holly**, Decatur; and **Seth Malley**, Bentonville.

► The senior Quick-N-Easy division team from Iowa received the Black Kettle Award after winning first place in the senior Quick-N-Easy division. They won the recipe and showmanship categories. Team members (from left) **Brittania Carlson**, Cherokee; **Kendall Bremer**, Blakesburg; and **Abby Janssen**, Bloomfield, prepared "Busy-Day Beef."



► Arkansas won the adult Quick-N-Easy division with their "BBQ Beef Twisters." Team members are (sitting, from left) **Shirley Williams**, Fort Smith; **Janet Watkins**, Vandervoort; (standing, from left) **Cathy Watkins**, Wickes; **Debbie Miller**, Mena; **Jeff Miller**, Mena; **Carla Vaught**, Mena; and **Sharon Rehm**, New Blaine.



Try It, You'll Like It

Thirty-seven teams competed in the 2002 Auxiliary-sponsored All-American *Certified Angus Beef*[®] Cook-Off. Here are their recipes.

FRESH - MEAT DIVISION

ILLINOIS

9 to 13 division

Team Members:

Tera Moritz, Piper City
Kristopher Dorethy, Macomb
Gretchen Frost, Tallula
Nathan Frost, Tallula

Paradise Steak with Pineapple Kabobs

4 boneless CAB[®] ribeye steaks (may also use loin or chuck steaks)

Jerk Rub:

¼ cup green onions, finely chopped
4 large garlic cloves, crushed
1 jalapeño pepper, finely chopped
1 Tbs. fresh ginger, finely chopped
1 Tbs. fresh lime juice
2 tsp. packed brown sugar
1½ tsp. dried thyme leaves, crushed

¼ tsp. salt
¾ tsp. ground allspice

Kabobs:

½ fresh pineapple, rind removed, cored, cut into 1- to 1½-inch pieces
3 green onions, cut into 1½-inch pieces
2 Tbs. butter, melted
2 tsp. packed brown sugar
dash of ground red pepper

Prepare jerk rub and press into both sides of each steak. Let stand while preparing kabobs. Alternately thread pineapple and green onion pieces onto 12-inch bamboo skewers that have been soaked in water for 10 minutes.

In a small bowl, combine butter, brown sugar and red pepper.

Grill steaks over medium fire 14-18 minutes to finish medium rare to medium well, turning occasionally.

Grill kabobs 8-10 minutes or until lightly browned; turn occasionally and brush with butter mixture during the last 5 minutes of grilling. Serve with rice pilaf and fresh spinach salad.

IOWA

9 to 13 division

Team Members:

Ashley Kuehn, Durant
Caitlin Kuehn, Durant
Bryanne Duckett, New Liberty

Cumin Steak with Spicy Salsa

2 lb. CAB[®] flank steak or 4 CAB[®] ribeye steaks, about ½ lb. each

1 yellow onion, coarsely chopped
2 garlic cloves, finely minced
2 tsp. ground cumin
2 tsp. freshly ground pepper
½ cup fresh lemon juice
olive oil
salt to taste

For the Salsa:

2 avocados, pitted, peeled and cut into ½-inch chunks

4 plum (Roma) tomatoes, peeled, seeded and cut into ½-inch chunks

1 tsp. jalapeño chile, finely minced
1 tsp. garlic, finely minced
¼ cup green bell pepper, finely minced (capsicum)
3 Tbs. red (Spanish) onion, finely minced
2 Tbs. red wine vinegar or fresh lemon juice
2 Tbs. fresh cilantro, minced (fresh coriander)
½ cup olive oil
salt and freshly ground pepper to taste

Place the steak(s) in a shallow dish. In a food processor or blender, combine the onion, garlic, cumin, pepper and lemon juice and pulse a few times to combine. Pour over the steak(s), cover and let stand for 1 hour at room temperature, or cover and refrigerate for 2 hours.

Meanwhile, prepare the salsa: Combine the avocados, tomatoes, chile, garlic, bell pepper, onion, wine vinegar or lemon juice, cilantro, olive oil, salt and pepper in a bowl and mix well. Set aside at room temperature.

Prepare a fire in a grill. Remove the steak(s) from the marinade. Brush lightly with olive oil and sprinkle with salt. Place on the grill rack and grill, turning once, for 3 minutes on each side for rare, or until done to your liking. Slice across the grain.

Spoon the salsa over the steak(s) and serve.



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FRESH - MEAT DIVISION

MICHIGAN

9 to 13 division

Team Members:

Erika Boehmer, Olivet
Danielle Foster, Niles
Patricia Vaassen, Ann Arbor
Drew Bordner, Sturgis



Steak Sandwich with "Rockin' 'Round the Clock" Rub

2 Tbs. McCormick® Monterey Style Spice Blends
1 Tbs. brown sugar
1 tsp. McCormick® Santa Fe Style Spice Blends
CAB® New York strip steaks

Blend the first three ingredients. Rub evenly over steak. Grill the steaks to desired doneness. Serve on steak buns with desired side dishes.

MISSOURI

9 to 13 division

Team Members:

Sadie Kinne, Eagleville
Kathryn McDonald, Seneca
Austin Sayre, Garden City
Paige Wallace, Mount Vernon
Dereck Washam, Pierce City



Angus Survivor Kabobs

CAB® sirloin steak
1/2 cup soy sauce
1/2 tsp. ginger
2 Tbs. salad oil
1 Tbs. sugar
1 cup pineapple chunks
1 basket cherry tomatoes

Cut meat into 1-inch cubes. Pierce meat with fork so marinade can penetrate. Combine soy sauce, ginger, salad oil and sugar. Pour over meat cubes. Allow to stand for at least 1 hour. Turn occasionally. Put meat on skewers, leaving space between pieces. Put pineapple chunks and tomatoes on other skewers. Broil meat over hot coals. When meat is turned, add skewers of pineapple and tomatoes to the grill. Brush skewers of food with marinade. Onions and mushrooms are optional.

TEXAS

9 to 13 division

Team Members:

Megan Ahearn, Wills Point
Gretchen Ettredge, Pilot Point
Austin John, Schertz
Charlie Rochester, Gonzales

Texas Beef & Beans

2 lb. CAB® ground round
1 large onion, chopped
1/2 lb. bacon, cut, fried and drained
1 tsp. mustard
1/2 cup brown sugar
1 can kidney beans (undrained)
1 can butter beans (undrained)
1 can pork and beans (undrained)
1/2 cup ketchup

Brown meat and onion in large iron pot. Add remaining ingredients. Simmer on top of stove or bake in oven at 350° for 1 hour. Leftovers can be frozen.

WISCONSIN

9 to 13 division

Team Members:

Ty Bayer, Schofield
Jessica Radcliffe, Schofield
Kelli Retallick, Glen Haven



Badger Beef Kabobs

1 lb. CAB® sirloin steak (cut into 1-inch cubes)
Marinade:
1/2 cup cranberry juice
1 Tbs. each:
Wisconsin maple syrup
olive oil
coarse ground mustard
red wine vinegar
1 clove garlic, minced or 1 tsp. dry garlic, minced
1 tsp. coarse, cracked black pepper
4 cobs sweet corn, husked
4 red potatoes, quartered

Heat grill. In small bowl, combine marinade ingredients. Place sirloin cubes into a large sealable plastic bag and pour in marinade. Seal bag and shake to coat sirloin with marinade. Refrigerate for at least 30 minutes or overnight.

When ready to assemble kabobs: Microwave potatoes on high for 5-7 minutes. Break sweet corn into 2- to 3-inch pieces. Place sirloin, corn cobs and potato quarters alternately on kabob skewers. Grill on a medium/hot grill for 7-10 minutes, turning several times. (If desired, pour a small amount of marinade into a separate container and refrigerate to brush on kabobs while grilling).

ARKANSAS

14 to 17 division

Team Members:

Haley Rieff, Bentonville
Jarrett Martin, Lavaca
Claire Taylor, Lavaca
Matt McMahan, Damascus
Kerri McMahan, Central City
Allyson McGuire, Fort Smith



Slab of CAB® Ribeye Steaks with Hot-as-Heck Sauce

4 10-oz. CAB® ribeye or sirloin strip steaks, cut 1 inch thick	¼ cup Worcestershire sauce
¼ cup sugar	¼ cup vinegar
1 medium onion, finely chopped	1 to 2 Tbs. purchased habanera hot pepper sauce
2 garlic cloves, minced	1 Tbs. chopped, canned chipotle peppers in adobo sauce
1½ cups water	¼ tsp. salt
1 6-oz. can tomato paste	

Sauce: In a medium saucepan, cook sugar over medium-high heat until it begins to melt, shaking the pan occasionally (do not stir). Reduce heat to low; add onions and garlic. Cook and stir for 5 minutes until mixture is golden brown. Bring water just to boiling in a small skillet. Carefully and gradually add boiling water to sugar mixture, stirring constantly. Whisk in tomato paste, Worcestershire sauce, vinegar, habanera sauce, chipotle peppers and salt. Bring to boil, reduce heat. Simmer uncovered, for 15-20 minutes or to desired consistency. Set aside.

Place steaks on a lightly oiled rack of the grill, directly over medium heat. Grill for 10-18 minutes or until desired doneness, turning once.

Brush some of the sauce onto the steaks during the last few minutes of grilling. Pass remaining sauce with steaks. Cover and chill remaining sauce for up to one week. Makes four servings.

ILLINOIS

14 to 17 division

Team Members:

Justin Moritz, Piper City
Tanna Fruhling, Homer
Callie Rickard, Heyworth
Allison Jurgens, Ashland

Carne Asada

4 boneless CAB® top loin steaks, cut ¾-inch thick (may also use ribeye steaks)	½ tsp. ground red pepper
2 Tbs. fresh lime juice	Fresh tomato salsa:
1 Tbs. spicy seasoning mix	2 medium tomatoes, seeded and chopped
½ cup shredded Co-Jack or cheddar cheese	2 Tbs. green onions, thinly sliced
Seasoning mix:	1 Tbs. fresh cilantro, chopped (may use dried)
3 Tbs. chili powder	1 Tbs. fresh lime juice
2 tsp. ground cumin	1 jalapeño pepper, seeded and finely chopped
1½ tsp. garlic powder	¼ tsp. each salt and pepper
¾ tsp. dried oregano leaves, crushed	

Seasoning mix: Combine all ingredients and store in airtight container. Shake before using to blend.

Sprinkle both sides of steaks with lime juice and then sprinkle with seasoning mix. Prepare salsa. Grill steaks over medium fire for 7-9 minutes for rare to medium doneness, turning once. To serve, top each steak with equal amounts of cheese and salsa. Serve with fresh garden salad and bread sticks.

IOWA

14 to 17 division

Team Members:

Denae Leonard, Holstein
Lauren Schroeder, Clarence
Drew Schroeder, Clarence
Amanda Wical, Grundy Center
Austin Leonard, Holstein
Chance Sullivan, Saint Charles

CAB® Summertime Kabobs

2 CAB® sirloin tip steaks	4 jalapeño peppers, seeded and chopped
3 cans (6 oz.) orange juice concentrate, thawed	10 garlic cloves, minced
¼ cup lime juice	3 Tbs. ground cumin
1 cup honey	1 Tbs. grated lime peel
	1 tsp. salt

Mix well. Add meat and marinate in refrigerator 8 hours or overnight. Assemble skewers with onions, red and green peppers, mushrooms, zucchini and lime slices. Serve with a fresh salad.

F R E S H - M E A T D I V I S I O N

INDIANA

14 to 17 division

Team Members:

- Ashlyn Carter, Upland
- Joseph Claeys, Chalmers
- Christina Harp, Crawfordsville
- Jenna Langley, Walton
- Adam Leeper, Argos
- Lucas Neumayr, New Richmond



Stuffed Tuscany Tenderloin

- 1 (4 lb.) CAB® tenderloin, trimmed
- 1 medium onion, diced
- 2 Tbs. olive oil
- ½ lb. fresh spinach, chopped
- ½ tsp. salt
- ½ tsp. freshly ground pepper
- ½ cup shredded Parmesan cheese
- 3 Tbs. drained and chopped dried tomatoes in oil

Sauté the onion in hot oil in a large skillet over medium heat until tender. Add spinach, salt and pepper. Sauté until spinach wilts, about 1 minute. Remove from heat and stir in cheese and dried tomatoes.

Cut tenderloin lengthwise down the center, cutting to, but not through, the bottom. Lay flat and spoon spinach mixture down the center of tenderloin. Fold tenderloin over mixture and tie with string at 1-inch intervals. Tenderloin won't completely close. Chill for 2 hours. Place cut side up on the grill and cover exposed filling with a strip of foil.

Grill on medium to high heat until the meat thermometer inserted in the thickest portion of the tenderloin reaches 145°. If the roast is taking longer than expected, cut the roast into thick filets and finish off on the grill. Let the tenderloin set for 10 minutes before slicing.

Serves 10.

This can be served with cheesy garlic potatoes and sautéed summer squash.

KANSAS

14 to 17 division

Team Members:

- Megin Santee, Langdon
- Casey Rump, Galva
- Courtney Rump, Galva

Trail Steak with Avocado Relish

- 4 well-trimmed CAB® Kansas City strip steaks
- Marinade:**
- 1 cup nonalcoholic frozen margarita drink mix, thawed
- 4 Tbs. fresh cilantro, chopped
- 2 Tbs. butter, melted
- 2 Tbs. vegetable oil
- 4 garlic cloves, minced
- 4 tsp. ground cumin
- ¾ tsp. thyme
- 1 tsp. pepper
- 1 tsp. salt
- Relish:**
- 1 large avocado, finely chopped
- 1 cup red onion, chopped
- 2 Tbs. reserved marinade

Combine marinade ingredients; set aside 2 Tbs. Place remaining marinade and steaks in food-safe, sealable plastic bag and turn to coat meat well. Close bag securely and marinate in the refrigerator 2-4 hours, turning occasionally. Remove steak from marinade and discard marinade. Place steak on grill over medium, ash-covered coals. Grill 15-20 minutes to desired doneness, turning occasionally.

Just before steaks are done, combine relish ingredients and toss. Remove steaks from grill and serve with relish.

MICHIGAN

14 to 17 division

Team Members:

- Julie Thelen, Saline
- Rachael Vaassen, Ann Arbor
- Nicole Heil, Berrien Center

Devilish Beef Kabobs

- Thick CAB® New York strip steak, cut into 1- to 2-inch cubes
- 2 Tbs. raspberry jam
- 2 Tbs. brown sugar
- 2 Tbs. Worcestershire sauce
- 2 Tbs. tomato sauce
- 2 Tbs. malt vinegar
- 5 drops hot pepper sauce
- salt and pepper to taste

In a medium saucepan over high heat, blend raspberry jam, brown sugar, Worcestershire sauce, tomato sauce, malt vinegar, hot pepper sauce, salt and pepper. Stirring frequently, boil until the mixture begins to thicken. Reduce heat and simmer approximately 10 minutes.

Baste over the steak kabobs. Grill until desired doneness, basting frequently. Serve with desired side dishes.

MISSOURI

14 to 17 division

Team Members:

Zach Kinne, Eagleville
Chelsea Moffitt, Kirksville
Brett Naylor, Buffalo
Mallory Trospen, Hamilton



Better-Than-Men Burgers

2 lb. CAB® ground beef	½ tsp. pepper
1 (4 oz.) can diced green chiles	½ tsp. cumin
1½ cup finely shredded cheddar cheese	4 hamburger buns
½ tsp. salt	1 cup red onion, chopped

Combine ground beef, green chiles, ¾ cup cheddar cheese, salt, pepper and cumin in bowl; mix well. Shape into eight ¾-inch-thick patties. Grill 4-6 inches above hot coals for 8 minutes for rare, 12 minutes for medium and 15 minutes for well done, turning once or twice. Move patties to edge of grill. Place buns cut side down on grill. Grill for 1 minute or until light brown. Remove from grill. Arrange patties on buns on serving platter. Sprinkle burgers with ¾ cup of cheese and onion.

TEXAS

14 to 17 division

Team Members:

Jill Jagers, Sulphur Bluff
David Myers, Cedar Hill
Tammy Ettredge, Pilot Point
Katy Kemp, Decatur
Mark Gleason, Midlothian
Keeton Ehrig, Gonzales

Southwest Grilled Steak and Vegetables

2 10- to 12 oz. CAB® boneless rib steaks, cut 1- to ¾-inch thick	1 medium zucchini
1 green bell pepper	black pepper
1 white onion	seasoning salt
1 cup mushrooms, sliced	3 Tbs. virgin olive oil
	ground cumin

Prepare and light grill so that coals are ready for cooking while preparing vegetables. After all coals are burning, place grill surface 8-10 inches above coals.

Slice vegetables into wedges ½- to 1-inch thick. Place heavy-duty sheet of aluminum foil on the grill. Pour oil onto aluminum foil and season with pepper, cumin and seasoning salt. Add onions, browning them lightly. Add steaks, searing both sides with onion in foil. Once steaks are seared on both sides, they may be finished over open grill. Season steaks lightly, if placed over grill, and add remaining sliced vegetables to foil. Toss vegetables in juices of steak and olive oil and season to taste. Cook until tender. Cook steak to desired level of taste. Serve hot off the grill with vegetables on side.

You can add yellow and red pepper for color and substitute other mild peppers for taste.

ILLINOIS

18 to 21 division

Team Members:

Chelsea Frost, Tallula
Jesse Faber, Sublette
Sarah Kiesewetter, Farmington

Country Grilled Steak

4 CAB® ribeye steaks, ¾- to 1-inch thick	Marinade:
½ cup yellow cornmeal	½ cup cider vinegar
2 tsp. chili powder	2 Tbs. olive oil
½ tsp. each salt and black pepper	1 tsp. garlic powder
	½ tsp. each salt and black pepper

Marinate meat for 6-8 hours or overnight in a sealed plastic bag or covered container. Remove meat from marinade, drain off excess marinade and pat steaks with paper towel. Mix the cornmeal and seasonings in a medium-sized bowl. Dip each steak into the mixture and pat the coating firmly into the steak, covering completely. Before heating the grill, spray the rack with non-stick cooking spray. Grill the steaks 10-12 minutes over medium fire, turning once.

Serve with corn muffins, fresh garden salad and fruit for a down-home country treat!



FRESH - MEAT DIVISION

INDIANA

18 to 21 division

Team Members:

- Chad Haag, Plymouth
- Kara Wilson, Orleans
- Kara Claeys, Chalmers
- Jon Leeper, Argos
- Kristi Wilson, Orleans



Open-Faced Steak Sandwiches with Chive Butter

- 4-6 6-oz. CAB® tenderloin steaks, sliced ¾-inch thick
- garlic salt and freshly ground pepper to taste
- 4-6 slices firm-textured white bread (Texas toast or sourdough bread is suggested)
- 4-6 slices mozzarella cheese
- watercress sprigs or leaf lettuce

- Chive butter:**
- ¼ cup unsalted butter at room temperature
 - 2 tsp. dried chives or 2 Tbs. fresh chives
 - 2 tsp. lemon juice
 - ½ tsp. salt
 - ¼ tsp. freshly ground pepper

To prepare chive butter, combine butter, chives, lemon juice, salt and pepper in a small bowl. Beat vigorously with a fork until well blended. Place on a sheet of plastic wrap and shape into a log about 2 inches long and 1 inch in diameter. Wrap in the plastic wrap and chill until firm. Sprinkle the steaks with garlic salt and pepper to taste and place on hot grill rack. Turn every 2 minutes for about 8 minutes for rare and 10 minutes for medium. About 4 minutes before the steaks are done, arrange the bread slices on the grill until lightly browned, turning once. Place a slice of mozzarella cheese on top for the last minute to begin melting. Place the toasted bread and cheese on individual plates. Place a small amount of watercress or lettuce on the cheese and put a steak on top. Top each steak with a slice of chive butter. Serve immediately. The chive butter makes an instant herb sauce that also tastes great on baked potatoes.

KANSAS

18 to 21 division

Team Members:

- Heather Hopper, Leonardville
- Amber Hopper, Leonardville
- Ben Winsor, Grantville

CAB® and Pineapple Salad

- 1 lb. CAB® boneless sirloin, cut into ½-inch cubes

- Marinade:**
- 1 Tbs. fresh lime juice
 - ½ tsp. sugar
 - 1 tsp. garlic powder

- Dressing:**
- 1 Tbs. fresh lime juice
 - 4 tsp. lite soy sauce
 - ¾ tsp. sugar

- ½ tsp. sesame oil
- ½ tsp. ginger
- ¼ tsp. garlic powder
- 1 tsp. hot pepper sauce
- 1 Tbs. pineapple juice (from canned pineapple)
- 1 bag salad greens with watercress
- ½ cup red onion, thinly sliced
- 2 8-oz. cans pineapple (wedges or chunks)
- 1 Tbs. oil

Make marinade, add beef and marinate for 10 minutes. Make dressing and set aside. In a large bowl, toss salad greens and red onion. Set aside. Heat oil in large, nonstick skillet. Remove meat from marinade. Cook beef quickly 1½ to 2 minutes. Drain. Toss dressing and pineapple with salad greens. Top with beef. Serve immediately.

MICHIGAN

18 to 21 division

Team Members:

- Emily Hogberg, Mason
- Renee Thelen, Saline
- Jessica Scrimger, Clifford

Big, Beefy, Blue Cheese Steaks

- CAB® rib steaks
- 2 Tbs. cream cheese
- 4 tsp. crumbled blue cheese
- 4 tsp. plain yogurt

- 2 tsp. onion, minced
- dash of pepper
- ½ tsp. salt
- 2 tsp. parsley, chopped

Thoroughly combine cream cheese, blue cheese, yogurt, onion and pepper; reserve. Rub each side of steaks with garlic and sprinkle with salt. Place steaks on the grill and grill to desired doneness. Remove from the grill. Top steaks with the above mixture. Garnish with parsley. Serve immediately with side orders of choice.



MISSISSIPPI

18 to 21 division

Team Members:

Kirk Johnson, Corinth
Julie Sims, Booneville
Cayce Johnson, Booneville
Jon Whitlock, Iuka
Priscilla Giachelli, Blue Springs
Jamie Overall, Potts Camp

Mama's Favorite

5-7 lb. CAB® knuckle roast
 $\frac{1}{2}$ cup salt
 $\frac{1}{2}$ cup black pepper
2 Tbs. garlic salt

Mix together salt, pepper and garlic salt. Roll meat in mixture until coated on all sides. Place in freezer paper and roll tightly. Then place in aluminum foil — roll tightly to cover the freezer paper. Place in oven. Bake 6-8 hours (depending on size of roast) at 300° until done. May be served with any type of vegetable as well as salad or coleslaw.

WEST VIRGINIA

18 to 21 division

Team Members:

Cortney Collins, Tanner
Burke Holvey, Sand Fork
Jodi Loudin, Linn

West Virginia Meatballs

$1\frac{1}{2}$ lb. CAB® ground beef	1 (13½ oz.) can pineapple chunks
$1\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ cup brown sugar
2 Tbs. onion, chopped	$\frac{1}{2}$ tsp. ginger
$\frac{1}{4}$ tsp. dry mustard	1 Tbs. cornstarch
$1\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup vinegar
$\frac{1}{8}$ tsp. pepper	1 Tbs. soy sauce
1 egg, beaten	1 cut tomato
$\frac{1}{8}$ cup milk	1 green pepper, cut in strips

Combine first eight ingredients; shape into balls. Brown. Drain pineapple chunks, reserve juice. Combine pineapple juice, sugar, ginger, $\frac{1}{4}$ tsp. additional salt and cornstarch; add vinegar and soy sauce. Cook until thickened, stirring constantly. Add the sauce to the browned meatballs. Cook for 5 minutes. Add tomato, green pepper and pineapple chunks. Heat through.

WISCONSIN

18 to 21 division

Team Members:

Dustin Henningfeld, Burlington
Joe Mason, Glen Haven
Keela Retallick, Glen Haven
Jaclyn Zimmerman, Platteville

CAB® Barley Soup

5 lb. CAB® boneless steak, diced small	1 oz. basil leaves
$1\frac{1}{2}$ celery bunches, half-mooned	10 oz. beef base
3 red onions, medium diced	salt and pepper to taste
6 carrots, half-mooned	$2\frac{1}{2}$ gal. water
3 oz. onion powder	cornstarch mixed with water as needed
3 oz. garlic powder	olive oil and garlic as needed to cook beef
3 oz. Italian seasoning	barley grain as desired

Cook beef in stock pot with garlic and olive oil. Cook to $\frac{3}{4}$ doneness. Drain liquid from beef if desired. Add vegetables; sauté till slightly tender. Add powders and herbs. Add water and base. While boiling, add the cornstarch/water mixture until desired thickness. Cook barley separately in beef broth drainage, then add to soup before serving.
Yield: 3 gallons

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FRESH - MEAT DIVISION

ARKANSAS

Adult division

Team Members:

Michelle Rieff, Bentonville
 Bob Shofner, Bentonville
 Mark Martin, Lavaca
 Teddy Morelock, Fayetteville
 Susan Taylor, Lavaca
 Kathleen McGuire, Fort Smith

Granny's Beef and Black Bean Soup

1 lb. coarse or chili grind CAB® beef chuck	1 cup prepared medium or hot chunky salsa
1 can (11 or 19 oz.) black bean soup	¼ cup green onions, thinly sliced
1 can (15 oz.) black beans, rinsed and drained	¼ cup dairy sour cream
1½ cups water	fresh cilantro sprigs

In Dutch oven, brown beef chunks over medium heat 8-10 minutes or until beef is no longer pink, breaking up into ¾-inch crumbles. Pour off drippings. Stir in black bean soup, black beans, water and salsa. Bring to a boil; reduce heat to low. Simmer uncovered for 15 minutes. Stir in green onions; remove from heat. Serve in bowls. Garnish with sour cream and cilantro. Makes four servings (serving size approximately 1¼ cups). Total preparation and cooking time: 30 minutes.



QUICK - N - EASY™ DIVISION

KANSAS

9 to 13 division

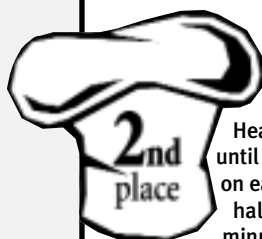
Team Members:

Courtenay DeHoff, Tonganoxie
 Kenny Hopper, Leonardville
 Kyleigh Santee, Langdon
 Chelsea Dickinson, Glasco
 Jacinda Dickinson, Glasco

Quick CAB® Quesadillas

1 lb. CAB® Quick-N-Easy™ Beef in Barbecue Sauce	1 cup shredded cheddar and jack cheese
4 flour tortillas	½ cup salsa
	sour cream

Heat oven to 400°. Mix salsa and beef in microwave-safe bowl and microwave until just warm. Lightly spray a baking sheet with cooking spray. Put ¼ cup cheese on each tortilla. Spoon an even amount of beef onto each tortilla. Fold tortillas in half to close, lightly spray tops with cooking spray. Bake in oven about 10 minutes or until tortillas are just warm. Serve hot with salsa and sour cream.



SOUTH DAKOTA

9 to 13 division

Team Members:

Sydney Geppert, Mitchell
 Weston Geppert, Mitchell
 Andrew Rogen, Brandon

New York-Style Hot Dogs

CAB® Quick-N-Easy™ Frankfurters	½ cup water
Topping:	⅓ cup ketchup
1 lb. onions, thinly sliced	¼ tsp. red pepper flakes
2 Tbs. butter	¼ tsp. salt

Topping: In a large skillet, cook onions in butter, with skillet covered, over medium heat for 15 minutes. Add water, ketchup, pepper and salt. Cover and cook for 10 minutes, stirring occasionally. **Hot dogs:** Grill hot dogs about 8 minutes, turning several times. **To serve:** Spoon about ¼ cup onion mixture over each dog.



VIRGINIA

9 to 13 division

Team Members:

Madeline Lickey, Philomont
 Megan Graves, Afton
 David Asal, Farmville
 Mandy Richardson, Louisa
 Will Epperly, Moneta

On-the-Trail Beans and Franks

1 pkg. CAB® Quick-N-Easy™ Frankfurters	2 cans pork and beans
1 onion	¼ cup maple syrup
1 green pepper	2 Tbs. mustard

Pour beans in pot. Add chopped onion and green pepper. Add maple syrup and mustard. Grill hot dogs. Cut in ½-inch chunks. Add to beans. Stir until heated thoroughly.



ALABAMA

14 to 17 division

Team Members:

Kindra Wood, Holly Pond
Meghan Hill, Holly Pond

Harley Hotshots

1 CAB® Quick-N-Easy™ Pot Roast with Gravy	1½ tsp. prepared horseradish
¼ cup barbecue sauce	1½ tsp. prepared mustard
¼ cup ketchup	½ lb. Swiss cheese
3 Tbs. Worcestershire sauce	pita bread

Prepare pot roast according to package directions. Shred beef. Combine barbecue sauce, ketchup, Worcestershire sauce, horseradish and mustard; mix well. Combine sauce mixture and shredded beef. Microwave on high 2 minutes. Fill pita bread with meat and top with sliced Swiss cheese.

Serve warm with cole slaw for a nutritious beef meal on the go!

ARKANSAS

14 to 17 division

Team Members:

Robby Shofner, Bentonville
Erin Turrentine, Bentonville
Seth Malley, Bentonville
Lana Phelps, Siloam Springs
Joshua Holly, Decatur
Andy Boecker, Bentonville

Charlie's Supreme Cheeseburger

1 package CAB® Quick-N-Easy™ Meat Loaf with Gravy	6 slices pepper jack cheese
Lawry's® Seasoned Salt	1 onion, thinly sliced
6 slices American cheese	Pam® butter-flavored cooking spray
	6 hoagie buns

Place the onion slices on a double sheet of aluminum foil. Spray Pam® heavily on the onion slices. Sprinkle with Lawry's®. Sauté on the grill until onions are tender. Slice the meatloaf to about ¾-inch thickness. Place on the grill to warm and brown both sides. Add one slice of American cheese to each patty, top with sautéed onions and add a slice of pepper jack cheese. Meanwhile, place the buns open side down on the grill until warm and slightly toasted. Remove buns, top with cheese and onion-covered patty. Slice in half and serve with a side of potato salad and chips. Garnish with lettuce and tomato.



INDIANA

14 to 17 division

Team Members:

Russell Shireman, Columbus
Christoph Rieker, Columbus
Zachary Rieker, Columbus
Baron Rieker, Columbus
Steven Rieker, Columbus
Katarina Rieker, Columbus

CAB® Quick-N-Easy™ Prime Rib Filets and Willy's Scrumptedelicious Sauce

4 CAB® Quick-N-Easy™ Prime Rib Filets	½ cup ketchup
1 Tbs. olive oil	3 fresh hot chili peppers, seeded and rough chopped
½ tsp. salt	½ cup red-wine vinegar
½ tsp. ground black pepper	½ cup dark brown sugar (firmly packed)
1 small Vidalia onion, cut into medium diced pieces	2 Tbs. ground yellow mustard
¼ cup dry sherry cooking wine	1 onion, peeled and chopped (about 1 cup)
¼ cup lime juice	2 Tbs. cumin
1 cup low-sodium beef broth	2 garlic cloves, peeled and crushed
1 16-oz. can whole mushrooms	2 Tbs. chili powder
Sauce:	4 Tbs. chocolate syrup
¼ cup Worcestershire sauce	
½ cup strong black coffee	

Sauce: Combine all ingredients in a medium saucepan and simmer over low heat for 20 minutes. Cool, then purée in a blender or food processor until smooth and strain through a fine mesh sieve. This sauce can be stored in the refrigerator for up to a week in a covered container. Heat olive oil in a medium skillet over medium heat. Add diced onions to the skillet, spread out and evenly cook until caramelized. Add the sherry cooking wine. Deglaze the pan by swirling the cooking wine and reduce to low heat. Add the lime juice and reduce to almost dry before adding the broth. At this point microwave the meat according to package directions. While the meat is microwaving, reduce the stock in the skillet by half over high heat and add mushrooms and sauce. Do not allow to boil, but gently simmer for 2 minutes before adding salt and pepper. Serve the steaks in a pool of sauce.



QUICK-N-EASY™ DIVISION

KANSAS

14 to 17 division

Team Members:

Garrett Lampe, Scott City
Clayton Lampe, Scott City
Logan Dreiling, Scott City



CAB® Party Fondue

- | | |
|--|---|
| 1 CAB® Quick-N-Easy™ Pot Roast with Gravy, gravy removed | 1/4 cup milk |
| 1/4 cup butter | 1 tsp. hot pepper sauce |
| 1/2 cup onion, chopped | 1 Tbs. red cooking wine (optional) |
| 1/4 cup bell pepper, chopped | 2 Tbs. parsley, chopped |
| 1 Tbs. garlic, minced | |
| 1 10-oz. can Ro-tel® tomatoes and green chilies | 1 16-oz. round bread loaf (your choice) |
| 1 lb. Velveeta®, cubed | Choice of cubed bread, tortilla chips or fresh vegetables |

Melt butter and sauté onion, bell pepper and garlic until soft. Add Ro-tel® and simmer 2 minutes. Add Velveeta® and milk. Cook over low heat until melted, stirring frequently. While cheese is melting, dice or shred CAB® roast. Cut top off of round bread and remove center, forming a “bowl” (reserve center and cut into cubes). Gently add meat to cheese mixture. Add pepper sauce, cooking wine and parsley. Stir gently. Pour into “bread bowl” and serve hot with your choice of bread cubes, chips or fresh vegetables.

Note: If round bread is not available, fondue can be served in fondue pit, chafing dish or Crock-Pot®.

OKLAHOMA

14 to 17 division

Team Members:

John Pfeiffer, Mulhall
Layne Armbruster, Burlington
Cali Emberson, Nowata
Clint Grissom, Seminole

Big Top Beef

- | | |
|---|--------------------------|
| 2 lb. CAB® Quick-N-Easy™ Pot Roast with Gravy | 2/3 cup red cooking wine |
| 1 lb. small mushrooms | 3/4 tsp. marjoram leaves |
| 2 small onions, cut into wedges | 1 Tbs. cornstarch |

Transfer liquid from pot roast into an electric skillet. Add mushrooms, onions, red cooking wine and marjoram leaves to the liquid in pan. Bring to a boil, reduce heat and simmer 7-8 minutes until vegetables are almost tender. Cut pot roast into 1-inch pieces; add to pan. Bring to boil; cook 2-3 minutes until beef is heated through. Stir in cornstarch dissolved in 3 Tbs. water. Bring to boil; cook and stir until thickened. Serve over noodles. Accompany with dinner salad and green beans.

VIRGINIA

14 to 17 division

Team Members:

Joey Epperly, Moneta
Amanda Asal, Powhatan
Amanda Lickey, Philomont
Meredith Asal, Cumberland
Eric Eversole, Blacksburg
Heather Wagner, Huddleston

Today's Caesar Salad

- CAB® Quick-N-Easy™ Top Sirloins in Bourbon Sauce
package of Caesar salad
croutons

Grill steaks, slice across grain in 1/4-inch slices.
Put prepared salad in bowl.
Place steak on top of salad. Garnish with cheese and croutons.
Top with Caesar dressing.

CALIFORNIA

18 to 21 division

Team Members:

Rebecca Sayre, Port Costa

Ryan Nelson, Wilton



California All-Star Beef Sandwiches

- | | |
|---|---|
| 1 CAB® Quick-N-Easy™ Pot Roast with Gravy | ½ tsp. salt |
| 1 cup packed fresh sweet basil leaves | ground pepper to taste |
| ¼ cup fresh parsley, chopped with stems removed | 3 Tbs. olive oil |
| 3 garlic cloves, halved | 8 fresh Italian or Kaiser buns, cut in half |
| ¼ cup onion, chopped | 2 large tomatoes, sliced |
| 1 ripe avocado, peeled and halved | 8 red or green lettuce leaves |
| 2 Tbs. lemon juice | salt to taste |

Combine the basil leaves, parsley, garlic and onion in a food processor. Process, scraping down the sides, until the herbs are finely minced. Add the avocado, lemon juice, salt, pepper and olive oil. Process until smooth. Remove the mixture to a bowl. Cover. Refrigerate for 30 minutes to blend the flavors. Spread the avocado-basil mixture on the bottom half of each bun. Layer the beef, tomato and lettuce on top of the spread. Season with salt and pepper. Cover with the tops of the buns.

IOWA

18 to 21 division

Team Members:

Kendall Bremer, Blakesburg

Brittnia Carlson, Cherokee

Abby Janssen, Bloomfield



Busy-Day Beef

- | | |
|---|---|
| 2 cups CAB® Quick-N-Easy™ Pot Roast with Gravy, cubed | thawed and drained |
| 1 jar (8 oz.) pasteurized processed cheese spread | 4 cups frozen hash brown potatoes, thawed |
| ¾ cup milk | ¼ tsp. black pepper |
| 1 bag (16 oz.) frozen vegetable combination, | |

In a 9x13-inch microwave-safe dish, combine cheese spread and milk. Cook covered on high for 3 minutes, stir. Add beef, vegetables, potatoes and black pepper. Cook covered 14 minutes or until heated through. Stir mixture halfway through cooking time. Let stand 5 minutes. Serves 4-6.

KANSAS

18 to 21 division

Team Members:

Emily McCurry, Burrton

Jeana Sankey, Council Grove

Coye Crenshaw-Kleve, Manhattan

Megan Theis, Leavenworth



CAB® Prime Rib with Jalapeño Honey Sauce

- | | |
|---|-------------------------------|
| 3-4 lb. CAB® Quick-N-Easy™ Prime Rib Slice (slice portions according to serving size desired) | 1 Tbs. fresh cilantro, minced |
| Sauce: | ½ tsp. allspice |
| 2 jalapeño peppers, seeded and deveined | ½ tsp. cumin |
| ¼ cup honey | 2 tsp. olive oil |
| 1 Tbs. garlic, minced | 2 tsp. balsamic vinegar |
| | 2 tsp. Dijon mustard |

Warm and plate steaks.

Sauce: Blend all ingredients using a blender or food processor until smooth.

Top steaks with sauce.

Garnish prime rib with red bell pepper ring.

Suggested side dishes:

Twice baked potatoes

Garlic mashed potatoes

Roasted corn

Baby green bean bundles wrapped in bacon with brown sugar

Chunky zucchini roll with roasted vegetables

Salad – Baby greens, strawberries and walnuts with strawberry balsamic vinaigrette

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QUICK-N-EASY™ DIVISION

OKLAHOMA

18 to 21 division

Team Members:

Amber Grissom, Seminole
Tyler Grissom, Prague
Jordan Davis, Foss

Life's a Circus Stroganoff

- | | |
|---|------------------------------------|
| 2 lb. CAB® Quick-N-Easy™ Pot Roast | $\frac{2}{3}$ cup red cooking wine |
| 1 lb. small mushrooms | $\frac{3}{4}$ tsp. marjoram leaves |
| $\frac{1}{2}$ cup green onions, chopped | 1 Tbs. cornstarch |
| 1 green pepper, thinly sliced | |

Transfer liquid from pot roast into an electric skillet. Add mushrooms, onion, peppers, red cooking wine and marjoram leaves to the liquid in pan. Bring to a boil, reduce heat and simmer 7-8 minutes until vegetables are almost tender. Cut pot roast into 1-inch pieces and add to pan. Bring to boil; cook 2-3 minutes until beef is heated through. Stir in cornstarch dissolved in 3 Tbs. water. Bring to boil; cook and stir until thickened. Serve over noodles. Accompany with a green salad and cooked carrots.

VIRGINIA

18 to 21 division

Team Members:

Katie Hereford, Hamilton
Chelsea Wieben, Leesburg
Ben Woycik, Rapidan
Cassie Reed, Appomattox
Patrick Smith, Purcellville
Darren Eversole, Blacksburg

Quick and Easy Kabobs

- 1 package CAB® Quick-N-Easy™ Bourbon Street Top Sirloins
- 1 package cherry tomatoes
- 1 can pineapple chunks

Cut steaks into cubes.
Slide steak, tomatoes and pineapple chunks on skewers
Grill until heated.
Serve with salad and iced tea.

ARKANSAS

Adult division

Team Members:

Carla Vaught, Mena
Janet Watkins, Vandervoort
Cathy Watkins, Wickes
Debbie Miller, Mena
Jeff Miller, Mena
Shirley Williams, Fort Smith
Sharon Rehm, New Blaine

Barbecue Beef Twisters

- | | |
|---|---|
| 1 lb. CAB® Quick-N-Easy™ Beef in Barbecue Sauce | $\frac{1}{2}$ cup yellow bell pepper, chopped |
| $\frac{1}{2}$ tsp. oil | $\frac{1}{2}$ cup red bell pepper, chopped |
| 1 medium onion, diced | 1 can whole kernel corn, drained |
| $\frac{1}{2}$ cup green bell pepper, chopped | 4 10-inch flour tortillas |

Sauté onion and peppers in oil until tender (about 3 minutes).
Add drained corn and barbecue beef to pepper mixture; heat until warm.
Divide mixture evenly among tortillas. Wrap and serve.
Makes four servings.



IOWA

Adult division

Team Members:

Bridget Driscoll, Williamsburg
Erle Driscoll, Williamsburg
Sarah Stream, Chariton
Ron Stream, Chariton



Star-Spangled Bourbon Street Sirloins

- | | |
|--|--------------------------|
| 4 CAB® Quick-N-Easy™ Bourbon Street Top Sirloins | 6 summer squash |
| 6 green peppers | 6 Vidalia onions |
| 6 red peppers | 2 Tbs. olive oil |
| 6 zucchini | salt and pepper to taste |

Cut assorted fresh vegetables with star-shaped cookie cutter. Be certain to slice vegetables thinly. As steaks warm in microwave, stir-fry vegetables in skillet with olive oil. Add salt and pepper to vegetables to taste.
Have lettuce salad with favorite dressing and cookies to complete this quick-n-easy meal.