



in conjunction with the
2003 National Junior Angus Show
Louisville, Ky.

Since the first Auxiliary-sponsored Cook-Off in Des Moines, Iowa, in 1983, cooks have competed in Tulsa, Okla. (1985); Springfield, Ill. (1986); Indianapolis, Ind. (1987); Springfield, Mo. (1988); Louisville, Ky. (1989, 1995, 2003); Omaha, Neb. (1990); Milwaukee, Wis. (1991, 2002); Columbus, Ohio (1992); Wichita, Kan. (1993); Des Moines, Iowa (1994, 2000); Kansas City, Mo. (1996); Perry, Ga. (1997); Indianapolis, Ind. (1998); Tulsa, Okla. (1999); and Denver, Colo. (2001).

The Cook-Off is conducted under the direction of the Beef Education Committee of the American Angus Auxiliary. It was started as an educational project, as well as an entertainment event. Junior teams give a skit on beef education to tie in with the theme of their entry. Adults also are encouraged to enter and to use their imaginations for entry themes.





FRESH-MEAT DIVISION



Curried Yogurt Beef

1½-2 lb. CAB® sirloin steak, 1½ inches thick	1½ Tbs. olive oil or cooking oil
½ cup plain yogurt	½ tsp. salt
1½ Tbs. honey	

Mix marinade ingredients. Cut steak into serving pieces. Spread marinade over steak in covered container and marinate 4-8 hours before grilling. Grill over medium fire, about 20 minutes for medium doneness.

Serve with fresh green salad and bread sticks. This marinade works well for any cut of steak.

Serves 4-6.



Team Information

Division: **9 to 13**

State: **Illinois**

Team Members:

Emily Harrell, *Stronghurst*
Jennifer Ewing, *Rushville*
Kayla Wideman, *Good Hope*



Steak Sandwiches with Chive Butter

For the Steaks:

4 CAB® tenderloin steaks, about 6 oz. each
 salt and freshly ground pepper to taste
 1-1½ cups watercress sprigs, tough stems removed
 4 slices white sandwich bread, firm-textured

For the chive butter:

¼ cup unsalted butter, at room temperature
 2 Tbs. fresh chives, chopped or 2 tsp. dried chives
 2 tsp. fresh lemon juice
 ½ tsp. salt
 ¼ tsp. freshly ground pepper

To prepare the chive butter, in a small bowl, combine the butter, chives, lemon juice, salt and pepper. Using a fork, beat vigorously until blended. Transfer to 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.

Prepare fire in grill.

To prepare the steaks, sprinkle them lightly with salt and pepper, and place them on the grill rack. Grill, turning every 2 minutes, for about 8 minutes total for rare doneness, 10 minutes for medium, or until done to your liking. About 4 minutes before the steaks are done, arrange the bread slices on the rack and grill, turning once, until lightly browned.

Transfer the bread to individual plates. Place a small handful of watercress on each bread slice, and place a steak on the watercress. Cut the chive butter into 4 equal slices and place a slice on each steak. Serve at once.



Team Information

Division: **9 to 13**

State: **Iowa**

Team Members:

Caitlin Kuehn, *Durant*
Bryanne Duckett, *New Liberty*
Chance Sullivan, *Saint Charles*
Weston Brandt, *Corning*
Matthew Wical, *Grundy Center*
Cole Greiman, *Garner*



Teriyaki CAB® Beef Tips

CAB® sirloin steak

Marinade:

2 cups teriyaki sauce
 2 cups pineapple juice

Cube boneless CAB® sirloin steak into 1½-inch cubes. Place in plastic bag with marinade for 24 hours. Discard marinade and grill steak over medium coals for 16-20 minutes or until done.

Remove steak, cover with teriyaki sauce and keep warm. Serve teriyaki beef tips over rice with fresh fruit kabobs.



Team Information

Division: **14 to 17**

State: **Oklahoma**

Team Members:

John Pfeiffer, *Mulhall*
Jordan Davis, *Foss*
Kelsey Pfeiffer, *Orlando*
Brooke Clay, *Perkins*
Layne Armbruster, *Burlington*
Emily Switzer, *Leedey*



FRESH-MEAT DIVISION



Out of this World Stuffed Tenderloin

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

Sauté 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. The 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 it into thick filets and finish off on the grill. Let the tenderloin set for 10 minutes before slicing.

Yield: 10 servings

Prep time: 25 minutes

Grill time: to temperature

This can be served with a blue cheesy cream sauce that can be poured over the meat, new potatoes and sautéed summer squash.



Team Information

Division: **14 to 17**

State: **Indiana**

Team Members:

Ashlyn Carter, Upland
Joseph Claeys, Chalmers
Jill Cunningham, Sheridan
Jenna Langley, Walton
Adam Leeper, Argos
Katelyn Wilson, Orleans



Fearfully Good Teriyaki CAB® Kabobs

¼ cup vegetable oil	1¾ lb. CAB® tenderloin, cut into 1-inch cubes
¼ cup orange juice	¾ lb. cherry tomatoes
¼ cup soy sauce	½ lb. fresh whole mushrooms
1 tsp. garlic powder	2 large green peppers, cubed
1 tsp. ground ginger	1 large red onion, cut into wedges

In a resealable plastic bag or shallow glass container, combine the first five ingredients and mix well. Reserve ½ cup for basting and refrigerate. Add beef to remaining marinade; turn to coat. Seal bag or cover container and refrigerate 1 hour, turning occasionally. Drain and discard marinade.

On metal or soaked wooden skewers, alternate beef, tomatoes, mushrooms, green peppers and onions. Grill, uncovered, over medium heat for 3 minutes on each side. Baste with reserved marinade. Continue turning and basting for 8-10 minutes or until meat reaches desired doneness. Serve meat and vegetables over rice if desired.

Yield: 6-8 servings.



Team Information

Division: **14 to 17**

State: **Missouri**

Team Members:

Kylee Campbell, Green City
Holly Bellis, Orrick
Kylee Ragsdale, Paris
Austin Sayre, Creighton
Jessica Weigand, Warrensburg

Dakota Hoagie

1 lb. CAB® round steak, thinly sliced	Cheese slices, your choice
Seasoned salt and pepper, to taste	Buns

Season both sides of steak with seasoned salt and pepper. Grill steak on both sides, about 3 minutes each side. Add your favorite cheese slice on top, such as pepper jack. Remove off grill when cheese is melted and place on your favorite bun.



Team Information

Division: **14 to 17**

State: **South Dakota**

Team Members:

Sydney Geppert, Mitchell
Andrew Rogan, Brandon
Weston Geppert, Mitchell



FRESH-MEAT DIVISION



Hard-Knock Kabobs

4 lb. boneless CAB® top sirloin, 1 inch thick	8 large mushrooms
1 small bottle Italian dressing	2-3 bell peppers
½ cup red cooking wine	2-3 sweet onions
Jim Baldrige's Secret Seasoning	8 cherry tomatoes

Cut sirloin into medium squares and marinate overnight in dressing and cooking wine. Reserve a small amount of marinade to brush over the shish kabob while cooking. Alternate meat and vegetables on skewers and sprinkle with Jim Baldrige's Secret Seasoning. Grill the shish kabobs over medium coals. Brush with marinade occasionally while cooking. Cook to desired doneness, about 5 minutes per side.



Team Information

Division: **14 to 17**

State: **Tennessee**

Team Members:

Katie McKinnis, Watertown
Stevie McKinnis, Watertown
Sean McKinnis, Watertown
Callie Smith, Lebanon
Laura May, Hurricane Mills



Flank Steak Rollup

CAB® flank steak, sliced thin	1 cup raspberry vinaigrette
1 cup Dale's Liquid Steak Seasoning	3 Tbs. Grill Mates® Montreal Steak Seasoning
½ cup Worcestershire sauce	1 box Stove Top® Stuffing, prepare as directed

Marinate the meat for 3 hours.

Lay flank steak out and spread prepared Stove Top dressing over steak. Roll up and stick a toothpick through them and place on grill for 5-7 minutes to be medium rare or medium. Serve with a salad and cooked broccoli spears.



Team Information

Division: **14 to 17**

State: **Virginia**

Team Members:

Joseph Epperly, Moneta
Garrett Johnston, Staunton
Jake Leonard, Swoope
Chance Snyder, Raphine

Grilled Blackened Beef over Fresh Fruit & Greens with Poppy Seed Dressing

1 head iceberg lettuce, chopped	1 pint strawberries, cut into fans
1 head romaine lettuce, chopped	CAB® ribeye steaks, 1¼ inches thick
1 cantaloupe, peeled, seeded and sliced into ½ moons	blackening spices
1 honeydew melon, peeled, seeded and sliced into ½ moons	Poppy seed dressing:
1 pineapple, peeled, cored and cut into triangles	16 oz. low-fat lemon yogurt
3 kiwis, peeled and sliced into circles	½ cup honey
1 lb. green grapes (seedless)	2 Tbs. fresh-squeezed lemon juice
1 lb. red grapes (seedless)	12 packets Splenda® Sweetener
	2 Tbs. poppy seeds

Combine all ingredients for poppy seed dressing in mixing bowl and mix with a wire whip and chill. Rub both sides of steaks with blackening spice. On a hot grill, cook beef 4 minutes per side (medium rare). Slice beef to 1-inch squares. Chill.

Plate preparation:

Combine iceberg and romaine lettuce. Arrange a small pile of lettuce mixture in the center of the plate (about a handful). Alternate cantaloupe and honeydew slices on both sides of plate. Arrange 3 slices of kiwis on each corner. Sprinkle grapes around the plate. Place four strawberries on each corner. Arrange beef squares on top of lettuce mixture and drizzle poppy seed dressing across the fruit and meat in two diagonal lines.



Team Information

Division: **14 to 17**

State: **West Virginia**

Team Members:

Justin Smith, Dorcas
Trisha Smith, Dorcas
Justin Hayes, Kingwood
William Nichols, Tyrone, Pa.





FRESH-MEAT DIVISION



Marinated Steak Kabobs

1½-2 lb. CAB® sirloin steak
 2-3 oranges, peeled and sectioned
 2-3 green bell peppers, cut into 1½-inch pieces

Marinade:
 1 cup orange juice
 ½ cup soy sauce
 2 Tbs. brown sugar
 1 tsp. garlic powder
 ¼ tsp. ginger

Cut steak into 2-inch cubes. Mix marinade ingredients and pour over steak in a covered container. Turn to coat all sides of steak. Cover and refrigerate 24 hours, turning occasionally. Soak 12-16 bamboo skewers in water. Alternately thread beef cubes, orange sections and pepper sections onto skewer. Lightly brush oranges and peppers with oil to prevent burning. Grill over medium fire approximately 10-15 minutes for medium doneness.

Serves 6-8.

Pasta salad and a fresh green salad or fresh fruit complete this great CAB® meal.



Team Information

Division: **18 to 21**

State: **Illinois**

Team Members:

Chelsea Frost, Tallula
Justin Moritz, Piper City



Rolled Flank Steak with Sesame Crust

2 lb. CAB® flank steak, ½- to ¾-inch thick
 red wine vinegar
 garlic salt
 garlic pepper
 Dijon mustard
 sesame seeds

2 oz. zucchini
 2 oz. summer squash
 2 oz. red pepper
 2 oz. Portabella mushrooms
 Salt and pepper to taste
 olive oil

Clean flank steak, removing veins and excess fat. Marinate for 30 minutes in red wine vinegar.

Remove from marinade and sprinkle on both sides with garlic salt and garlic pepper.

Clean the vegetables, cut in long thin strips, season with salt and pepper, dip in olive oil, and grill on hot grill for a short time.

Arrange vegetable slices in the center of the flank steak and roll the flank steak, keeping the vegetables in the center. Tie with butcher string. Rub with olive oil.

Place rolled flank steak on a medium fire for 30 minutes or until desired doneness, turning a quarter turn every 6-8 minutes. Remove from grill, rub with Dijon mustard, roll in sesame seeds, and return to grill until sesame seeds are browned.

Slice and arrange on plate with extra strips of grilled vegetables. Also goes well with rice.



Team Information

Division: **18 to 21**

State: **Indiana**

Team Members:

Christina Harp, Crawfordsville
Kristi Wilson, Orleans
Lucas Neumayr, New Richmond
Kara Wilson, Orleans



Grilled Lime-Cilantro Chuck Steaks

4 boneless CAB® chuck eye steaks

Marinade:

3 Tbs. fresh lime juice
 3 Tbs. water

1 small jalapeño pepper, minced
 1 Tbs. fresh cilantro, chopped
 1 large garlic clove, minced
 ¼ tsp. ground cumin

Combine marinade ingredients in bowl. Place beef steaks and marinade in plastic bag. Coat evenly and marinate in refrigerator 1-2 hours.

Remove steaks from marinade and grill over medium coals for 16-20 minutes.



Team Information

Division: **18 to 21**

State: **Oklahoma**

Team Members:

Tyler Grissom, Prague
Amber Grissom, Seminole
Leslie Davis, Council Hill
Rebecca Nida, Red Rock
Dustin Davis, Council Hill



FRESH-MEAT DIVISION



Fearfully Delicious CAB® Short Ribs

4 lbs. CAB® short ribs	2 Tbs. apple juice
BBQ spice rub (see recipe below)	1 Tbs. yellow mustard
1 Tbs. cooking oil	½ tsp. dry mustard
4 garlic cloves, minced	½ tsp. black or brown mustard seeds
3 Tbs. onion, finely chopped	½ tsp. ground black pepper
1 fresh jalapeño chili pepper, finely chopped	¼ tsp. cayenne pepper
1 cup honey	1 Tbs. cornstarch
⅔ cup chicken broth	1 Tbs. cold water
⅓ cup rice vinegar	salt

BBQ spice rub (additional ingredients):

In a small bowl combine 4 tsp. paprika, 2 tsp. chili powder, 1½ tsp. salt, 1 tsp. ground coriander, 1 tsp. garlic powder, 1 tsp. sugar, 1 tsp. curry powder, 1 tsp. dry mustard, ½ tsp. ground black pepper, ½ tsp. crushed dried basil, ½ tsp. crushed dried thyme, ½ tsp. ground cumin and ½ tsp. cayenne pepper.

Preparation:

Trim any fat from ribs: Cut ribs into 1-, 2- or 3-rib portions. Place ribs in a Dutch oven. Add enough water to cover ribs. Bring to a boil, reduce heat. Simmer, covered, about 1½ hours or until tender. Drain ribs; let stand until cool enough to handle (about 20 minutes). Pat dry with paper towels. Sprinkle BBQ spice rub evenly over both sides of ribs; rub in with your fingers.

Sauce:

In a medium saucepan heat oil over medium-high heat. Add the garlic, onion and jalapeño peppers; cook for 2-3 minutes or until tender. Stir in honey, broth, vinegar, apple juice, yellow mustard, dry mustard, mustard seeds, black pepper and cayenne pepper. Bring to a boil; reduce heat to low. Simmer, covered, for 10 minutes. Stir together cornstarch and cold water; add to mustard mixture in saucepan. Cook and stir until slightly thickened and bubbly. Cook and stir for 2 minutes more. Season to taste with salt. Remove from heat.

Place ribs, bone sides down, on a lightly greased rack of the grill, directly over medium coals. Brush some of the sauce over ribs; grill for 15-20 minutes or until ribs are heated through and glazed with sauce.

To serve, reheat remaining sauce until bubbly; serve with ribs.

Prep time: 20 minutes

Cooking time: 1½ hours

Cool 20 minutes

Serves 4-6



Team Information

Division: **18 to 21**

State: **Michigan**

Team Members:

Scott Heil, *Berrien Center*
Evan Boehmer, *Olivet*
Wren Schroeder, *Williamston*



CAB® Kabob

6 12-oz. CAB® New York strips	1 green, 1 red and 1 bell pepper
1 red onion	1 yellow squash
1 potato	wild rice

Chop up all vegetables. Cut meat into 2-inch cubes. Put vegetables and meat on the kabob and place on grill.

Serve on a bed of wild rice.

Serving suggestions:

Fried cheesecake (with choice of blueberry, strawberry or cherry)

Your choice of sweet or unsweetened tea



Team Information

Division: **18 to 21**

State: **Tennessee**

Team Members:

Ashlea Turner, *Dyersburg*
Clint Walton, *Covington*



FRESH-MEAT DIVISION



Polynesian Meatballs

1 can (5 oz.) evaporated milk
 ½ cup onion, chopped
 ½ cup saltines, crushed
 1 tsp. seasoned salt
 1½ lb. CAB® ground beef

Sauce:

1 can (20 oz.) pineapple tidbits
 2 Tbs. cornstarch
 ½ cup cider vinegar
 2 Tbs. soy sauce
 2 Tbs. lemon juice
 ½ cup brown sugar, packed

Combine milk, onion, saltines and seasoned salt. Crumble beef over mixture and mix well. With wet hands, shape into 1-inch balls. Brown meatballs over medium heat in small batches. Remove with a slotted spoon and keep warm. Drain skillet.

Drain pineapple, reserving juice. Add enough water to juice to measure 1 cup. Combine pineapple juice mixture, cornstarch, cider vinegar, soy sauce, lemon juice and brown sugar. Mix until smooth. Add to skillet and bring to a boil. Cook and stir for 2 minutes or until thickened. Add meatballs and reduce heat; cover and simmer for 15 minutes. Add pineapple; heat through.



Team Information

Division: **18 to 21**

State: **Kentucky**

Team Members:

Lindsay Pennington, *Russell Springs*

Ashley Toll, *Lawrenceburg*

Charles Toll, *Lawrenceburg*

Johnathon Nunn, *Canmer*

Outback Kabobs

CAB® sirloin steak
 ½ cup soy sauce
 ½ 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 one hour. Turn occasionally.

Put meat on skewers, leaving space between pieces. Put pineapple chunks and tomatoes on separate skewers. Broil meat over hot coils. When meat is turned, add skewers of pineapple and tomatoes to the grill. Brush skewers of food with marinade. Onions and mushrooms are optional.



Team Information

Division: **18 to 21**

State: **Virginia**

Team Members:

Kati Hereford, *Hamilton*

Jonathan Barnes, *Dolphin*

Jonathan Coleman, *Staunton*

Kathryn Taylor, *Purcellville*

Cassie Reed, *Appomattox*

Chelsea Wieben, *Leesburg*

20th Anniversary Jambalaya

2½ lb. CAB® sirloin steak, cubed
 1 lb. all-beef smoked sausage
 4 yellow onions
 1 bell pepper
 1 Tbs. garlic, minced

1 bunch green onions, chopped
 1 bunch parsley, chopped
 3 cups rice, uncooked
 Dash of salt, red pepper, black pepper, thyme
 and bay leaf

Brown cubed sirloin in a black kettle, remove and put aside. Brown sausage in the kettle. Sauté onion, bell pepper and garlic with sausage. Add water (1 qt.). Add remaining seasoning and simmer for 35 minutes. Add sirloin, 3 cups rice and 3¾ cup water. Bring to a boil. Cover and turn fire to low. Simmer 20 minutes. Add chopped onion and parsley to garnish. Serves 10-15.



Team Information

Division: **Adult**

State: **Kansas**

Team Members:

Clint Collins, *Morton, Miss.*

Emma Collins, *Morton, Miss.*

Clayton Lampe, *Scott City*

Garrett Lampe, *Scott City*

Melanie St. Blanc Kiani,

Morton, Miss.

Anne St. Blanc Lampe,

Scott City





FRESH-MEAT DIVISION



Kentucky Angus Cowboy's Choice

4 1¼-inch-thick CAB® strip sirloin steaks
Bert's Seasoning (original recipe)
Olive oil/grilling oil

Sprinkle pinch of Bert's Seasoning on each side of strip steaks. Sprinkle small amount of olive oil/grilling oil on each side of steaks. Put steaks on grill; cook for 6 minutes, turn, finish grilling for 6 minutes for desired medium-rare doneness. Enjoy.



Team Information

Division: **Adult**

State: **Kentucky**

Team Members:

Charles Boyd II, *Mays Lick*
Glenn Hawkins, *Magnolia*
Lisa Hawkins, *Mount Sterling*
Joe Myers, *Mount Sterling*
Gordon Schubert, *Taylorsville*



QUICK-N-EASY DIVISION



Quick-N-Easy™ Beef & Cheddar Pockets

1 CAB® Quick-N-Easy™ Pot Roast with Gravy	¼ cup sharp cheddar cheese, shredded
1 pkg. (8-oz.) crescent rolls, refrigerated	¼ cup sour cream
¾ cup sharp cheddar cheese, shredded	onions, fresh chopped
½ cup sweet onion, chopped	

Preheat oven to 375°

Unroll crescent dough onto ungreased baking sheet. Separate into 4 rectangles; press diagonal seams to seal. Pull sides of rectangles slightly to enlarge.

Follow package directions to cook pot roast. Remove roast from package. Remove excess gravy from roast. Cut or tear roast into fine shreds.

Combine beef, ¾ cup cheese and onion in large bowl. Divide beef mixture into fourths; press mixture to compact and place lengthwise in center of rectangles.

Fold ends in. Pull the top and bottom (long sides) of each rectangle over filling, pressing to seal along top of pockets.

Bake in 375° oven 12-15 minutes or until golden brown, Serve with sour cream. Garnish with chives and remaining ¼ cup cheese.



Team Information

Division: **9 to 13**

State: **Michigan**

Team Members:

Hope Bordner, *Sturgis*
Chelsea Ruggles, *Kingston*
Ben Goheen, *Deckerville*
Mitchell Goheen, *Deckerville*
Patti Vaassen, *Ann Arbor*
Erika Boehmer, *Olivet*





QUICK-N-EASY DIVISION



American Idol Fajitadillas

4 8-oz. CAB® Quick-N-Easy™ Top Sirloin Steaks	salsa
4 oz. shredded Monterey Jack (or favorite cheese)	sour cream
2 10- to 12-inch flour tortillas	guacamole
1 Tbs. olive oil or melted butter	fajita seasoning

Over medium heat on a grill, heat top sirloin steak until warmed through, approximately 4-5 minutes on each side. Remove from heat and slice in thin strips across the grain. Season with fajita seasoning.

Brush oil (or butter) lightly on one side of flour tortilla shell. Place the oil side down while filling the tortilla.

Scatter cheese on tortilla shell. Top with strips of meat (4-8 oz.). Leave a half inch border from the edge of the shell. Top with more shredded cheese.

Top with a tortilla. Brush top of tortilla lightly with oil (or butter).

Place on grill on medium heat. Leave on 4 minutes or until edges of tortilla begin to char and grill marks appear on the bottom of tortilla. Turn the tortilla over and grill the same way.

Cut into 6-8 wedges. Serve with sour cream, guacamole and salsa.

Makes 1 fajitadilla.

Variations:

Use leftover shredded roast beef or shred a CAB® Quick-N-Easy™ Pot Roast.

Substitute pepper jack cheese for a spicier flavor.

Add vegetables such as chopped tomatoes, chopped onions, chopped green peppers, chopped green chillies or a chopped jalapeño to the fajitadilla filling for extra color and flavor.

Can be made in a skillet over medium heat, on a stove or placed on a baking sheet in the oven.



Team Information

Division: **9 to 13**

State: **Missouri**

Team Members:



McKenzie Adam, Long Lane
Sadie Kinne, Eagleville
Josh Maxwell, Saint Catherine
Kathryn McDonald, Seneca
Caleb Sayre, Creighton
Austin Thummel, Sheridan



Oklahoma Chili Supper

CAB® Quick-N-Easy™ Chili
 cheese (your choice), grated
 bread bowls

Heat chili in the Crock-Pot®. Just before serving, spoon chili in bread bowls and garnish with grated cheese.

Serve with raw vegetables.



Team Information

Division: **9 to 13**

State: **Oklahoma**

Team Members:

Cali Emberson, Nowata
Jacee May, Stillwater
Kassandra Pfeiffer, Orlando
Clint Grissom, Seminole
Kayla Swanson, Ochelata
Elana Switzer, Leedey

CAB® is Not Greek to Us!

CAB® Quick-N-Easy™ Top Sirloin Steaks
 1 package of Caesar salad croutons
 prepared salad
 grated cheese, your taste
 Caesar salad dressing

Grill steaks, slice across grain in ¼-inch slices. Put prepared salad in bowl. Place steak on top of salad. Garnish with cheese and croutons. Top with Caesar salad dressing.



Team Information

Division: **9 to 13**

State: **Virginia**

Team Members:



Jake Bramhall, Lovettsville
Jessie Bramhall, Lovettsville
Shane Clary, Brodnax