



QUICK-N-EASY DIVISION



Quick-N-Easy™ Meatloaf

1 pkg. CAB® Quick-N-Easy™ Meatloaf with Gravy
 1 can Campbell's® Cream of Chicken Soup
 1 cup sour cream
 2 tsp. nutmeg

Combine the soup, sour cream and nutmeg in a saucepan. Cut the meatloaf into square, 1-inch cubes and stir gently into the sauce. Heat thoroughly. Serve with a favorite vegetable and fruit salad.



Team Information

Division: **14 to 17**

State: **Arkansas**

Team Members:

Kirk Boecker, Bentonville
Andy Boecker, Bentonville
Matthew Boecker, Bentonville
Joshua Holly, Decatur
Ethan Holly, Decatur

Outback Kabobs

4 CAB® Quick-N-Easy™ Prime Rib Slices	¼ cup red wine vinegar
¼ cup almonds, sliced	¼ tsp. garlic, crushed
Sauce:	½ Tbs. parsley
½ cup raspberry jam	½ cup beef broth

In a small bowl, mix raspberry jam, red wine vinegar, garlic, parsley and beef broth. Pour sauce evenly over prime rib slices. Heat in microwave according to package instructions. About 30 seconds prior to being finished cooking, sprinkle almond slices over prime rib slices. Heat for the remaining time. Serve the prime rib slices over a pool of sauce.

Great served with tomato salad and twice-baked potatoes.



Team Information

Division: **14 to 17**

State: **Indiana**

Team Members:

Christopher Rieker, Columbus
Zachary Rieker, Columbus
Baron Rieker, Columbus
Steven Rieker, Columbus
Katarina Rieker, Columbus

Quick-N-Easy™ Prime Rib

CAB® Quick-N-Easy™ Prime Rib Slices	1 can (4 oz.) mushrooms, drain and save juice
Bachelor sauce:	2 cups bouillon
2 Tbs. flour	salt and pepper to taste
2 Tbs. drippings, from cooked meat	

Prepare prime rib as directed on the package. Combine flour and drippings, cook and stir for 5 minutes. Add bouillon and mushroom juice. Continue cooking until sauce thickens. Serve warm over cooked meat.



Team Information

Division: **14 to 17**

State: **Iowa**

Team Members:

Lauren Schroeder, Clarence
Amanda Wical, Grundy Center
Danae Leonard, Holstein
Joseph Burns, Oxford
Ty Ruby, Greene



Chili Hot Dish

1 pkg. CAB® Quick-N-Easy™ Chili
 2 cups elbow macaroni, cooked
 ½ cup sour cream
 1½ cup cheddar cheese, grated

Prepare chili according to package directions. Add macaroni, sour cream and ½ cup grated cheddar cheese. Pour into casserole dish. Bake for 20 minutes at 350°. Top chili hot dish with 1 cup grated cheddar cheese. Return to oven and continue baking until cheese is melted, slightly brown and bubbly. Top each serving with a dollop of sour cream.



Team Information

Division: **14 to 17**

State: **Minnesota**

Team Members:

Lindsay Waugh, Goodhue
Mac Kenzie Johnson, Alden
Alison Johnston, Houston
Kara Walser, Minnesota Lake
Beth Meiners, Caledonia
Amber Miller, Caledonia





QUICK-N-EASY DIVISION



Quick CAB® Carne

1 pkg. CAB® Quick-N-Easy™ Pot Roast with Gravy	1½ cups frozen mixed red, yellow and green bell pepper strips, defrosted
1 jar (16 oz.) prepared taco sauce	4-6 packaged tortilla bowls
1 can (15 oz.) red kidney beans, drained	½ cup fresh cilantro, chopped

Heat oven to 350°. Remove pot roast from package. Measure ¾ cup gravy and place in Dutch oven. Discard any remaining gravy. Stir in taco sauce and bring to a boil. Reduce heat to medium-high and cook 5 minutes or until thickened.

Cut pot roast into ½-inch pieces. Add beef, beans and bell peppers to Dutch oven. Heat through over medium heat, stirring occasionally.

Place tortilla bowls on baking sheet. Bake in oven at 350° for 3 minutes or until golden. Add cilantro to beef mixture. Serve in tortilla bowls.



Team Information

Division: **14 to 17**

State: **Kansas**

Team Members:

Chelsea Dickinson, *Glasco*
Kyleigh Santee, *Langdon*
Kelsey Erichsen, *Alta Vista*
Bailey Shaw, *Chanute*
Kenny Hopper, *Leonardville*

CAB® Steak and Salad Roll-ups

CAB® Quick-N-Easy™ Prime Rib Slices, thinly sliced	feta cheese
1 bottle Greek salad dressing	red onion, thinly sliced
romaine lettuce	tomatoes, chopped
black olives, sliced	flour tortillas

Heat prime rib according to package directions. Remove from package and thinly slice prime rib. Drizzle ¼ cup (or to taste) Greek salad dressing over prime rib — set aside.

In a medium bowl, mix together 4 medium-sized handfuls of romaine lettuce, sliced black olives, feta cheese, thinly sliced red onion and chopped tomatoes. Pour bottle of Greek salad dressing over salad (to taste). Toss.

To assemble:

Divide salad equally among 4 flour tortillas. Divide prime rib slices into four equal portions and lay on top of salad.

Fold right and left sides of tortillas over filling; fold bottom edge over and continue to roll up tightly. Cut rolls in half diagonally; secure with wood toothpicks if necessary. Cut diagonally in the center of the roll.



Team Information

Division: **14 to 17**

State: **Michigan**

Team Members:

Nicole Heil, *Berrien Center*
Danielle Foster, *Niles*
Drew Bordner, *Sturgis*
Julie Thelen, *Saline*
Rachael Vaassen, *Ann Arbor*



Tailgate'n Steak

4 (12 oz.) CAB® Quick-N-Easy™ Top Sirloin Steaks	1 Tbs. fresh lemon juice
1 medium-sized red bell pepper	1 tsp. lemon peel, freshly grated
Peach salsa:	1 large garlic clove, crushed
½ cup peach preserves	¼ tsp. fresh ginger, grated
	¼ tsp. salt

Warm or sear steaks for medium doneness — warm to the touch. Top with red bell pepper ring and garnish with peach salsa.

Serve steaks with roasted ear corn or twice-baked potatoes and watermelon.



Team Information

Division: **18 to 21**

State: **Kansas**

Team Members:

Emily McCurry, *Burton*
Jeana Sankey, *Council Grove*
Coye Crenshaw, *Manhattan*
Megan Theis, *Leavenworth*



QUICK-N-EASY DIVISION



CAB® Quick-N-Easy™ Meatloaf with Pepperberry Sauce

CAB® Quick-N-Easy™ Meatloaf with Gravy	¼ cup onion, finely chopped
¼ cup green pepper, finely chopped	1 Tbs. butter
¼ cup red pepper, finely chopped	½ cup orange juice
¼ cup yellow pepper, finely chopped	8 oz. canned cranberry sauce

Sauté green, red and yellow peppers together with onion in butter until tender. Add orange juice and cranberry sauce, continue cooking over medium heat until sauce begins to boil. Reduce heat and continue to cook, stir occasionally until sauce becomes thick and chunky.

Prepare meatloaf according to directions on package. Spoon sauce over top of meatloaf or over individual servings.



Team Information

Division: **18 to 21**

State: **Minnesota**

Team Members:

Rebecca Scharpe, *Arlington*
Peter Scharpe, *Arlington*
Amanda Stai, *New London*
Krista Stai, *New London*
Kim Johnson, *Pipestone*
Samantha Weber, *Ward, S.D.*



Sirloin in a Pocket

2½ lb. CAB® Quick-N-Easy™ Top Sirloin Steaks, sliced into bite-sized pieces	1 tsp. Texas Pete® Hot Sauce
3 Tbs. olive oil	½ of a green pepper, chopped
2 garlic cloves	4-5 fresh mushrooms, thinly sliced and cut in half
1 small to medium onion	1 tsp. chili powder
3 Tbs. soy sauce	½ tsp. oregano
1 Tbs. Emeril's™ Original Essence	½ tsp. black pepper
1 Tbs. lemon juice	8 pita pockets

Heat olive oil in skillet (medium heat). Sauté chopped onion and minced garlic in olive oil. Add pepper and mushrooms. Cook 1 minute. Add sirloin steak. Add all other ingredients. Cook until meat is done. Cover and let simmer for 5-10 minutes. Serve in warmed pita pockets. Serve with chopped tomatoes, salsa, shredded cheese and/or items of your choice.



Team Information

Division: **18 to 21**

State: **Tennessee**

Team Members:

Walt Stinson, *Talbott*
Jennifer Shaver, *Blountville*
Jessica McCartt, *Bristol*
Anthony Lowe, *Telford*



Clampett's CAB® Stew

CAB® Quick-N-Easy™ Pot Roast
 1 pkg. frozen stew vegetables
 1 can beefy mushroom soup
 1 can French onion soup
 pepper to taste

Cook pot roast per package directions. Steam vegetables according to package directions. Cut pot roast into 1- to 1½-inch pieces. Combine soups together. Drain vegetables and add to soup mixture. Pepper to taste. Heat through and serve. Enjoy!



Team Information

Division: **Adult**

State: **Iowa**

Team Members:

Lynn Brandt, *Corning*
Kirk Brandt, *Corning*
Bridget Driscoll, *Williamsburg*
Mike Ruby, *Greene*





QUICK-N-EASY DIVISION



Debra's Sauced-Up Pot Roast and Vegetables

3 pkgs. CAB® Quick-N-Easy™ Pot Roast
 1-2 pkgs. diced potatoes, precooked (usually found in precooked meat section of store)
 Several prewashed baby carrots
 ¼ cup green onion, sliced

Sauce:
 ⅓ cup apple juice
 ¼ cup ketchup
 ⅓ cup beef broth
 2 Tbs. Worcestershire sauce
 1 Tbs. vegetable oil
 1 tsp. garlic, minced
 ½ tsp. black pepper

Put meat in a microwave-safe covered dish. Add potatoes, carrots and onion. Microwave on high for 6 minutes. Mix ingredients for the sauce. Pour over meat and vegetables and microwave an additional 2 minutes. Remove juices and add a cornstarch/water mix to make gravy if desired.



Team Information

Division: **Adult**

State: **Kansas**

Team Members:

Garth Hopper, Leonardville
Teresa Hopper, Leonardville
Craig Rump, Galva
Marci Rump, Galva
Barry Santee, Pretty Prairie
Karen Santee, Pretty Prairie

CAB® Prime-Rib-O-Saurus Sandwich

6 8-oz. CAB® Quick-N-Easy™ Prime Rib Slices
 Easy Horseradish Sauce (see recipe to the right)
 6 hoagie buns
 1 pkg. McCormick's Au Jus (follow package directions)

Easy Horseradish Sauce:
 ⅓ cup whipping cream
 3 Tbs. horseradish, well-drained
 ½ tsp. salt

In chilled bowl, beat whipping cream until stiff. Fold in horseradish and salt.

Heat prime rib and McCormick's Au Jus in covered Crock-Pot® to desired temperature. Slice hoagie buns in half lengthwise. Spread the desired amount of Easy Horseradish Sauce on the bun. Gently place the prime rib on the bun. Pour tablespoon of au jus over meat. Garnish with romaine lettuce leaf and vine-ripened tomato slices. Serve with steak fries and crisp Claussen pickle spears.



Team Information

Division: **Adult**

State: **Tennessee**

Team Members:

Steve and Vivian May,
 Hurricane Mills
Buddy and Kelley Rowlett,
 Hurricane Mills



Dixie-Style Wedding Steaks

3 1½-inch-thick precooked CAB® steaks
 1 medium red bell pepper, cut in rings
 1 Tbs. lemon juice
 1 tsp. lemon peel, grated

1 clove garlic, crushed
 ¼ tsp. ginger
 ¼ tsp. salt
 1 cup peach preserves

Heat steaks and top with rings of bell pepper. Mix the rest of the ingredients, heat, and top the steaks. Serve with ear of corn and watermelon.



Team Information

Division: **Adult**

State: **Virginia**

Team Members:

Mike Wieben, Leesburg
Ann Hereford, Hamilton
Mike Bramhall, Lovettsville
Dina Johnston, Staunton
David Graves, Afton
Robin Dehaven, Winchester

