

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Lighten your lunch

Pairing a fresh salad with protein-packed and flavorful Certified Angus Beef® (CAB®) roast beef is a quick, delicious way to try something delicious — and wholesome — at lunchtime. Hearty enough to satisfy the biggest appetites, but light enough to please your health-conscious side, it's a balanced choice that's easy to put together.

Go deli

Think deli meat isn't the best option? CAB roast beef isn't just any ordinary deli meat. The finest-quality fresh roasts are closely trimmed, then slowly oven-cooked for a naturally tender and juicy texture. Naturally free of MSG and trans fats, they're minimally processed, with no artificial ingredients or excess fillers.

It's fast food you can feel good about.

By the way, did you know that serving for serving, there aren't many cuts that can match nutrient-rich beef? In addition to the ZIP — that's zinc, iron and protein — beef provides, it's also a great source of B vitamins, including riboflavin and thiamin.

Looking for lighter lunch inspiration? Try some of these delicious recipes:



Roast Beef, Pear and Blue Cheese Salad

Ingredients:

- ½ lb. CAB® deli roast beef, sliced
- 4 oz. mixed greens
- Ranch dressing to taste
- 2 pears, cored and sliced
- 4 oz. crumbled blue cheese
- Salt and pepper to taste

Instructions:

Toss greens with dressing; season. Arrange evenly on four plates; top with beef, pears and cheese.

Serves: 4

Ginger Roast Salad

Ingredients:

- 4 lb. CAB® bottom round roast
- 1 tsp. dried thyme
- 1 tsp. dried rosemary, crushed
- 1 tsp. paprika
- 1 Tbs. kosher salt
- 1 tsp. ground black pepper
- 2 Tbs. vegetable oil
- 3 cups thinly sliced onions
- 6 garlic cloves, crushed
- 16 oz. beef broth
- 4 cups Bibb and romaine lettuce
- 2 cucumbers, peeled, cut in half lengthwise, seeded and sliced
- 2 red peppers, cut into long, thin strips
- ½ lb. green beans, blanched
- ½ lb. snow peas, trimmed and blanched
- 1 Tbs. pickled ginger

Instructions:

1. Preheat oven to 325° F. Mix together thyme, rosemary, paprika, salt and pepper. Rub meat with mixture and refrigerate 1 hour in a zipper-locking plastic bag.
2. Heat oil in heavy pan; add beef and brown on all sides. Add onion, garlic and beef broth. Cover and simmer in the oven for 1½ hours.
3. Remove cover, turn roast over and simmer, uncovered, for an additional hour. Remove from oven, tent with foil and let rest 10-15 minutes.
4. Toss together lettuces, cucumbers, peppers, green beans and snow peas into a large bowl. Divide onto salad plates.
5. Cut roast into ¼-inch slices; place on salad greens. Garnish with pickled ginger and serve with your favorite dressing.

Serves: 8