

What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

Burger love

'Tis the season for salivating over savory, sweet or spicy burgers fresh off the grill. Sure, May 28 happens to have been National Burger Day (Did you miss it?), but you know what we say? Celebrate all summer long!

Love on a bun

In our experience, there's no better way to gather friends, family and loved ones than with the promise of a cookout under sunny, sunseting or starry night skies. From the tantalizing aromas of sizzling beef to the amazing taste of a freshly grilled burger, it's the finest kind of outdoor dining experience to be had.

It's easy, too. Head to your local retailer for *Certified Angus Beef*® (CAB®) brand ground beef and a few of your favorite topping ingredients. Grab paper plates and napkins, too. Mix up a pitcher of iced tea, put a few brewskies on ice and prepare for a tasty little backyard soiree. Then, hand the charcoal over to someone who knows how to handle a grill. Trust us when we say it's an honored role that won't be taken lightly.

Thinking about venturing out past the tried-and-true burger with cheese? Go for it. Add some flare to the summer by trying something new. We dare you!

One of our favorites is the "Black and Blue Burger." To serve four, here's what you'll need:

- ▶ 1 lb. CAB® ground chuck
- ▶ 4 crusty burger buns, sliced in half
- ▶ 4 leaves of green leaf lettuce

- ▶ 1 tomato, sliced
- ▶ 4 portabella mushrooms, grilled
- ▶ 4 slices of red onion, grilled
- ▶ 4 oz. crumbled blue cheese
- ▶ 4 Tbs. whole-grain mustard
- ▶ Salt and blackening spice to taste

Preheat your grill before portioning your chuck into four patties. Season the burgers with salt and blackening spice, and then grill to an internal temperature of 160° F. Build your sandwiches by layering the lettuce, tomato, burger, portabella, onion and blue cheese. Spread the top of the bun with mustard.

That's it! Wrangle the kids and side dishes and spend time relaxing with good people and conversation. It's the sweetest kind of summertime food and fun.

It's pure and simple love on a bun!

For more recipes and grilling tips, visit www.certifiedangusbeef.com.

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Black and Blue Recipe can be found at: www.certifiedangusbeef.com/recipes/recipeDetail.aspx?id=455



Nutritional information for 'Black and Blue Burger' based on 85%-lean ground chuck.

Calories:	585
Fat:	29 g
Saturated Fat:	13 g
Cholesterol:	117 mg
Carbohydrate:	39 g
Dietary Fiber:	3 g
Protein:	44 g
Sodium:	1063 mg
Iron:	36% of Daily Value