

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## A scary fall

No matter where you call home, fall is arguably the most anticipated season of all. Summer has its showers, and winter its white stillness,

### Fall fanfare

Here in Ohio, fall is our favorite season for countless reasons. For starters, the turning leaves are stunning. The cool air grants us permission to pull out the scarves and jackets that have been in hiding, and there are corn mazes.

It's football season. It's harvest time. Need we say more?

For some, an early sunset means you get to go to bed early, guilt-free. For others it may lead to longer hours in the dark followed by a morning sipping a steaming pumpkin spice latte from your favorite mug.

Wherever you are and whatever fall brings your way, we can all agree on this: Food is tasty in the fall.

Celebrating Halloween? While gathering candy for the neighborhood, consider making one of these scary dishes for your own little ghosts, goblins and ghouls!



### Spooky Spiders Ground Beef Biscuits

#### Ingredients:

- ½ lb. CAB® ground beef
- ½ package taco seasoning
- ½ cup water
- 1 tube (16 oz.) home-style refrigerated biscuit dough
- ketchup
- ½ cup shredded mozzarella or cheddar cheese
- 16 sliced black or green olives
- 32 pretzel sticks

#### Instructions:

1. Cook ground beef and drain excess fat. Add taco seasoning and water; simmer for 5 minutes. Set aside.
2. Preheat oven to 375° F.
3. Separate dough into 8 biscuits; place each biscuit into ungreased large muffin tin. Press dough firmly into bottom and up the sides of each cup.
4. Divide crumbled ground beef evenly into dough cups. Squirt ketchup over meat; sprinkle with cheese. Place two olive slices on top of each for "eyes."
5. Bake for 20 minutes, or until biscuit edges are golden brown. Cool 5 minutes; remove from muffin cups. Stick four pretzel sticks into each side of each biscuit cup for "legs."

Serves: 8

Original Post: [www.gorare.com/2013/10/its-squash-season/](http://www.gorare.com/2013/10/its-squash-season/).



### Ghoulish Pasta

#### Ingredients:

- 1 lb. CAB® ground beef
- 1 egg
- ½ cup breadcrumbs
- ¼ cup ketchup
- 1 Tbs. fresh parsley, chopped
- ½ Tbs. dried oregano
- ½ Tbs. dried basil
- 1 tsp. onion powder
- ½ tsp. salt
- ¼ tsp. pepper
- 1 jar (10 oz.) pimento-stuffed olives
- olive oil, as needed
- 6 cups cooked whole-wheat spaghetti
- 1 jar (26 oz.) prepared pasta sauce

#### Instructions:

1. Preheat oven to 400° F.
2. Combine ground beef, eggs, breadcrumbs, ketchup, herbs and spices; shape into 1½-inch balls, making 12 total. Insert 1 olive into each meatball to look like an eye.
3. Place meatballs in pan and roast approximately 25 minutes until thoroughly cooked and no pink remains (160° F internal temperature).
4. Heat sauce and ladle over pasta. Serve 2 meatballs per plate. Serves: 6