

# What's Cooking at CAB

by the culinary staff at Certified Angus Beef LLC

## Tailgate touchdown

*In many of our homes, the arrival of fall is welcomed with enthusiasm. Cooler temperatures, anticipation of the colorful autumn foliage, and the return of hooded sweatshirts are all cause for celebration — not to mention football!*

### Game-day fare

No matter what your schedule is, or whether you're planning your meals around your own family's game days or someone else's, there's a foolproof way to bring everyone together and make 'em cheer.

Whether you follow a professional team or remain loyal to your alma mater, weekends during football season are all about fun, friends, family — and great food. Here are a few favorite recipes that'll tackle your taste buds and get the game-day party started:

**Sirloin Empanadas** — These empanadas feature juicy, flavorful steak seasoned and mixed with green chilies, then tucked into portable pockets of crust. They kind of look like the paper "footballs" you used to make as a kid on indoor recess days — although we really recommend eating these instead.

**Game-day Steak Chili** — Give your chili a gourmet twist by using cubes of steak rather than ground beef. This delicious version includes green chilies and jalapeños for heat, plus tomatoes, black beans, and all of those traditional tasty chili spices that will warm you from the inside out. It's perfect for a chilly tailgate party.

This is game-day grub at its finest!



### Sirloin Empanadas

#### Ingredients:

- 1 lb. CAB® top sirloin or tri-tip steak, diced in 1/8-in. pieces
- 1 Tbs. olive oil
- 1/4 cup butter
- 1 large onion, diced (2 cups)
- 3 cloves garlic, minced
- 2 tsp. ground cumin
- 2 tsp. cumin seeds
- 1 tsp. red pepper flakes
- 1 tsp. salt
- 1/2 tsp. freshly ground black pepper
- 1 can (4 oz.) green chilies
- 1/4 cup fresh chopped cilantro or flat-leaf Italian parsley
- 2 tubes (11 oz. each) raw pizza dough, thin crust
- 1/4 cup flour, for work surface
- 4-in. cookie cutter (large drinking cup works well, too)

#### Instructions:

1. In a large sauté pan, sear beef in a single layer with olive oil on medium-high heat. Sear in batches to avoid steaming, stirring occasionally. Transfer to a medium mixing bowl.
2. Add butter and onion to pan; simmer for 3 minutes until onions become



transparent. Add garlic, cumin, cumin seeds, pepper flakes, salt and pepper. Simmer an additional 3-4 minutes.

3. Combine beef with onion mixture. Stir in green chilies and cilantro. Refrigerate.
4. Preheat oven to 375° F. Using a rolling pin, roll dough into 2 large rectangles; dust with flour as needed. Cut eight 4-inch circles from each half.
5. Put 1/3 cup of empanada mixture in each half-circle. Use water on the edge as needed to seal. Line empanadas on a sheet tray. Bake approximately 25 minutes until golden brown.

Yields: 16 empanadas



### Game-day Steak Chili

#### Ingredients:

- 3 lb. CAB® bottom round roast, cut into 1/2-in. cubes
- salt and pepper to taste
- 1/4 cup canola oil
- 2 large onions, diced
- 4 cloves garlic, minced
- 1 Tbs. ground cumin
- 1 Tbs. dried oregano
- 3 Tbs. chili powder
- 2 Tbs. brown sugar
- 1 can (28 oz.) chopped tomatoes
- 1 can (15 oz.) black beans, drained and rinsed

- 1 can (4 oz.) chopped green chilies
- 3 jalapeño peppers, seeded and finely minced

Optional toppings: avocado slices, diced green peppers, shredded cheddar cheese, diced scallions or sour cream

#### Instructions:

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1-pound batches for 3-4 minutes per batch; transfer beef to slow cooker after browning.
2. Add onions and garlic to the pan. Cook for 5-10 minutes over medium heat until pan comes clean from the softening onions. Transfer to slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilies and jalapeños. Cover and cook on low for 3 1/2 to 4 hours.
3. Serve and garnish with optional toppings. Goes great with corn bread.

Serves: 8