Junior Division

**Beefy Pepper Cheese Rolls**

- 2 pkg. crescent rolls
- 1 1/2 lb. CAB® deli-style roast beef, sliced thin
- 1 lb. Co-Jack cheese, sliced thin
- 1/4 cup mayonnaise or Miracle Whip®
- 1/4 cup prepared horseradish
- 1/4 to 1/2 cup thinly sliced pepperoncini peppers

Separate crescent rolls to form 8 rectangles; press perforations together. Mix mayonnaise and horseradish together and spread on crescent roll rectangles. Place one slice of roast beef on each rectangle; top with two slices of cheese and another slice of roast beef. Put one to two teaspoons of peppers in center of each rectangle. Roll and seal edge. Bake in 400° F oven for 12-15 minutes or until golden brown. Serve with leafy green salad and fruit or vegetable.

Makes 8 servings.

**Speedy Toasted CAB Sandwich**

- 8 slices CAB® deli-style roast beef
- 8 slices CAB® deli-style pastrami
- 4 slices Provolone cheese
- 8 slices whole wheat bread
- 1 cup sliced fresh mushrooms
- 1 fresh green pepper, sliced thin
- 1 Tbs. butter
- 1/2 tsp. garlic salt
- 4 tsp. Thousand Island dressing

Heat electric skillet to 300° F. Butter one side of bread, placing 4 slices, butter side down, on hot skillet. Top each with 2 slices roast beef and 2 slices pastrami, 1/4 of the fresh mushrooms and 1/4 of the green peppers. Sprinkle with garlic salt and top with cheese slices. Place remaining bread slices on top, butter side up. Toast until golden brown and crispy. Turn to toast other side. When toasted, open sandwich between bread and meat and spread with Thousand Island dressing. Serve warm with chips and a pickle.

Intermediate Division

**Western Wrap**

- 8 oz. CAB® deli-style roast beef, thinly sliced
- 2 Tbs. light cream cheese spread
- 6 8-in. flour tortillas
- 6-12 large iceberg lettuce leaves
- 3 plum tomatoes, thinly sliced
- 1/2 small red onion, thinly sliced
- 1/4 cup shredded cheddar cheese
- 3 plum tomatoes, thinly sliced

Mix cream cheese and barbecue sauce together; spread 2 Tbs. on tortillas, and layer with lettuce and beef. Sprinkle with cheddar cheese and top with tomatoes and onion. Roll up tightly and serve.

Placing first in the showmanship category of the intermediate deli meat division is Iowa. Team members are (from left) Ashley and Caitlin Kuehn, both of Durant. They prepared “Western Wrap.”
Intermediate Division

Super-Quick Beef Taco Soup

1/2 lb. CAB® deli-style roast beef, cut into 1-in. pieces
1 cup mild or medium salsa
1/2 cup red or green bell pepper, chopped
1/2 tsp. ground chili powder
1 tsp. dried cilantro
1 Tbs. fresh chopped cilantro
1 can (14.5 oz.) ready-to-serve chicken broth
1 small can corn or 1 cup frozen corn
corn tortilla chips
1 small tomato, chopped
1/2 cup shredded cheddar or Co-Jack cheese

Mix salsa and bell pepper in a 2-quart saucepan. Heat quickly until peppers soften. Add chili powder, cilantro, corn and broth. Heat to boiling; reduce heat and simmer, uncovered, for 15 minutes.

Divide beef and place 4-6 broken tortilla chips among 4 soup bowls. Pour soup over beef and tortilla pieces. Top with tomatoes and cheese.
Serve with tortilla chips, salsa, guacamole and tortilla rollups.

CAB Deli Wrap

3 slices any CAB® deli-style meat
1 chopped spring onion
1/4 cup chopped fresh tomato
herbed cream cheese
baby salad greens
seasoned flour tortilla

To prepare one serving, spread tortilla with cream cheese. Layer deli meat, greens, tomato and onion. Roll tortilla. Enjoy.

CAB Orange Barrel Hoagies

3-4 lb. CAB® deli-style roast beef
Mozzarella, Provolone, Cheddar or other cheese
1 large vidalia onion, sliced in thin wedges
hoagie buns or Texas toast
butter

Toast buttered hoagie bun in toaster oven. Sauté onions and mushrooms, heat the meat and place on hoagie bun. Top meat with onions and mushrooms, then cheese. Return to oven and warm.

Placing first in the recipe category of the intermediate deli meat division is Kansas. Team members are (from left) Peter Lundgren, Ottawa; Brooke Bergkamp, Arlington; Bailey Shaw, Erie; Tanner Rayl, Hutchinson; and Jacinda Dickinson, Glasco. The team prepared “Super-Quick Beef Taco Soup.”

Maryland team members in the intermediate deli division include (from left) Jessica Clarke, Rocky Ridge; Emily Velisek, Gaithersburg; Candace Howard, Keymar; Shelby Stabler and Kelsey Stabler, both of Laytonville; and Tyler Donnelly, Emmitsburg. They prepared “CAB Deli Wrap.”

Michigan team members in the intermediate deli division include (from left) Drew Bordner, Sturgis; Justin Kennedy, Nashville; Hope Bordner, Sturgis; and Jeannine Wilson, Gregory. They prepared “CAB Orange Barrel Hoagies.”
Intermediate Division  

**Nebraska Beef Taco Wraps**

- ⅝ lb. CAB® deli-style roast beef, thinly sliced
- ⅜ cup black bean dip
- 4 large flour tortillas
- 1 cup thinly sliced lettuce

Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving ⅛-in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.

Cut each roll in half. Serve with salsa, if desired.

Nutritional information per serving:
- 455 calories
- 39 g protein
- 41 g carbohydrates
- 15 g fat
- 1,497 mg sodium
- 94 mg cholesterol
- 3.5 mg niacin
- 0.4 mg vitamin B6
- 2.7 mcg vitamin B12
- 4.7 mg iron
- 7.3 mg zinc

**Beef Taco Wraps Oklahoma Style**

- ⅝ lb. CAB® deli-style roast beef, thinly sliced
- ⅜ cup fat-free black bean dip
- 4 large (about 10-in. diameter) flour tortillas
- 1 cup thinly sliced lettuce
- ⅜ cup chpped tomato

Spread black bean dip evenly over one side of heated tortilla. Layer deli roast beef over bean dip, leaving ⅛-in. border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up and over filling and roll closed.

Cut each roll in half. Serve with salsa, sour cream and guacamole dip.

**Oklahoma team members in the intermediate deli division include**
- (from left) Brooklynn Bell, Delaware; Maegan Nunley, Marlow; Jacey May, Stillwater; Justin Strate, Enid; Kass Pfeiffer, Orlando; and Colton Hendricks, Anadarko. They prepared “Beef Taco Wraps Oklahoma Style.”

**Nebraska team members in the intermediate deli division include**
- (from left) Jara Settles, Hoskins; Kortney Nelson, Crete; Mercedie Weber, Albion; and Jessica Clowser, Milford. They prepared “Nebraska Beef Taco Wraps.”

**Intermediate Division continued**
Cajun Roast Beef with Pasta & Veggies

1 lb. CAB® deli-style roast beef  
12 oz. of your favorite pasta  
2 Tbs. olive oil  
½ tsp. bottled minced garlic (or fresh)  
1 small onion, sliced into rings  
1 each — small green, red and orange bell peppers, thinly sliced  
2 Tbs. Cajun seasoning, or to taste  
½ cup chopped fresh mushrooms  
1 cup dried tomato vinaigrette dressing  
1 cup shredded Mozzarella cheese (optional)

Cook pasta according to package directions and drain. Sauté garlic, peppers, onions, mushrooms and 2 tsp. Cajun seasoning in olive oil until veggies are tender.

Cut roast beef into strips and sprinkle with Cajun seasoning. Combine veggies, roast beef, pasta and dressing, tossing to coat. Garnish with Mozzarella cheese, if desired.

Placing first in recipe showmanship and overall in the senior deli meat division is Kansas. Team members are (from left) David Lundgren and Kristen Lundgren, both of Ottawa; Courtney Rump, Galva; Ky-leigh Santee, Langdon; Tess Ludwig, Ottawa; and Chelsea Dickinson, Glasco. They prepared “Cajun Roast Beef with Pasta and Veggies.”