Beans for Real Cowboys

16 oz. CAB® frankfurters, sliced into 1-in. chunks  
6 CAB® precooked hamburger patties, crumbled  
1 can pork and beans  
1 can kidney beans  
1 can butter beans  
½ cup molasses  
1 Tbs. mesquite liquid smoke  
1 cup barbecue sauce  
1 green onion, sliced  
2 strips bacon

Mix all ingredients, except bacon. Pour into Dutch oven, laying bacon on top. Heat through over a campfire, stirring often. (Or mix in a microwave-safe bowl and microwave until hot.) Serve with corn bread.

Keep on Truckin’ Quick-N-Easy™ Panini Sandwiches

1-2 pkgs. CAB® Quick-N-Easy™ pot roast  
Sauce:  
1 medium Vidalia sweet onion, finely chopped  
1 medium tomato, finely chopped  
½ Tbs. minced jalapeño pepper  
½ Tbs. minced cilantro  
1 (8 oz.) container of sour cream

Prepare meat according to package directions, drain and shred. Set aside. Combine sauce ingredients and set aside. In panini grill, cook green pepper and onion in oil until tender, remove from pan and set aside. Butter one side of each slice of bread. Place 4 slices of bread, butter side down, on work surface, top with 1-2 slices of cheese, shredded beef, green pepper and onion (if desired), avocado and about 2 Tbs. of sauce. Top with remaining slices of bread, butter side up. Cover and cook over medium heat about 4 minutes or until golden brown, turning once. Serve warm.

“Priceless” Philly Beef ‘n’ Cheese Sandwich

1 17-oz. pkg. CAB® Quick-N-Easy™ pot roast  
8 oz. sliced Provolone cheese  
4 hoagie rolls  
1-2 white onions, thinly (approximately ½-in.) sliced and sautéed  
1 large bell pepper, cut in thin (approximately ½-in.) strips and sautéed butter or margarine

Turn oven to low broil. Heat the roast as directed on package. While roast is heating, split hoagie in half lengthwise and spread both halves with butter or margarine. Toast the bottom half of the hoagie roll in oven and remove. Once the roast is heated, flake or shred into four equal portions. Place 2 oz. of sliced cheese on each toasted hoagie roll and top with ¼ of the roast beef. Put both halves of sandwich in oven, allowing the cheese to melt and the top half of the hoagie roll to toast to a golden brown. Top with sautéed onions and peppers as desired. Yields 4 sandwiches. Tastes delicious with cole slaw and french fries.

Winning showmanship in the junior Quick-N-Easy division is Kansas. Team members are (from left) Trenton Blythe and Eric Blythe, both of White City; and Ransom and Cole Gardiner, both of Ashland. They prepared “Beans for Real Cowboys.”

Michigan team members in the junior Quick-N-Easy division include (front row, from left) Justin Ruggles, Kingston; Dylan Kennedy, Nashville; (back row, from left) Breanna Taylor, Gregory; Rachel Reid, Eaton Rapids; and Dee Anne Merriman, Lowell. They prepared “Keep on Truckin’ Quick-N-Easy Panini Sandwiches.”

Missouri team members in the junior Quick-N-Easy division include (from left) Chase Thummel, Sheridan; Hannah Bartholomew, Archie; Caleb Sayre, Creighton; Sam Wallace, Stotts City; Jason Thompson, Mount Vernon; and Jake Heimsoth, Lathrop. They prepared “Priceless” Philly Beef ‘n’ Cheese Sandwich.”

CONTINUED ON PAGE 202
Heat oil in a medium skillet over medium heat. Add onion and garlic powder. Cook until tender — about 10 minutes. Add beef, cook until heated through. Remove from heat. Stir in 1 cup cheddar cheese.

Preheat oven to 350° F. Unroll crescent roll dough. Separate into 8 rectangles. Pinch perforations to seal. Spread 1 Tbs. salsa over each rectangle to within 1/2 inch of edges.

Grease a baking sheet. Spoon 1/3 beef mixture over each rectangle. Roll up dough from short end; press edges together to seal. Place chimichangas seam-side-down on baking sheet.

Bake chimichangas until golden brown — about 20 minutes. Top with remaining cheese. Bake until cheese is melted. Top with sour cream and green onions.

3 Tbs. vegetable oil
1 small onion, chopped
1 tsp. garlic powder
2 1/2 cups CAB® shredded beef
2 cups shredded cheddar cheese

Intermediate Division

Cruella’s Wickedly Delicious Prime Rib Dinner with Blazin’ Sauce

4 6-oz. CAB® precooked prime rib portions
Cruella’s Special Seasoning:
2 Tbs. seasoning salt
1 Tbs. mustard powder
1 tsp. black pepper
1/2 tsp. dry mesquite flavored seasoning
Blazin’ Sauce:
1 can (4 oz.) chopped green chiles
1/2 cup whipping cream
1/2 cup dairy sour cream
2 Tbs. chopped fresh cilantro

Take thawed, precooked prime rib and quickly chargrill 1-2 minutes per side to give flavor. Season lightly with Cruella’s Special Seasoning. Serve immediately with Blazin’ Sauce and sides.


Serve with 2 cups asparagus pieces (2-inch pieces), 1 medium yellow squash (cut lengthwise in half, then crosswise into 1/4-inch-thick slices), twice-baked cheesy potatoes or corn-on-the-cob and Texas toast.

Integrity is built into the Certified Angus Beef® brand. It is the only brand that tracks every pound of meat from initial identification through sales to consumers, ensuring they get genuine CAB® products.
**Inside-Out Bacon Cheeseburgers**

8 CAB® Quick-N-Easy™ uncooked, frozen hamburger patties
2 Tbs. ranch dressing
4 slices bacon, cooked and crumbled
2 slices American cheese, cut into quarters
4 lettuce leaves
8 slices tomato

Preheat grill to medium heat. Mix ranch dressing with bacon. Spoon about 1 Tbs. of the bacon mixture onto center of 4 of the patties; top with 2 cheese quarters and second burger patty. Pinch edges of patties together to seal.

Grill patties 7-9 minutes on each side or until cooked through (160° F). Cover bottom halves of buns with lettuce and burger patties. Top with tomatoes and top halves of buns.

Makes 4 servings.

**All-American CAB® Sports Dog**

Place frankfurters on grill, turning often, until centers are warm and desired appearance (grill marks or charcoaled) has been reached. Place inside bun and dress with desired condiments, such as ketchup, mustard, onions, chili or relish.

**CAB Hot Beef Sandwich**

1 CAB® Quick-N-Easy™ Pot Roast with Gravy
8 slices sourdough bread
½ cup sliced mushrooms (optional)
½ cup sautéed onions (optional)
¼ cup finely chopped and sautéed sweet red pepper (optional)

Prepare pot roast according to package directions and slice, reserving gravy. Arrange 1 slice of sourdough bread on each plate. Divide pot roast evenly over the bread slices, top with second slice of bread. Serve with mashed potatoes. Just before serving, spoon gravy over sandwiches and potatoes. If desired, ½ cup sautéed onions, or ¼ cup of sliced mushrooms may be heated and added to the gravy, or add finely chopped and sautéed sweet red pepper.

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**Senior Division**

**All-American CAB® Sports Dog**

CAB® frankfurters

Place frankfurters on grill, turning often, until centers are warm and desired appearance (grill marks or charcoaled) has been reached. Place inside bun and dress with desired condiments, such as ketchup, mustard, onions, chili or relish.

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**Kentucky team members in the senior Quick-N-Easy division include**

(front row, from left) Ericka Waggener, Harrodsburg; Luke Ayres, Lancaster; (back row, from left) Deidre Sherrard, Upton; Nikki Bugg, Burgin; Megan Cole, Lancaster; and Charles Toll, Lawrenceburg. They prepared “All-American CAB® Sports Dog.”

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**Inside-Out Bacon Cheeseburgers**

Placing first in showmanship and overall in the intermediate Quick-N-Easy division is Texas. Team members include (from left) Taylor McQueen, Gilmer; Katy Satree, Montague; Gretchen Ettredge, Pilot Point; and Megan Ahearn, Wills Point. They prepared “Inside-Out Bacon Cheeseburgers.”

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**CAB Hot Beef Sandwich**

Placing first in the recipe category of the senior Quick-N-Easy division is Minnesota. Team members include (from left) Alison Johnston, Houston; Bethanie Meiners, Caledonia; Taylor Waugh, Goodhue; and Chelsey Drysdale, Wabasha. They prepared “CAB Hot Beef Sandwich.”

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CONTINUED ON PAGE 204
Heat 1/2 Tbs. butter and 1/2 Tbs. garlic in large skillet over medium heat. Sear or lightly brown 2 prime rib slices. Turn only once. Remove; keep warm. Use remaining 1/2 Tbs. butter and 1/2 Tbs. garlic to cook remaining slices of prime rib.

Sauté mushrooms in butter, add wine and sprinkle with seasonings. Top prime rib with sauce and serve.

Holiday CAB® Prime Rib with Mushroom Sauce

4 fully-cooked portions CAB® Quick-N-Easy™ Prime Rib slices (8-10 oz. ea.)
1 Tbs. butter
1 Tbs. minced garlic

Mushroom Sauce:
1 lb. sliced fresh mushrooms
1/4 cup butter
2 Tbs. white wine
1/8 tsp. cumin
1/8 tsp. garlic powder
1/8 tsp. salt and pepper

Mix sauce ingredients. Pour over shredded beef in slow cooker and heat for 4-5 hours on low heat. Serve on onion buns or toasted poor boy buns with pasta salad or bean salad and dill pickles. This can also be prepared with a 4- to 5-lb. boneless chuck roast. Cook beef in sauce for 5 hours. Cool and pull meat using two forks. Return to sauce and reheat.

Quick & Easy Pulled Beef

4 lb. CAB® Quick-N-Easy™ shredded beef
1/4 cup dark brown sugar
1 tsp. Worcestershire sauce
1 tsp. Tabasco® sauce
1 tsp. salt, or to taste

1/4 tsp. ground black pepper
1 1/2 cups ketchup
2 onions, chopped
1 cup vinegar

With Quick-N-Easy CAB, Santa won’t have to be late, according to the Oklahoma senior team.