



# QUICK-N-EASY COMPETITION



## Junior Division

### Beans for Real Cowboys

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



► 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.”

### 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
- ½-1 Tbs. minced jalapeño pepper
- ½-1 Tbs. minced cilantro
- 1 (8 oz.) container of sour cream

#### Sandwiches:

- 1 green pepper, cut in strips
- 1 onion, cut in thin wedges
- 1 Tbs. oil
- 3 Tbs. butter, softened
- 8 slices firm Italian or sourdough bread, ½-in. thick
- 1 avocado, thinly sliced
- 8-12 slices of your favorite cheese (Provolone, Pepper Jack, etc.)

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.



► 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.”

### “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.



► 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



## QUICK-N-EASY COMPETITION



### Junior Division CONTINUED



► Placing first in recipe and overall in the junior Quick-N-Easy division is South Dakota. Team members are (from left) **Brittany Bush**, Britton; **Alex Rogan**, Brandon; and **Kylee Geppert**, Mitchell. They prepared “Baked Beef Chimichangas.”

### Baked Beef Chimichangas

- |                                |                                    |
|--------------------------------|------------------------------------|
| 3 Tbs. vegetable oil           | 2 (8 count) cans of crescent rolls |
| 1 small onion, chopped         | ½ cup salsa                        |
| 1 tsp. garlic powder           | ½ cup sour cream                   |
| 2½ cups CAB® shredded beef     | ¼ cup chopped green onions         |
| 2 cups shredded cheddar cheese |                                    |

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 ½ inch of edges.

Grease a baking sheet. Spoon ½ 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.



### Intermediate Division



► Placing first in the recipe category of the intermediate Quick-N-Easy division is Kansas. Team members are (from left) **Meghan Blythe**, White City; **MacKenzie Flory**, Baldwin City; **Esther McCabe** and **Hannah McCabe**, both of Elk City; and **Allison Blythe**, White City. They prepared “Cruella’s Wickedly Delicious Prime Rib Dinner with Blazin’ Sauce.”

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

- |   |                                    |
|---|------------------------------------|
| 4 6-oz. CAB® precooked prime rib portions | 1 Tbs. garlic salt                 |
|   | 1 tsp. paprika                     |
| <b>Cruella’s Special Seasoning:</b>       | <b>Blazin’ Sauce:</b>              |
| 2 Tbs. seasoning salt                     | 1 can (4 oz.) chopped green chiles |
| 1 Tbs. mustard powder                     | ½ cup whipping cream               |
| 1 tsp. black pepper                       | ½ cup dairy sour cream             |
| ½ tsp. dry mesquite flavored seasoning    | 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.

Prepare sauce by placing green chiles in blender container. Cover. Puree until smooth. Combine chiles and whipping cream in small, heavy saucepan. Cook over medium heat until hot, about 5 minutes, stirring frequently. Stir in sour cream and cilantro. Cook and stir 1-2 minutes until heated through. Do not boil.

Serve with 2 cups asparagus pieces (2-inch pieces), 1 medium yellow squash (cut lengthwise in half, then crosswise into ¼-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.**





# QUICK-N-EASY COMPETITION



## Intermediate Division CONTINUED

### Inside-Out Bacon Cheeseburgers

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|---|---|
| 8 CAB® Quick-N-Easy™ uncooked, frozen hamburger patties | 2 slices American cheese, cut into quarters |
| 2 Tbs. ranch dressing                                   | 4 hamburger buns, split, lightly toasted    |
| 4 slices bacon, cooked and crumbled                     | 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.



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

## 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.



► 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.”

### CAB Hot Beef Sandwich

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|---|--|
| 1 CAB® Quick-N-Easy™ Pot Roast with Gravy | ½ cup sautéed onions (optional)                              |
| 8 slices sourdough bread                  | ¼ cup finely chopped and sautéed sweet red pepper (optional) |
| ½ cup sliced mushrooms (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 ½ cup of sliced mushrooms may be heated and added to the gravy, or add finely chopped and sautéed sweet red pepper.



► 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.”

CONTINUED ON PAGE 204



# QUICK-N-EASY COMPETITION



## Senior Division CONTINUED



► Placing first in showmanship and overall in the senior Quick-N-Easy division is Oklahoma. Team members are (from left) **Kelsey Pfeiffer**, Orlando; **Cali Emberson**, Nowata; **Karisa Pfeiffer**, Orlando; **Jordan Davis**, Foss; and **Gina Blanton**, Marlow. They prepared "Holiday CAB Prime Rib with Mushroom Sauce."

### 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  
¼ cup butter  
2 Tbs. white wine  
⅛ tsp. cumin  
⅛ tsp. garlic powder  
⅛ tsp. salt and pepper

Heat ½ Tbs. butter and ½ Tbs. garlic in large skillet over medium heat. Sear or lightly brown 2 prime rib slices. Turn only once. Remove; keep warm. Use remaining ½ Tbs. butter and ½ 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.



CANDID PHOTOS BY SHAUNA ROSE HERMEL

► Angus enthusiasts of all ages enjoyed the performances of the Cook-Off teams.



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

## Adult Division



► The Illinois moms took the stage for a musical performance and shared a recipe for "Quick & Easy Pulled Beef."

### Quick & Easy Pulled Beef

4 lb. CAB® Quick-N-Easy™ shredded beef  
¾ cup dark brown sugar  
1 tsp. Worcestershire sauce  
1 tsp. Tabasco® sauce  
1 tsp. salt, or to taste

¼ tsp. ground black pepper  
1½ cups ketchup  
2 onions, chopped  
1 cup vinegar

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.

