



WINNERS!

GRAND PRIZE (\$100 VISA Gift Card, a “Cow are you, today?” coffee mug and a cow print potholder):

SARA MOSIER of CLAWSON INSURANCE AGENCY, INC. in DEER LODGE, MT Her recipe for **Corn Tortilla Pizzas** caught the judges’ eyes. You’ll find it on page 11 of the Recipe Book!

PLUS -- 14 more winners each receive a “Cow are you, today?” coffee mug and cow print potholder:

Dianne O’Donnell of The Home Agency in Gothenburg, NE

Rebecca Southerland of J.T. Neal Insurance Agency, Inc. in Lawton, OK

Marlene Roullier of Hometown Insurance Agency, Inc. in Ronan, MT

Becca Golightly of Naylor Insurance, Inc. in Preston, ID

Aimee Martin of Archer Insurance Agency in Garnett, KS

Linda Winters of Win Hill Insurance Associates, Inc. in Hill City, KS

Debra Spain of Union Colony Insurance in Greeley, CO

Tonia Esparza of High Plains Insurance in Lamar, CO

Aubrey Petersen of Petersen Insurance Agency in Wendell, ID

Starla Rindt of Town & Country Insurance, Inc. in Kremmling, CO

Dianne Houck of Brown Insurance in Gettysburg, SD

Pam Passauer of Newkirk, Dennis & Buckles, Inc., in Neodesha, KS

Michelle Weatherly of Harty Insurance, Inc., in Jamestown, ND

Jill Vazquez of First Tribune Insurance in Tribune, KS

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Whiskey Steak Kabobs

2 lbs. Sirloin steak, cut into desired size
of cubes to put on skewers
1 large green pepper, cut into chunks to
put on skewers

1 container whole mushrooms
1 large onion, cut into chunks to put on
skewers
½ cup Italian dressing

Marinade:

1 cup Italian dressing
½ cup whiskey

3 tablespoons steak sauce
Salt and pepper to taste

Add cut up sirloin to the marinade mixture. Allow to marinate for 1 hour. Add all ingredients to skewer sticks (metal or wooden) alternating meat and vegetables. Cook on grill about 5-10 minutes on each side, to desired doneness. In the last minute of grilling, brush vegetables and meat with ½ cup Italian dressing. Serve.

Diane O'Donnell, The Home Agency, Gothenburg, NE

Broccoli Lasagna

1lb. ground beef
1 can spaghetti sauce
1 cup cottage cheese
1 cup ricotta cheese
2 eggs

¼ teaspoon black pepper
1 20 oz. frozen chopped broccoli
1 cup shredded mozzarella cheese
¼ cup parmesan cheese
2 pieces of toasted bread

Brown ground beef, add spaghetti sauce and crumble in one slice of toasted bread and set aside. Thaw broccoli, mix in cottage cheese, ricotta cheese, pepper and eggs. Crumble in second slice of toasted bread. In a 9x13 pan, layer half of meat mixture, then cheese and broccoli mixture. Evenly spread shredded mozzarella cheese as a third layer. Spread second half of meat mixture over top and sprinkle with parmesan cheese. Cover with foil and bake at 325 degrees for 45 min. Adapts well to a microwave oven.

Vicky Gowin, Golden Plains Insurance Agency, Walsh, CO

Family Favorite

1lb. ground beef 4-5 tablespoons Cheez Whiz (depends on how cheesy they want it)
1 can Ranch Style Beans Cornbread

Instructions: Cook ground beef until done. Add ranch style beans and Cheez Whiz and mix until beans are hot and Cheez Whiz is melted. Cook cornbread. When both are finished, put the meat mixture over the top of the cornbread!!! Easy and yummy dinner!!!

Rebecca Southerland, J.T. Neal Insurance Agency, Inc., Lawton, OK

Garlic Butter Pan Seared Flank Steak

Prep Time: 5 minutes Total Time: 15 minutes Cook Time: 10 minutes

Ingredients

10 oz. flank steak (not more than 1" thick)	3 tablespoons unsalted butter
Salt and Pepper	4 garlic cloves, peeled and smashed
½ tablespoon olive oil	6-7 sprigs of fresh thyme

Directions

1. Trim steak and pat completely dry and allow it to rest at room temperature for at least 20 minutes (this will prevent your pan from losing heat quickly).
2. Season on both sides with salt and pepper.
3. Heat the olive oil in a skillet over medium high heat, Sear steak on first side for 4-5 minutes, until the bottom is browned--do not move the steak.
4. Reduce heat to medium carefully flip the steak, add the butter, smashed garlic and fresh thyme to the pan.
5. Hold the pan handle with one hand (use a towel, as it will be hot) and tilt the pan slightly, use your other hand to spoon the melted, bubbling butter mixture over the steak repeatedly until it is cooked to medium-rare (note: cooking time will depend on the thickness of the steak--if your steak is 1" thick, a medium-rare cook time is about 10 mins).
6. Remove the steak and allow it to rest on a cutting board for 5 minutes. Slice thinly against the grain and serve immediately

Michelle Jardon, Sechrist Insurance, Monte Vista, CO

7-UP Chili

½ medium red pepper, chopped	1 10 oz. can Ro-tel tomatoes with chilies
1 medium green pepper, chopped	1 10 oz. can tomato soup
1 large onion, chopped	1 package Williams Chili Seasoning (for 2 lbs. meat)
2 lbs. ground beef	¼ teaspoon garlic powder
16 oz. 7-UP	½ teaspoon freshly ground black pepper
2 28 oz. cans diced tomatoes	2 cans Bush's Chili Beans
1 12 oz. can tomato paste	1 teaspoon salt

Saute onions and peppers in non-stick skillet while browning meat in another skillet. Drain ground beef. Add onions and peppers. Add 7-UP and simmer for 10 minutes. Put other ingredients into crock pot or pan. If cooking in pan on stove, leave out beans until last 10 minutes before serving. If using Crock Pot, add all ingredients and cook on low several hours.

Jeanette Friesen, Miller Insurance Agency, Inc., Newton KS

Baked Beef Stew

14-½ oz. diced tomatoes (undrained)	2 lbs. beef stew meat (1 inch chunks)
1 cup water	3 potatoes, peeled and quartered
3 tablespoons quick-cooking tapioca	4 carrots (1 inch chunks)
2 teaspoons sugar	2 celery ribs (¾-inch chunks)
1-½ teaspoons salt	1 onion, cut into chunks
½ teaspoon pepper	1 slice of bread, cubed

In large bowl, combine tomatoes, water, tapioca, sugar, salt and pepper. Add remaining ingredients and mix well. Pour into greased 13x9x2 pan. Cover and bake at 375 for 1-3/4 to 2 hours, until meat and veggies are tender.

Debra Spain, Union Colony Insurance, Greeley, CO

Beef Pot Roast

5 lbs. boneless beef chuck roast(s)	1 envelope brown gravy mix
1 envelope ranch salad dressing mix	½ cup water
1 envelope Italian salad dressing mix	

Directions

Place the chuck roasts in a 5-qt. slow cooker. In a small bowl, combine the salad dressings and gravy mix; stir in water. Pour over meat. Cover and cook on low for 7-8 hours or until tender. If desired, thicken cooking juices for gravy. Yield: 12-15 servings.

Marlene Roullier, Hometown Insurance Agency, Inc., Ronan, MT

Beef Tacos

This is a recipe that I made up and I change it almost every time I make it, but it is good no matter what spices I have added. I cook a roast (or two) in the crock pot all night. The next day I put the roast in a large pan on the stove and mix the meat with various spices like salt, pepper, Garlic Salt or Garlic Powder, Minced Onions, Uncle Bob's spices and parsley. Sometimes I add taco seasoning from the package, but I would rather just make my own.

The shredded beef makes a good meal with mashed potatoes or you can use it as a base for tacos or sanchos and add any ingredients that you like for your Mexican food. It is simple and with a large family and limited time we use this recipe for many different recipes and meals.

Tammy Marrs, Ayres Insurance Agency, LLC, Miltonvale, KS

Smoked Beef Brisket

Brisket Rub Recipe

2 tablespoons peppercorn	1 teaspoon onion powder
1 tablespoon whole cumin	2 tablespoons paprika
¼ tablespoon sugar	2 tablespoons ground mustard
¼ cup sea salt (or regular table salt)	2 tablespoons chili powder
1 teaspoon garlic powder	1 teaspoon New Mexican Chili Pepper

Rub brisket and refrigerate overnight. Prepare smoker to 225 degrees and maintain heat. Smoke until internal temp reaches 165-170 degrees. Wrap in aluminum foil for 3-4 hours. This keeps the meat juicy and tender. Once the internal temp reaches 185, it is done. For even more tender meat – put the brisket in an ice cooler lined with aluminum foil for a few hours, or until ready to eat. Slice & enjoy!

Becca Golightly, Naylor Insurance, Inc., Preston, ID

Runza Casserole

2 packages crescent rolls	1-½ lbs. ground beef
1 medium onion, chopped	Salt and pepper to taste
1 medium head cabbage, chopped	1-½ cups shredded cheese
1 or 2 cans mushroom soup	

Brown ground beef. Add chopped onion, chopped cabbage and seasonings. Simmer about 15 minutes. Drain well. Cover bottom of a 9x13 pan, sprayed with Pam, with 1 package of crescent rolls. Spread beef mixture over roll layer. Spread mushroom soup over beef mixture. Sprinkle cheese over soup and spread second package of crescent rolls over top. Bake at 350 for 30-35 minutes. If you like bierocks, you will like this casserole.

Donna McDonald, Banco Insurance, Haviland, KS

Easy Bean Dip - Perfect for game days!

1 lb. hamburger	2 2.5 oz. cans sliced olives
1 small chopped onion	1-2 cups shredded cheese (Monterey jack, cheddar, Colby jack, etc.)
1 16 oz. can refried beans	
1 4 oz. can chopped green chilies	1 jar picante sauce

Brown hamburger with onions, then combine refried beans. Coat bottom of an 8"x8" (or similar) baking dish with beef/bean mixture. Add green chilies and olives for second layer. Cover with cheese and spread the picante sauce on top. Bake at 350 degrees for about 30 minutes. Serve with chips and some brewskis and enjoy!

Laura Horgus, KW Insurance, Inc., Sunburst, MT

Beef Stroganoff

This is the recipe for my Grandma Brite's Beef Stroganoff. She was from Bohemia and moved to the US as a little girl. She and my grandfather had a black angus cattle farm in eastern KS. She made this recipe often for the family when they came in from the fields.

4 lbs. beef chuck roast, tenderloin or stew meat cut into 1/2" thick strips.	1 tablespoon worcestershire sauce
1 cup sliced mushrooms	2 tablespoons butter
1/2 cup red wine	1 teaspoon dijon mustard
1/4 cup butter	1 large onion, diced
1 teaspoon salt	1-2 teaspoons crushed red pepper flakes
1/4 cup all-purpose flour	3 cloves garlic, minced
1/2 teaspoon ground black pepper	1/2 cup sour cream
1-1/2 cups beef stock or broth	2 tablespoons butter
1 tablespoon extra-virgin olive oil or vegetable oil	1 (3 oz.) package cream cheese, softened

Directions:

1. Place the beef into a large bowl. Stir in red wine, salt and black pepper. Marinate for about 10 minutes, then remove beef and pat dry with paper towel. Reserve remaining marinade.
2. Heat the oil in a large skillet over medium heat. Stir in the beef; cook and stir until browned, then transfer to a plate, 5-7 minutes. Drain any remaining grease from skillet. Melt 2 tablespoons butter over medium heat. Stir in the onion, garlic and a pinch of salt. Cook and stir until the onion is soft and translucent. Transfer the onion mixture to the plate with the beef; set aside.
3. Melt 2 tablespoons butter in the same skillet over medium heat, and stir in the mushrooms. Cook and stir until the mushrooms are tender, about 10 minutes. Place the cooked mushrooms in a bowl and set aside. Melt 1/4 cup butter in the skillet. Whisk in the flour, cook and stir for about 4 minutes until golden brown. Slowly whisk in the beef stock. Bring to boil, stirring constantly. Reduce heat to medium/low. Pour in the reserved red wine marinade, Worcestershire sauce, mustard and red pepper flakes. Add beef and onion mixture. Cover and simmer until meat is tender, about 1 hour. Season with salt and black pepper to taste.
4. Stir in the mushrooms, sour cream and cream cheese about 5 minutes before serving.

Aimee Martin, Archer Insurance Agency, Garnett, KS

Crock Pot Beef Stroganoff

4 cans cream of mushroom soup	8 oz. sour cream
2 lbs. beef stew meat	2 tablespoons onion flakes

Mix all in crock pot & cook on low for 8 hours. Serve over cooked rice or noodles.

Linda Winters, Win Hill Insurance Associates, Inc., Hill City, KS

Hamburger Sausage (4 Day)

I make this during the holidays for the cheese and cracker plates that we have when company comes. The extra rolls can be frozen until needed.

5 lbs. hamburger (cheap)	2-½ teaspoons garlic salt
5 teaspoons Morton Tender quick salt	1 teaspoon hickory smoke salt
2-½ teaspoons whole mustard seed	

Mix thoroughly. Cover and put into the fridge.

Day 2 – Mix Day 3 – Mix Day 4 – Mix and form into 5 rolls

Place on broiler pan. Place on bottom rack of oven. Set oven to approx. 140 to 150 degrees and bake 10 to 12 hours. Let it cool before slicing.

Debra Spain, Union Colony Insurance, Greeley, CO

Roast Beef Quiche

A quiche that can serve triple-duty: Breakfast, lunch, or dinner. It's the perfect blend of flavors, with enough beef to make it hearty, yet not heavy. Serve this easy roast beef quiche any time you feel like making an easy, tasty meal. Serves: 6, Cooking Time: 35 min

1 unbaked pastry shell (9 inches)	1 tablespoon steak sauce
1- ¾ cups finely chopped cooked roast beef	⅛ teaspoon each dill weed, dried basil & dried oregano
¼ cup chopped green onions	Salt and pepper to taste
1 tablespoon all-purpose flour	2 cups (8 oz.) shredded cheddar cheese
4 eggs	½ cup chopped green bell pepper
½ cup evaporated milk	

Instructions

1. Preheat oven to 450°F.
2. Line unpricked pastry shell with a double thickness of heavy-duty foil.
3. Bake at 450°F for 5 minutes; remove foil.
4. Bake 5 minutes longer.
5. Reduce heat to 375°F.
6. Sprinkle beef and onions into the crust.
7. In bowl, beat the flour and eggs until smooth.
8. Add milk, steak sauce and seasonings; beat until smooth.
9. Stir in cheese and green pepper.
10. Pour into crust.
11. Bake for 25 minutes or until center is set.
12. Let stand for 10 minutes before cutting.

Tonia Esparza, High Plains Insurance, Lamar, CO

Hot & Cheesy Hamburger Dip

2 lbs. hamburger	1 can cream of mushroom soup
1 lb. Jimmy Dean sausage	1 16 oz. jar Pace Picante Sauce
4 lbs. Velveeta cheese (cubed)	

Fry hamburger & sausage until crumbled. In crockpot, add all ingredients and set on high until cheese is melted, mixing occasionally. Once cheese is melted, turn to low. Serve with chips.

LeeAnn Overby, Steffes Agency, Bismarck, ND

Beef Quinoa Stuffed Peppers

Ingredients

5 bell peppers	1-3 teaspoons red pepper flakes
1 lb. grass fed ground beef	¼ cup tomato paste
1 tablespoon olive oil	¼ cup water
1 onion, chopped	1 cup cooked quinoa
4 cloves garlic, chopped	½ cup fresh chopped parsley
1 medium eggplant, cut into 1-inch cubes	5 oz. shredded mozzarella cheese

Instructions

1. Preheat oven to 350 F.
2. Halve and seed the bell peppers. Lay the peppers in single file on a rimmed baking sheet and cook for 20 minutes. In the meantime, heat one teaspoon of olive oil in a large non-stick sauté pan and add in ground beef along with some salt and pepper. Use a wooden spoon or spatula to break up the meat and cook for about five minutes or until the meat is browned. Remove the meat from the pan and set aside.
3. Add the remainder of the olive oil into the pan along with the onions, and garlic. Cook for about three minutes before stirring in the eggplant, red pepper flakes, and another kiss of salt and pepper. Cook until all of the veggies are soft and tender (this will take about 10 or 15 minutes). If the pan seems dry add a splash of water.
4. Add the tomato paste and water to the veggies and stir until all the veggies have been coated with the tomatoes. Add the beef back to the pan along with the quinoa and adjust the seasonings. Shut off the heat and stir in the parsley.
5. Stuff each pepper with about a half-cup of beef and quinoa filling (or as much as it takes to fill the pepper). Pop the peppers back into the oven for about 20 minutes or until heated through. Remove from the oven and top each pepper with one tablespoon of cheese and then finish them in the oven for another five minutes or until the cheese has melted.

Aubrey Petersen, Petersen Insurance Agency, Wendell, ID

Prime Rib Roast

Prime rib roast, with or without bone (any size), bottom round center cut

Preheat oven to 550°F degrees. Make a rub of salt, pepper and garlic powder, and apply to meat. Place meat in a shallow roasting pan fat side up. Roast at 550°F at 5 minutes per pound for RARE, 6 minutes per pound for MEDIUM and 7 minutes per pound for WELL DONE. Turn off oven at the end of cooking time and DO NOT OPEN OVEN DOOR FOR TWO HOURS. At the end of the 2 hours, remove meat from oven to slice; it comes out perfect every time.

Melanie Mortensen, Boxler Insurance, Norton, KS

Steakhouse Flavored Shepherd's Pie

2 lbs. potatoes, peeled and cut into chunks	2 tablespoons all-purpose flour
Salt	1-½ cups beef stock
½ tablespoon extra-virgin olive oil	2 tablespoons Worcestershire sauce
4 slices good quality bacon, chopped	1 egg yolk
2 lbs. ground beef	3 tablespoons sour cream
1 onion, chopped	½ lb. crumbled blue cheese,
½ lb. button mushrooms, quartered	3 to 4 tablespoons chives
Black pepper	1 teaspoon paprika
2 tablespoons butter	

Place potatoes in a pot, cover with cold water and salt and bring to a boil. Boil potatoes until tender. Save a ladle of starchy cooking water just before draining. Heat a large skillet over medium high heat. Add extra-virgin olive oil, and the bacon. Crisp bacon and remove to paper towel lined plate. Add ground beef to the pan cook the meat, 4 to 5 minutes. Add in the mushrooms and onions and cook until tender, season with salt and pepper. While meat cooks, heat a small sauce pot over medium heat and melt butter, whisk the flour into butter, cook 2 minutes then whisk beef stock into flour, add Worcestershire and season sauce with salt and pepper, to taste. Thicken 6 to 7 minutes. Pour gravy over meat and turn on broiler. Temper egg yolk by beating it with the starchy potato cooking water. Place drained potatoes back into the pot you cooked them in to dry them out a little. Mash potatoes with egg yolk and sour cream, then fold in crumbled blue cheese and chives. Season the potatoes with salt and pepper and spread across the top of the meat in an even layer. Garnish the potatoes with paprika and place under broiler to crisp and brown the potatoes, 2 to 3 minutes. Crumble reserved bacon over top. Serve immediately right from the hot skillet.

Starla Rindt, Town & Country Insurance, Inc., Kremmling, CO

Lasagna

This is a popular birthday supper request from all my kids. With my family, I double this and make 2 pans.

1 box lasagna noodles	1 tablespoon pepper
2 lbs. hamburger (I use 93% lean)	1 tablespoon Italian Seasoning
1 large onion, chopped	1 jar Prego or Ragu chunky spaghetti sauce
1 large green pepper, chopped	1 16 oz. container cottage cheese
1 small package mushrooms, sliced (or a medium can)	2 cups 6-cheese Italian blend shredded cheese
2 cloves garlic, minced	2 cups shredded mozzarella cheese
1 tablespoon Mrs. Dash Steak Seasoning	Parmesan cheese, grated or shredded

1. Preheat oven to 400. Cook lasagna noodles according to direction on package. If it calls for salt, you can leave it out for lower sodium intake. Drain the water, cover the pan and set aside until ready to layer.
2. Brown hamburger in large skillet with veggies, mushrooms and seasonings. If there is too much grease, drain it off. Add the spaghetti sauce to the meat mixture, simmer for about 10 minutes.
3. Spray a deep 13x9 pan with Pam or comparable canola spray. Place a double layer of noodles on the bottom of the pan. Top with half of the meat mixture, then the cottage cheese, then ½ of each of the shredded cheeses. Layer with remaining noodles, top with remainder of meat mixture, then remaining shredded cheeses. Top with parmesan cheese, as much as you like (I am generous with it).
4. Bake 45-50 minutes, until the cheese on the top is starting to brown. Remove from oven, let sit for few minutes before cutting and serving.

Dee Vinton, BW Insurance, Rushville, NE

Barbeque Meatballs

3 lbs. ground beef	1 can evaporated milk
2 eggs	2 teaspoons salt
1 cup quick oats	1 teaspoon pepper

Mix together and form into balls. Place in a baking dish.

Sauce:

3 cups catsup	1 tablespoon liquid smoke
¼ cup minced onion flakes	1-½ cups brown sugar
2 teaspoons garlic powder	

Mix together and pour over meatballs. Bake at 350 degrees for one hour. Delicious.

Norma Rooks, Coffin Insurance Agency, Council Grove, KS

Corn Tortilla Pizzas

1-¼ lbs. ground beef	¾ cup chopped olives
1 small onion, chopped	1 envelope taco seasoning
½ cup green pepper, chopped	1-½ teaspoons dried parsley flakes
3 cans (6 oz.) tomato paste	dried oregano
1-¼ cups water	½ teaspoon salt
1 cup salsa	¼ teaspoon pepper
2 cups fresh or frozen corn	32 corn or flour tortillas (6 inches)
1-½ cups fresh tomatoes, chopped	Shredded cheese

In a skillet over medium heat, cook beef, onion and green pepper until meat is no longer pink. Drain. In a bowl, combine tomato paste and water until blended. Add salsa. Stir into meat mixture. Stir in corn, tomatoes, olives and seasonings. Place tortillas on ungreased baking sheets. Spread each with ¼ cup meat mixture to within ½- inch of the edge (don't go past, edges need to curl up), and sprinkle with ¼ cup cheese. Bake at 375 for 5-7 minutes, or until cheese is melted. You can use bigger tortillas and more goop. These have a fantastic flavor and are really easy to make.

Sara Mosier, Clawson Insurance Agency, Inc., Deer Lodge, MT

Easy Beef Chili

2 lbs. beef (cooked and crumbled)	2 large cans Ranch Style beans
1 package McCormick Chili Seasoning	½ onion, chopped
1 large can stewed tomatoes (crushed and squeezed with hands)	Garlic salt, to taste
1 can original Ro-tel	Pepper, to taste
	Tomato juice, if needed for consistency

Fry the meat with the onion until completely cooked. Add the chili seasoning and stir until the meat is covered. (You can use more or less to your taste). Add the crushed and squeezed stewed tomatoes, Ro-tel and Ranch style beans. Stir and heat to boiling, being careful not to burn the chili. Add your garlic salt and pepper to flavor. If the chili is too thick for your liking, add tomato juice a little at a time until it is the consistency you like. Simmer while you get the bowls, spoons, Fritos, cheese, and whatever else you might like with chili, and enjoy!!! Don't forget to garnish with chopped green onions!!

Bonnie Young, Carson Insurance Group, Mulvane, KS

Mexicali Pie

My grandkids absolutely love this so I have to make a double batch!

1 lb. hamburger	1 can whole kernel corn, drained
1 red bell pepper	1 small can chopped chilies
1 small onion	Grated Cheese
1 cup salsa	Tortilla chips

In large skillet, brown hamburger with the peppers and onions. Turn off heat and drain off fat. Add the salsa, corn, chilies and cheese. Add salt & pepper to taste. Mix well. Pour into a baking dish (8" X 8"). Crush enough tortilla chips to cover the entire top of the dish. Bake at 350 degrees for 30 minutes.

Debra Spain, Union Colony Insurance, Greeley, CO

Baked Tacos

Brown 1-½ lbs. hamburger in skillet. Add a can of refried beans and a small can of tomato sauce and mix together. Put into the "Stand and Stuff" taco shells, cover with grated cheese and bake at 350 for 10 minutes. You can serve them with chopped onions, sour cream, avocados, lettuce, tomato – anything you want. Makes approximately 8. Quick and easy lunch!

Debra Spain, Union Colony Insurance, Greeley, CO

Shredded Roast Beef Sandwiches

2.5 to 3 lbs. roast - lean cut	1 package au jus mix
2 cans beef broth	1 package Italian dressing mix

Mix broth, au jus mix and dressing mix. Pour over roast in roaster and cover with tin foil sealing well. Place lid on roaster. Bake at 325 for 4 hours. Remove from oven and shred meat with two forks. Stir beef into juice and serve on a hoagie roll or large toasted bun. Enjoy with your favorite side dishes.

Dianne Houck, Brown Insurance, Gettysburg, SD

Inflation Steak

3 lbs. ground beef
1 cup cracker crumbs
1 cup cold milk

Salt & pepper
1 can mushroom soup

Mix meat, crackers, milk & seasonings well and press evenly in 13x9 pan. Cover and refrigerate 2 hours or overnight. To prepare, cut meat into squares or make patties. Flour and brown in butter. Place in large baking dish and cover with diluted mushroom soup. Bake covered for 1 hour at 350 degrees.

Pam Passauer, Newkirk, Dennis & Buckles, Inc., Neodesha, KS

Italian Beef

My husband and I adapted this recipe out of an old slow cooker cookbook when we were first married. It is my favorite way to use a beef roast. I almost never use the Crockpot unless I'm making my Italian Beef! It's a fantastic Fall recipe that welcomes you home after a long day and warms you to your toes.

Large beef roast
1 carton beef stock
1 package dry Italian dressing seasoning
1 16 oz. bottle beer (we like to use a good craft beer, but use whatever you're going to drink!)

8 oz. sliced pepperoncini peppers (more or less, depending on heat preference)
Sliced provolone cheese
Italian loaf

Place first 5 ingredients into slow cooker. Cook on low heat for 6-8 hours. Using two forks, shred beef. Preheat broiler. Slice bread into 1" thick pieces. On foil-lined sheet pan, layer bread, beef, and cheese. Broil until cheese is brown and bubbly. Serve immediately.

There are many options with this meal: 1) It makes an excellent traditional beef roast if you slice it instead of shredding. Great if you are doing low carb or have gluten intolerances, or are just looking for something different. 2) My husband likes to pull out some of the juices to make a gravy. We pour it over the broiled sandwich at the table. You can also ladle some of the juices over the meat before topping with cheese if you want it extra messy. ;) 3) *My daughter has a low tolerance for spicy foods. We usually do not put any peppers on her sandwich, just work around to get only meat. The flavor is cooked it, so it still can have a little tingle, but it won't burn her tongue. I like a lot of heat, so I take extra peppers on mine!

Michelle Weatherly, Harty Insurance, Inc., Jamestown, ND

Firecracker Flank Steak

1 (16 oz.) jar chunky salsa or picante sauce	1 teaspoon ground ginger
2 cups orange juice	2 lbs. beef flank steak
½ cup olive oil	2 cups uncooked long grain white or brown rice, prepared according to package directions (6 cups cooked)
2 tablespoons soy sauce	parsley
2 tablespoons packed brown sugar	
2 tablespoons Dijon mustard	

Stir picante sauce or salsa, orange juice, soy sauce, sugar, mustard and ginger in a shallow, nonmetallic dish or gallon size resealable bag. Add beef and turn to coat. Cover the dish or seal bag and refrigerate overnight.

Lightly oil the grill rack and heat grill to medium. Grill beef for 10 minutes for medium-rare or until desired doneness, turning beef halfway through grill time and baste often with picante sauce mixture.

Heat remaining picante sauce mixture in saucepan over med-high heat to a boil. Reduce heat to low. Cook for 10 minutes or until thickened, stir occasionally.

Slice beef and serve with sauce mixture over rice. Sprinkle with parsley to dress.

Aimee Martin, Archer Insurance Agency, Garnett, KS

Beef Tips (Crock Pot)

1 to 2 lbs. beef roast cut into 1" cubes	½ soup can wine (or water)
1 can golden mushroom soup	1 package dry onion soup mix

Mix all together and cook in crockpot 6 to 8 hours on low. Excellent served over rice or noodles.

Carol Gnagy, Elliott Insurance Group, Topeka, KS

Barbacoa (Mexican Bar-b-que)

Step 1: Thaw a cow head out in your dining room (this is from our own heifer we butchered, by the way).



Step 2: Get your husband to dig a big hole in the back yard (it helps if you're a redneck and don't have a finely manicured yard).



Step 3: Make a big fire let it burn to get the hole nice and hot. This will need to burn for most of the day. **IMPORTANT:** Be sure to call your local sheriff beforehand to get permission to burn in town (it also helps if you invite him to dinner afterward. We did



and he came.) P.S. Make sure FAMI is NOT your insurance carrier or they might have issues with the liability issue involved in this step.

Step 4: Season the heck out of the head. Throw in halved onions, whole heads of garlic, garlic powder and salt. (P.S. Notice teeth are still attached to the head. This is important

to give it that real "authentic" touch.) Once the meat is seasoned, cover it in foil completely. Extinguish the fire and put cow head in the hole and cover the hole well with a board and dirt. Notice my husband and step-son did all the work. I "conveniently" managed to stay busy with something else so can't really vouch for this whole process at all.



Step 5: The next day, remove the cow head from the hole. Remove foil and slice meat. We eat just the cheek meat and tongue. Invite all your family and friends and enjoy! It was DELICIOUS!!



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