



by Kaylen Alexander

“CHB Bites” is a column designed to keep you in-the-know about the *Certified Hereford Beef* (CHB®) program. To get involved with CHB on social media, search *Certified Hereford Beef* on Facebook and Pinterest, @certifiedherefordbeef on Instagram and @crtherefordbeef on Twitter.

## Indulge in Our Comfort Classics

Fall is in the air, and with the changing of the leaves comes football season, pumpkin patches and everyone’s favorite type of meals – comfort food.

There’s just something about a slow-cooked roast, simmering stew and other cozy comfort foods that make the brisk winds of autumn a bit more enjoyable. While summer is great for grilling and handcrafting burgers, for many of us, there is nothing better than sitting around the dinner table with a warm bowl of soup and crusty French bread to share a meal with family and friends.

Fall is also a great time to experiment with different cooking methods. From oven roasting, slow cooking or testing out a pressure cooker, there are tons of easy and delicious meals you can make with *Certified Hereford Beef*® as the headliner of the plate.

Enjoy this collection of some of our favorite fall recipes. We hope these comfort classics inspire you to try something new and to catch up with friends and family over a cozy meal that will keep your belly – and your heart – warm. We sincerely hope *Certified Hereford Beef* will help you make these memories.



### Mississippi Pot Roast

This is a great meal to throw into the slow cooker in the morning and to forget about until dinnertime. Warning: It WILL make your house smell amazing! This recipe is the epitome of simplicity.

#### Ingredients

- 4 lb. *Certified Hereford Beef* chuck roast
- ½ cup butter
- 1 package au jus gravy mix
- 1 package ranch dressing mix
- Pepperoncini peppers to taste
- Optional: carrots, celery, potatoes

#### Instructions

- Place the roast in a slow cooker.
- Place butter, pepperoncini peppers, ranch dressing mix and au jus mix on top of the roast.
- Add vegetables, if desired.
- Cook on low for 8 hours.



### Beefy Red Beans and Rice

Nothing takes you home quite like a big bowl of homemade red beans and rice. Add in *Certified Hereford Beef* for a can’t-miss meal!

#### Ingredients

- 1 lb. ground *Certified Hereford Beef*
- 1 medium bell pepper, diced
- 1 can (15 or 16 oz.) red or kidney beans, rinsed and drained
- 1 package (5.4 to 6.8 oz.) Santa Fe or Mexican rice mix with seasonings
- 1 medium tomato, seeded and diced
- Salt and pepper to taste

#### Instructions

- Heat a large, nonstick pan over medium heat. Add ground beef and bell pepper; cook 8 to 10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings and return to skillet.
- Stir in beans, rice mix and water, omitting oil or margarine indicated in package directions; bring to a boil. Reduce heat; cover and cook according to time indicated in package directions or until rice is tender.
- Remove from heat; let stand according to package directions. Top with tomato; season with salt and pepper as desired.

### Hearty Beef Stew

This beef stew is made with a *Certified Hereford Beef* chuck roast, and, boy, is it good! Try this recipe on a chilly evening to warm your soul. Hearty beef stew tastes especially good when there’s a fire crackling in the fireplace.



#### Ingredients

- 2-2½ lb. *Certified Hereford Beef* boneless beef chuck, cut into 1-inch pieces.
- 2 tablespoons olive oil
- Salt and ground black pepper to taste
- ¼ cup all-purpose flour
- 2 celery stalks, chopped
- 1 lb. mushrooms, sliced
- 4 large carrots, peeled and cut into ½-inch thick pieces
- 1 cup onion, diced
- 3 garlic cloves, chopped
- 1 tablespoon tomato paste
- 6 cups beef broth
- 2 bay leaves
- 1 teaspoon dried thyme
- 1 lb. potatoes, quartered

#### Instructions

- Sprinkle the cubed beef with flour to evenly coat. Set aside. Heat the olive oil in a medium stockpot. Add the beef and cook until browned (about 3-4 minutes per side). Remove beef from stockpot once cooked.
- Add the diced onions, garlic, carrots and celery to the stockpot and sauté until onions are clear, about 5 minutes.
- Add beef broth, tomato paste, mushrooms and potatoes. Stir well and season with bay leaves and thyme. Bring to a slow boil and simmer for 30 minutes before serving. **HW**

Kaylen Alexander is the director of marketing and communications for *Certified Hereford Beef*. She can be reached at [kalexander@hereford.org](mailto:kalexander@hereford.org).

## Tailgate traditions

Hey, *Certified Hereford Beef* fans!

Do you have a favorite tailgate recipe that always brings a smile to the faces of your family and friends? Is there one dish you always get requests to bring to the tailgate or other family gatherings? If so, you could win a tailgating pack from *Certified Hereford Beef*!

Share your favorite tailgate tradition recipes with us for your chance to win. All types of recipes are welcome; the only stipulation is they must include BEEF.

#### Recipe examples:

Beef pinwheels	Beef nachos	Beef tacos	7 layer dip
Beef sliders/burgers	Beef meatballs	Steak bites	Beef casserole
Beef breakfast burritos	Beef queso	Chili	+ much more!

Submission is simple. Simply enter the recipe at <http://bit.ly/chbtailgatetraditions>. Bonus points if you include a photo of you cheering on your favorite team or of your favorite recipe!

The submission form will close Wednesday, Oct. 31, at 11 p.m. The top three entries will be selected and put to a vote of the people through the *Certified Hereford Beef* blog and social media outlets. For any questions regarding the Tailgate Traditions recipe contest, please contact Kaylen Alexander at [kalexander@hereford.org](mailto:kalexander@hereford.org).

Good luck! **HW**

