



Celebrate the Holidays with Certified Hereford Beef

“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.

As 2019 winds down and we look to begin a new decade, this holiday season presents the perfect opportunity to reflect on the things most important in life. We are firm believers that yearly reflections are best spent around the dinner table with family, friends and great food.

Certified Hereford Beef® is the perfect item to headline your menu as you spend December with the ones you hold dear. From rib roasts to slow-cooked stews, herb-crusted tenderloins and pot roasts, there is a cut of beef for everyone’s taste and table.

So, sit back, relax and try one of our favorite recipes below to ring in the new decade with those you love most. It will be sure to make your last month of 2019 memorable! **HW**

For more information about *Certified Hereford Beef*, visit CertifiedHerefordBeef.com or email info@herefordbeef.org



Ancho Spiced Beef Stew

Spicy stew is perfect for chilly evenings. You can make this recipe on the stove, or let it simmer in your slow cooker or Dutch oven all day. Enjoy!

Ingredients:

- 2 pounds *Certified Hereford Beef* shoulder roast, cut into 1-inch pieces
- 2 dried ancho chilies
- 1 cup boiling water
- 3 tablespoons cornmeal
- ½ teaspoon salt
- 1 tablespoon ground cumin
- 2 tablespoons vegetable oil
- 2 cans (14.5 ounces each) spicy diced tomatoes
- 2 medium sweet potatoes, peeled and cut into ¾-inch pieces

Toppings (optional):

- Chopped red onion
- Chopped fresh cilantro
- Sour cream
- Lime wedges

Instructions:

- 1) Remove and discard stems and seeds from the chilies. Pour boiling water over chilies in a medium bowl; let stand 20 minutes or until chilies are softened. Drain chilies, reserving ½ cup of liquid.
- 2) Place chilies, reserved ½ cup liquid, cornmeal and ½ teaspoon salt in a food processor container. Cover; process until smooth. Set aside.
- 3) Coat beef with cumin. Heat 1 tablespoon oil in a stockpot over medium heat until hot. Brown half of the beef; remove from stockpot. Repeat with remaining oil and beef. Pour off drippings; return beef to the stockpot.
- 4) Add tomatoes and ancho chilies mixture to the stockpot. Bring to a boil. Reduce heat; cover tightly and simmer 1¾ hours.
- 5) Add sweet potatoes to the stockpot; bring to a boil. Reduce heat; cover and continue cooking 25 to 30 minutes or until sweet potatoes and beef are fork-tender, stirring once.
- 6) Serve stew with toppings, as desired. **HW**