



No matter your favorite sport, team or player, there's one thing all fans can agree on: tailgating is the perfect way to spend time with friends before the big game. Whether you go all out with a full spread in a tricked-out truck in the stadium parking lot or plan a smaller gathering around the backyard grill, great food is at the center of every successful game day party.

Score Big On Game Day

Kick-off Kabobs, made with **Certified Angus Beef®** top sirloin, are the perfect party finger food. Their mouthwatering flavor will keep the crowd lining up at the grill for more. What's more, small bites like these won't fill you up or weigh you down as you cheer on your team.

Kick-off Kabobs

Serves 6

- 1½ pounds **Certified Angus Beef®** top sirloin steak, cut into strips
- 1 recipe **Deliciously Bold** marinade (recipe below)
- ¾ cup olive oil
- 3 large ripe tomatoes, cut in half
- 6 ounces feta cheese
- ⅓ cup chopped fresh oregano
- Rosemary, as needed, for garnish
- 6 metal skewers (Note: if using bamboo skewers, soak in water one hour before assembling kabobs)

Deliciously Bold Marinade

- 1 cup beef broth
- 2 tablespoons Cabernet Sauvignon
- 1 tablespoon Worcestershire sauce
- 1 tablespoon vegetable oil
- 1 teaspoon Italian seasoning

Place beef strips and marinade in zipper-locking plastic bag and refrigerate 2 hours. Roll each strip and thread onto skewers. Season with salt and pepper, and grill to desired doneness. To serve, drizzle plate with olive oil and squeeze tomato halves over top. Tear tomatoes into pieces and place around the plate. Top with feta, fresh oregano and rosemary.

*Nutritional Information per Serving: 483 Calories; 39g Fat; 10g Saturated Fat; 89mg Cholesterol; 5g Carbohydrate; 1g Dietary Fiber; 27g Protein; 453mg Sodium; 17% daily value Iron (based on 2,000 calorie diet).

Recipe provided by Certified Angus Beef LLC

Kick off THE PERFECT TAILGATE PARTY

Tailgating Stats

According to a Tailgating.com survey of more than 5,000 tailgaters across the country, a pre-game party is a very popular way to cheer on the home team.

- Six out of 10 tailgaters are between the ages of 25 and 44. Almost 80 percent are men.
- Most fans support a team within an hour's drive of their home.
- A whopping 95 percent prepare food at the stadium or tailgate site. The most popular cooking method? Grilling.
- The average tailgate party begins three to four hours before the game. And, most tailgaters plan gatherings six to 10 times per season.

Tailgating Checklist

While packing up the truck for a tailgate party, be sure to bring the following items:

- **Lots and lots of food.** Burgers, frankfurters and sausage are the most popular choices. Don't forget the buns and condiments! To really impress your friends, toss some juicy steaks onto the grill.
- **Tableware.** Bring along disposable plates, cups, cutlery and napkins, plus garbage bags and paper towels for easy clean-up.
- **Coolers.** Keep food safety in mind and keep hot foods hot and cold foods cold. Bring plenty of ice!
- **Cooking Supplies.** If you're setting up a grill, you'll need either charcoal or a full gas tank. Remember your lighter, spatula, tongs, meat thermometer and other grilling utensils.
- **Extras.** Be prepared for the elements with sunglasses and sunblock, or, if the forecast isn't so sunny, ponchos and an umbrella. You may want a blanket or two, folding chairs, a table and seat cushions – all in the appropriate team colors, of course!

Kick off the season with delicious **Certified Angus Beef®** Grilled Mini Burgers. These little beauties are simple to prepare, perfectly portable and sure to please even the pickiest palate. Plus, beef is packed with enough protein and nutrients to prepare both athletes and armchair quarterbacks to tackle the afternoon's big event.



Serves 4

- 1½ pounds **Certified Angus Beef®** ground chuck
- 2 large Portobello mushrooms, cleaned
- ¼ cup balsamic vinegar
- ¼ cup canola oil
- Salt and pepper to taste
- ½ pound smoked mozzarella or cheddar cheese, sliced thin
- 12 mini buns or soft rolls
- 2 small vine-ripe tomatoes, sliced thin
- 1 roasted red pepper cut in strips, canned or fresh
- 1 head bibb lettuce, cleaned and separated

Marinate Portobello mushrooms in balsamic vinegar and oil for 10 minutes and grill until just done; slice into thin strips.

Season ground chuck with salt and pepper, and portion into 2-ounce patties. Grill to 160°F internal temperature. Top with cheese and close grill to melt cheese slightly.

Place patty on bottom bun and top with tomato, mushrooms, lettuce, red pepper and bun top.

*Nutritional Information per Serving: 771 Calories; 42g Fat; 18g Saturated Fat; 159mg Cholesterol; 46g Carbohydrate; 2g Dietary Fiber; 54g Protein; 697mg Sodium; 39% daily value Iron (based on 2,000 calorie diet).

Recipe provided by Certified Angus Beef LLC