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NEWS

Executive Office

206 Riffel Rd.

Wooster, OH

44691-8588

Phone: 330/345-2333

Fax: 330/345-0808



Manhattan Office

1107 Hylton Heights Rd.

Manhattan, KS

66502-2822

Phone: 785/539-0123

Fax: 785/539-2883

Japan Office

Japan Business Center

WBG Marive East 14F

Nakase 2-6 Mihama-ku

Chiba-shi, Chiba 261-7114

Japan

Ph.: 011/81-43-297-3363

Fax: 011/81-43-297-3374

www.

certifiedangusbeef

.com

Contact:

Jennifer Schertz

Certified Angus Beef LLC

330-345-2333

jschertz@certifiedangusbeef.com

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Back to school, back to the table

Flavorful, easy meals are the recipe for renewed family connections

Back-to-school time kicks off a new year for kids and a fresh start in the classroom. The promise of new friends, new discoveries and new skills is an opportunity for family resolutions, as well. Parents can strengthen their commitment to help their children make the most of the school year by gathering around the dinner table to catch up and share the day's news.

Busy families know that's sometimes easier said than done. However, delicious, family-pleasing meals don't have to take a long time to prepare. It can be even faster when everyone is able to lend a hand in the kitchen. Let younger helpers tackle simple tasks, so conversations can be started at the counter.

Meatball hoagies, featuring flavorful meatballs made from *Certified Angus Beef*[®] ground beef, are a hearty favorite for cheese- and sauce-lovers. This dinner is as simple as 1-2-3: prepare the rolls, heat the meatballs in sauce, then build the sandwiches topped with cheese.

Pot roast grilled cheese sandwiches take two classic favorites to a new level, by bringing them together. Braise a *Certified Angus Beef*[®] pot roast in the slow cooker while everyone's at school and work, then come home to create easy, cheesy sandwiches on English muffins, in minutes.

The assignment for families is simple: spend less time in the kitchen and more time around the table. Use a few flavorful ingredients, and streamline preparation time on busy school nights. These satisfying, hand-held meals are sure to receive high grades!

Classic Meatballs

Ingredients

- 3/4 pound *Certified Angus Beef*[®] ground chuck
- 1/4 pound bulk sweet Italian sausage (skin removed)
- 1/2 cup bread crumbs
- 1/2 cup grated Parmesan cheese
- 2 cloves garlic, minced

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- 1 large egg
- 2 tablespoons minced fresh flat-leaf Italian parsley
- 1/2 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 cup tomato sauce

Instructions

1. Preheat oven to 350°F.
2. In a large mixing bowl combine beef, sausage, bread crumbs, Parmesan, garlic, egg, parsley, oregano, salt and pepper by hand.
3. Form into 16 meatballs approximately 1 1/2-inch in diameter (can be made a day ahead, stored in refrigerator). Coat bottom of a 9 x 12-inch baking dish with tomato sauce and line with meatballs.
4. Bake uncovered for 20 minutes. Turn each meatball upside down and bake an additional 10-15 minutes. Use an instant read thermometer to confirm meatballs are fully cooked. (160° F internal temperature)

Serves 4

Meatball Hoagie

Ingredients

- 16 *Certified Angus Beef*[®] Classic Meatballs (see recipe)
- 4 hoagie rolls
- 2 tablespoons olive oil
- 1 teaspoon dried oregano
- 1/4 cup grated parmesan cheese
- 1 1/2 cups spaghetti sauce
- 4 ounces (1 cup) skim milk shredded mozzarella cheese



Instructions

1. Preheat broiler. Open hoagie rolls and lay flat on cookie sheet. Brush with olive oil and sprinkle evenly with oregano and parmesan cheese. Broil open face until crisp and golden.
2. In a large saucepan or frying pan combine spaghetti sauce and meatballs. Cook over medium heat until meatballs are warm throughout.
3. Spoon four meatballs onto one half of each hoagie with desired amount of sauce. Top with mozzarella and serve.

Serves 4

Easy Pot Roast

Ingredients

- 3 1/2 pounds *Certified Angus Beef*[®] English roast or chuck eye roast
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 2 cloves garlic, chopped
- 1 tablespoon flour
- 1/4 cup tomato paste
- 1 cup beef broth
- 1 cup water
- Salt and freshly ground black pepper, to taste

Instructions

1. Preheat oven to 325° F.
2. Season roast heavily with salt and pepper. Heat oil in a Dutch oven. Sear roast for a couple minutes on each side over medium-high heat. The roast should be nicely browned on all sides. Transfer roast to large plate.
3. Add onion and garlic to the pot, stirring over medium heat until onions are soft. Stir in flour and tomato paste followed by broth. Stir and scrape seared bits from bottom of pot. Add roast back to pot and add water as needed to come halfway up the roast. Cover tightly and place in oven. (*Optional: use a slow cooker instead of the oven. Sear beef in heavy bottom sauté pan, follow instructions above then transfer to slow cooker, low for 5 to 6 hours until tender.*)
4. Cook for 2 hours, turn and cook approximately one more hour, until completely tender.
5. Transfer roast to cutting board and tent with foil. Using a ladle, skim fat from liquid in Dutch oven. Place Dutch oven on stovetop over medium heat and reduce liquid by half.
6. Slice roast against the grain or pull in bite-size pieces. Serve with reduced sauce.

Serves 8

Easy Pot Roast Grilled Cheese Sandwich

Ingredients

- 1 1/2 cups *Certified Angus Beef*[®] Easy Pot Roast (see recipe)
- 4 English muffins
- 4 tablespoons butter, melted
- 1/2 onion, thinly sliced
- 1/2 green pepper, thinly sliced
- 4 slices provolone cheese
- Salt and freshly ground pepper to taste

Instructions

1. Preheat broiler. Open muffins and lay flat on cookie sheet. Brush each half with butter (reserving 1-2 tablespoons for later). Toast in broiler until golden.
2. Heat a sauté pan over medium-high heat. Add reserved butter, onions and green peppers. Sauté, tossing occasionally until onions begin to get transparent. Lower heat, add pot roast and continue to cook until warm throughout. Add salt and pepper to taste.
3. Divide pot roast mixture evenly on the bottom halves of English muffins. Top each with provolone cheese. Return tray to broiler and cook 1-2 minutes until cheese bubbles.
4. Remove tray from broiler, place top on each sandwich and serve.

Serves 4

Recipes provided by the *Certified Angus Beef*[®] brand

For more than 30 years, the *Certified Angus Beef*[®] brand has been world-famous for its exceptional quality and generous marbling. Ten strict scientific standards ensure each bite is full of mouthwatering flavor, tenderness and juiciness. The *Certified Angus Beef*[®] brand is a cut above USDA Prime, Choice and Select. It has offered consumers quality, consistency and integrity since the first pound was sold in 1978 and is proudly featured by more than 13,600 restaurants and retailers around the world. For more information or to order, visit www.certifiedangusbeef.com. Follow the brand on Twitter: www.twitter.com/CertAngusBeef or become a fan of: “*Certified Angus Beef*[®] brand” on Facebook.

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