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NEWS



30TH ANNIVERSARY

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Downloadable print quality photos available at:

<http://www.certifiedangusbeef.com/photos/3031SpookySpidersGroundBeefBiscuits.jpg>

<http://www.certifiedangusbeef.com/photos/9115AHotDogItsAMummy.jpg>

<http://www.certifiedangusbeef.com/photos/8020ALeakyCauldronSoup.jpg>

Frightfully Delicious

Scare tactics get kids in the kitchen

The kitchen may be mom's hallowed ground, but these recipes give kids a chance at culinary creativity. They're sure to delight – not frighten – your little monsters this Halloween.

Certified Angus Beef[®] brand ground beef and refrigerated biscuit dough combine with key ingredients for a *Spooky Spiders* snack that's as much fun to make as it is to eat. Kids will be thrilled with the *Hot Dog! It's A Mummy* recipe. Frankfurters and refrigerated breadstick dough make a tasty treat that's a trick for mom – a craft project and meal rolled into one.

Before your little goblins venture out, offer *Leaky Cauldron Soup*. It's a simple and nutritious dish loaded with vegetables and protein-packed beef. *It's Alive! Bread* is a spooky accompaniment that will "grow" right before their eyes.

Employ these scare tactics and you're sure to add heaps of fun to your Halloween food.

Spooky Spiders Ground Beef Biscuits

Ingredients

- 1/2 pound *Certified Angus Beef*[®] ground beef
- 1/2 package taco seasoning
- 1/2 cup water

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- 1 16-ounce tube home-style refrigerated biscuit dough
- Ketchup
- 1/2 cup shredded mozzarella or cheddar cheese
- 16 sliced black or green olives
- 32 pretzel sticks

Instructions

1. Cook ground beef and drain excess fat. Add taco seasoning and water, simmer for 5 minutes. Set aside.
2. Preheat oven to 375°F.
3. Separate dough into 8 biscuits; place each biscuit into ungreased large muffin tin. Press dough firmly into bottom and up the sides of each cup.
4. Divide crumbled ground beef evenly into dough cups. Squirt ketchup over meat; sprinkle with cheese. Place two olive slices on top of each for “eyes.”
5. Bake for 20 minutes, or until biscuit edges are golden brown. Cool 5 minutes; remove from muffin cups. Stick four pretzel sticks into each side of each biscuit cup for “legs”.

Serves 8

Nutritional Information per Serving: 319 Calories; 15g Fat; 6g Saturated Fat; 31mg Cholesterol; 33g Carbohydrate; 0g Dietary Fiber; 13g Protein; 1,047mg Sodium; 13% daily value Iron (based on 2,000 calorie diet).

Hot Dog, It's a Mummy!

Ingredients

- 6 *Certified Angus Beef*[®] brand frankfurters from Usinger's
- 1 11-ounce tube refrigerated breadsticks
- ketchup

Instructions

1. Preheat oven to 375° F.
2. Remove breadsticks from container; separate into 6 coils at perforations.
3. To make each mummy, unroll 1 coil of dough. Wrap dough in a spiral around 1 frankfurter, stretching to fit, pinch to seal at both ends of frankfurter.
4. Place on ungreased baking sheet. Repeat with remaining frankfurters and dough.



5. Bake at 375°F for 20 minutes, or until golden brown.
6. Serve with ketchup “blood” for dipping.

Serves 6

Nutritional Information per Serving: 346 Calories; 21g Fat; 8g Saturated Fat; 40mg Cholesterol; 25g Carbohydrate; 0g Dietary Fiber; 12g Protein; 1,126mg Sodium; 13% daily value Iron (based on 2,000 calorie diet).

Leaky Cauldron Soup

Ingredients

- 1/2 pound *Certified Angus Beef*[®] round steak, cut into 1/2-inch cubes
- Flour for dusting
- 2 tablespoons vegetable oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 28-ounce can crushed tomatoes
- 3 15 1/2-ounce cans beef broth
- 1/2 cup uncooked elbow macaroni
- 1 1/2 cups frozen mixed vegetables
- Salt and pepper to taste



Instructions

1. Season beef with salt and pepper. Dust with flour; pat off excess. In an 8-quart pot or Dutch oven, heat oil, and cook beef until browned. Add onions and garlic; lower heat and simmer for five minutes, stirring occasionally.
2. Add tomatoes and broth to meat mixture; bring to a boil over high heat. Reduce heat to low; simmer uncovered 20 minutes.
3. Add macaroni and vegetables; simmer 15 minutes more.

Serves 6

Nutritional Information per Serving: 259 Calories; 7g Fat; 1g Saturated Fat; 26mg Cholesterol; 26g Carbohydrate; 3g Dietary Fiber; 24g Protein; 1,505mg Sodium; 20% daily value Iron (based on 2,000 calorie diet).

It's Alive! Bread

Ingredients

- 1/4 cup melted butter
- 1 16-ounce package frozen roll dough

Instructions

1. Coat large Bundt pan with non-stick cooking spray.
2. Arrange frozen dough balls in bottom of pan. Cover pan with a clean dish towel and let rise until doubled, about three hours.
3. Preheat oven to 350°F. Uncover dough, drizzle butter over top of dough and bake for 25 minutes, or until golden brown.
4. Carefully invert pan onto serving plate; let rest five minutes before removing pan.
5. Pull apart and enjoy with Leaky Cauldron Soup.

Serves 6

Nutritional Information per Serving: 307 Calories; 18g Fat; 7g Saturated Fat; 20mg Cholesterol; 33g Carbohydrate; 0g Dietary Fiber; 5g Protein; 913mg Sodium; 10% daily value Iron (based on 2,000 calorie diet).

Recipes provided by Certified Angus Beef LLC

For 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. Less than 8% of beef can achieve the brand's benchmark standards. It is proudly offered at more than 13,500 restaurants and retailers around the world. For more information, visit www.certifiedangusbeef.com.

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