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NEWS



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Take it slow ... and take it easy

Slow cookers deliver simple, delicious family meals

A hearty, satisfying, wholesome family dinner doesn't have to require hours of time in the kitchen. Slow cooker aficionados count on this unassuming time-saving appliance to deliver a delicious meal with just a bit of preparation. Once the ingredients are in place, it's as simple as closing the lid and walking away until mealtime.

Slow cookers rely on low heat over a long period of time to gradually, gently cook dishes. Not only is it convenient, but this "low and slow" technique is akin to braising, which does wonders for many cuts of meat. You wouldn't need – or want – to put an expensive beef tenderloin in a slow cooker, but an economical cut from the round or chuck will turn out moist, juicy and melt-in-your-mouth tender.

Classic slow-cooked beef dishes such as pot roast and chili are natural choices for a slow cooker. But don't be afraid to get creative! Seasonings, herbs, vegetables and other supporting ingredients can turn an everyday classic into an adventurous international delight. Your family will love coming home to a protein-packed, flavorful favorite on a chilly autumn night.

Please your wallet, your schedule, and your taste buds with these delicious, time-saving slow cooker recipes from the *Certified Angus Beef*® brand.

Hyde Park Chili

Ingredients

- 3 pounds *Certified Angus Beef*® bottom round or chuck roast, cut into 1/2-inch cubes
- 1/4 cup canola oil



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- 3 large onions, diced
- 4 cloves garlic, minced
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 3 tablespoons chili powder
- 1 tablespoon brown sugar
- 1 (28-ounce) can chopped tomatoes
- 1 (15-ounce) can black beans
- 1 can chopped green chilies
- 2 to 3 jalapeño peppers, seeded and finely minced
- Salt and pepper to taste
- Optional toppings: avocado slices, diced green peppers, shredded cheddar cheese, diced scallions or sour cream

Instructions

1. Heat oil in a large sauté pan over high heat. Season beef with salt and pepper. Brown beef cubes in 1 pound batches for 3 to 4 minutes per batch; transfer beef to slow cooker after browning.
2. Add onions and garlic to the pan. Cook for 5 to 10 minutes over medium heat until pan comes clean from the softening onions. Transfer to the slow cooker. Stir in cumin, oregano, chili powder, sugar, tomatoes, beans, green chilies and jalapenos. Cover and cook on low for about 8 hours.
3. Serve and garnish with optional toppings. Goes great with cornbread.

Serves 8 to 10

Nutritional Information per Serving: 408 Calories; 17g Fat; 4g Saturated Fat; 106mg Cholesterol; 20g Carbohydrate; 0g Dietary Fiber; 44g Protein; 724mg Sodium; 7% daily value Iron (based on 2,000 calorie diet).

Asian Slow Cooker Pot Roast

Ingredients

- 2 pounds *Certified Angus Beef*[®] chuck roast
- 1/4 cup canola oil
- 2 tablespoons Chinese five spice
- Salt and pepper to taste
- 1 medium yellow onion, large dice
- 1 head bok choy, chopped
- 1 (12-ounce) can beer
- 1/4 cup dark soy sauce

Instructions

1. Heat oil in frying pan over medium-high heat. Season roast with five spice and salt and pepper; brown on both sides.
2. Remove roast from pan; put in slow cooker with remaining ingredients. Cover and cook on low for about 8 hours.

3. Serve over steamed white rice.

Serves 8

Nutritional Information per Serving: 257 Calories; 12g Fat; 3g Saturated Fat; 86mg Cholesterol; 4g Carbohydrate; 1g Dietary Fiber; 24g Protein; 622mg Sodium; 18% daily value Iron (based on 2,000 calorie diet).

Greek Slow Cooker Pot Roast

Ingredients

- 2 pounds *Certified Angus Beef*[®] chuck roast
- 1/4 cup canola oil
- 1 tablespoon garlic powder
- 1 tablespoon dried thyme leaves
- 1 tablespoon dried basil leaves
- Salt and pepper to taste
- 1 (14.5-ounce) can diced tomato
- 1 (14.5-ounce) can stewed tomatoes
- 1 pound zucchini, tops removed, cut into chunks
- 2 small red peppers, tops removed, cut into chunks
- 4 baby redskin potatoes, cut in half
- 8 olives, cut into half
- 8 ounces frozen green beans
- 2 cups red wine
- 1/2 lemon, juiced

Instructions

1. Heat oil in frying pan over medium-high heat. Season roast with garlic, thyme, basil, salt and pepper; brown on both sides.
2. Remove roast from pan; put in slow cooker with remaining ingredients, except lemon juice. Cover and cook on low about 8 hours. Stir in lemon juice before serving.
3. Serve with couscous.

Serves 8

Nutritional Information per Serving: 374 Calories; 13g Fat; 4g Saturated Fat; 86mg Cholesterol; 24g Carbohydrate; 4g Dietary Fiber; 27g Protein; 318mg Sodium; 33% daily value Iron (based on 2,000 calorie diet).

South American Slow Cooker Pot Roast

Ingredients

- 2 pounds *Certified Angus Beef*[®] chuck roast
- 1/4 cup canola oil
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- Salt and pepper to taste

- 2 carrots, peeled and chopped
- 2 jalapeños, tops removed, chopped
- 2 medium peppers, tops removed, chopped
- 1 medium onion, large dice
- 4 medium radishes, tops removed, cut in half
- 1-2 sweet potatoes, cut into chunks
- 1 (8-ounce) can pineapple chunks
- 1 (14.5-ounce) can stewed tomatoes
- 2 cups frozen corn
- 1 (14-ounce) can coconut milk

Instructions

1. Heat oil in frying pan over medium-high heat. Season roast with garlic, cumin, salt and pepper; brown on both sides.
2. Remove roast from pan; put in slow cooker with remaining ingredients. Cover and cook on low about 8 hours.

Serves 8

Nutritional Information per Serving: 488 Calories; 24g Fat; 14g Saturated Fat; 86mg Cholesterol; 37g Carbohydrate; 6g Dietary Fiber; 28g Protein; 265mg Sodium; 32% 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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