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**NEWS**

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[http://www.certifiedangusbeef.com/photos/3034B\\_CincinnatiStyleChili.jpg](http://www.certifiedangusbeef.com/photos/3034B_CincinnatiStyleChili.jpg)

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## Getting ready for the big game?

*Be a champion in the kitchen with these hearty, aromatic meals*

Stewing over what to prepare for that crowd of hungry, howling, handkerchief-twirling football fanatics on Super Bowl Sunday? Are you searching for a new outlet to test your culinary capabilities during those countless college bowl games?

Call an audible from the ordinary and try something that's sure to satisfy even the most discerning gridiron gurus, and fill your home with flavors that'll keep them coming back for more.

Chef Michael Ollier with the *Certified Angus Beef*® brand recommends a thick, meaty beef stew, Cincinnati-Style Chili or Beer Chili as perfect remedies for famished football fans. These favorites are the perfect way to enjoy a "Souper" Bowl with a crowd.

Ollier says the key to becoming team captain in your kitchen is to start with the best product available. Just as with its steaks, *Certified Angus Beef*® brand ground chuck, ground round and ground sirloin all must meet the brand's 10 quality specifications. Marbling, the little white flecks within the meat, is what gives beef its flavor, tenderness and juiciness.

"Between their great flavor and hearty aroma, these dishes are the perfect choice for winter get-togethers," said Ollier. "They'll warm you inside and out, and win over your friends and family."

### Classic Beef Stew

#### Ingredients

- 3 pounds *Certified Angus Beef*® chuck roast, chuck eye roast or stew beef, cut into 1-inch chunks
- 1 tablespoon coarse kosher salt
- 1 tablespoon freshly ground black pepper
- 2 tablespoons vegetable or canola oil
- 2 large onions, large dice
- 3 large carrots, diagonally cut to 1-inch chunks

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- 3 garlic cloves, chopped
- 1/4 cup tomato paste
- 1/4 cup all-purpose flour
- 2 cups red wine
- 2 cups beef stock
- 3 bay leaves
- 2 sprigs fresh thyme
- 3 pounds Yukon potatoes, peeled and cut in 1/2-inch chunks
- 1 tablespoon minced fresh rosemary
- 2 tablespoons minced fresh flat-leaf Italian parsley

#### Instructions

1. Remove top rack from oven and preheat oven to 325°F.
2. Season beef with salt and pepper. Put half of oil in a Dutch oven (or oven-proof heavy pot with tight fitting lid) over medium high heat. Just as the oil begins to smoke, add half of beef evenly spaced. Brown on all sides and transfer to a plate. Add remaining oil, sear remaining beef; remove from pan.
3. Add onions, carrot, garlic and tomato paste. Stir over medium high heat, scraping brown bits from bottom of pan, 2-3 minutes. Add flour and stir to combine. Add red wine and continue simmering on medium low heat until syrupy, about 5 minutes. Stir in beef, beef stock, bay leaves and thyme. Bring to a boil, again scraping sides and bottom clean; put lid on Dutch oven and place in the oven. Cook for 1 1/2 hours.
4. Add potatoes and rosemary and continue to cook until potatoes are tender, approximately one hour. If needed, add additional salt and pepper to taste. Serve, garnished with fresh parsley.

Serves 8 (makes about 3 quarts)

Nutritional Information per Serving: 444Calories; 9g Fat; 3g Saturated Fat; 90mg Cholesterol; 36g Carbohydrate; 4g Dietary Fiber; 42g Protein; 1440mg Sodium; 31% daily value Iron (based on 2,000 calorie diet).

### **Cincinnati Style Chili**

#### Ingredients

- 3 pounds *Certified Angus Beef*<sup>®</sup> brand ground chuck
- 3 cloves garlic, minced
- 3 tablespoons chili powder
- 3 tablespoons cocoa powder
- 1 tablespoon ground cumin
- 1 tablespoon paprika
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 teaspoons ground allspice
- 3/4 teaspoon cayenne pepper
- 1/2 teaspoon ground clove
- 3 tablespoons Lea & Perrins<sup>®</sup> Worcestershire sauce



- 3 tablespoons cider vinegar
- 1 can (15-ounce) tomato sauce
- 1 can (6-ounce) tomato paste
- 3 cups chicken broth
- 1 1/2 teaspoons salt
- Spaghetti, cooked to package directions
- Cheddar cheese, shredded
- Optional toppings: diced onion, cooked red kidney beans, oyster crackers

#### Instructions

1. In a large heavy-bottom pot add beef and garlic over medium heat. Cook, breaking up large pieces until no pink remains, approximately 10 minutes. Add chili powder, cocoa, cumin, paprika, cinnamon, allspice, cayenne and clove. Simmer for 5 minutes, stirring frequently. Stir in Worcestershire, vinegar, tomato sauce, tomato paste and chicken broth. Bring to a boil, reduce heat to low and simmer for 2 hours.
2. Ladle about half the chili into a blender or food processor. Blend for 1 minute, until smooth. Stir back into original pot. Season with salt, more or less to taste. Bring chili back to a simmer; ladle over spaghetti, top with a heap of cheese and serve with oyster crackers.
3. Traditional accompaniments: 3-way: spaghetti, chili & cheese, 4-way: spaghetti, chili, onions or beans & cheese, 5-way: spaghetti, chili, onions, beans & cheese

Serves 8 (makes about 8 1/2 cups)

Nutritional Information per Serving (for chili only): 392Calories; 21g Fat; 8g Saturated Fat; 109mg Cholesterol; 14g Carbohydrate; 4g Dietary Fiber; 40g Protein; 1662mg Sodium; 39% daily value Iron (based on 2,000 calorie diet).

#### Beer Chili

##### Ingredients

- 3 pounds *Certified Angus Beef*<sup>®</sup> sirloin tip roast, cut into 1/2-inch cubes
- 1/4 cup olive oil
- 3 medium onions, chopped
- 4 cloves garlic, minced
- 3 jalapeño peppers, seeded and chopped
- 1 poblano chile, roasted, peeled, seeded and chopped (canned if available)
- 1 green bell pepper, seeded and chopped
- 1 tablespoon ground cumin
- 1 tablespoon dried oregano
- 1/4 cup chili powder
- 1 tablespoon paprika
- 1 1/2 teaspoons dry thyme
- 1 (12-ounce) bottle dark beer
- 1 (28-ounce) can chopped tomatoes



- 3 tablespoons tomato paste
- 1 (14-ounce) can black beans
- 1 (14-ounce) can chili beans
- 1 (4-ounce) can chopped green chilies
- Salt and pepper to taste
- Optional toppings: shredded cheese, diced green pepper & onion, sour cream or avocado slices.

#### Instructions

1. Heat oil in large, heavy pot over medium-high heat. Season beef cubes with salt and pepper. Brown in 2 batches for 3 to 4 minutes per batch; set beef aside once browned.
2. Add onions, garlic and peppers to pot. Cook 3 to 5 minutes over medium heat. Return beef to pot and stir in cumin, oregano, chili powder, paprika and thyme. Cook 2 to 3 minutes. Add beer and scrape bottom of pot clean; bring to a boil and allow foam to subside, about 1 minute.
3. Add tomatoes and tomato paste; stir well and bring to a boil. Lower heat to and simmer, covered, for 2 hours stirring occasionally.
4. Add beans and green chilies; cook an additional hour, Season to taste with salt and pepper if desired.
5. Serve with your choice of toppings. Cornbread is also an excellent accompaniment.

Makes 15 cups (about 10 servings)

Nutritional Information per Serving: 364Calories; 14g Fat; 4g Saturated Fat; 90mg Cholesterol; 23g Carbohydrate; 3g Dietary Fiber; 37g Protein; 693mg Sodium; 37% daily value Iron (based on 2,000 calorie diet).

Recipes provided by the *Certified Angus Beef*<sup>®</sup> brand

For more information on choosing the right cut of beef, delicious recipes, or cooking instructions, visit the *Certified Angus Beef*<sup>®</sup> brand website at [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com).

The *Certified Angus Beef*<sup>®</sup> brand is the best Angus beef available and a cut above USDA Prime, Choice and Select. Ten standards ensure its premium quality and incredible flavor, tenderness and juiciness in every bite. It is proudly featured by more than 12,300 restaurants and retailers around the world. For more information, visit [www.certifiedangusbeef.com](http://www.certifiedangusbeef.com), or follow the brand on Facebook and Twitter.