

## **October 2022 TV –Tailgating Recipes**

*When it's time to deliver for the big game, there's no better call than Beef! We have the formula to win big at the tailgate this season. Whether you're in the parking lot or just your backyard, you'll be the MVP of the party with these tailgating recipes!*

### **Country Style Bourbon BBQ Short Ribs**

*Slow cook Country Style Short Ribs in Kentucky style BBQ sauce. Finished on the grill for that authentic BBQ taste.*

Recipe time: 4 hours

Makes 4 servings

- 2 pounds Beef Country-Style Ribs
- 2 tablespoons bourbon
- 1 tablespoon vegetable oil
- 2 teaspoons minced garlic
- 1 cup diced yellow onion
- 2 tablespoons tomato paste
- 2 teaspoons paprika
- 2 teaspoons ground cumin
- 2 teaspoons kosher salt
- 2 teaspoons cracked black pepper
- 2 bay leaf
- 3 cups beef stock
- 2 tablespoons liquid smoke
- 2 tablespoons molasses
- 1/4 cup ketchup
- 1/4 teaspoon cayenne pepper
- 4 tablespoons pickle relish



1. Pre-heat grill to medium heat. Season ribs with salt and pepper to taste and place on pre-heated grill. Grill for 2 minutes on each side, remove and set aside. Next pre-heat skillet over medium heat. Add vegetable oil and onion to the skillet and cook until onions are golden brown about 5 minutes. Add garlic and tomato paste and combine, then add the paprika, cumin, salt and pepper and combine.

***Cook's Tip:** If you cannot find Country Style-Ribs, Boneless Beef Short Ribs can be substituted.*

2. Deglaze skillet with the beef stock scraping the bottom of the pan. Add in the Ribs, bay leaf and liquid smoke and bring to a boil. Reduce heat to simmer and cover for 2.5-3.5 hours or until fork tender.

***Cook's Tip:** Avoid lifting the lid, which releases valuable heat and moisture and can significantly increase cook time.*

3. Once the Ribs are fork tender remove from the pan and return to the grill over low heat. Grill for 1.5 minutes on each side, remove from the grill and set aside. Meanwhile remove the bay leaf from the sauce and bring sauce to a boil. Add in the bourbon, ketchup, molasses, and cayenne pepper and continue to cook until sauce becomes thick. Plate each Rib and top with 3/4 cup of BBQ sauce. Garnish with 1 Tablespoon of pickle relish and serve.

***Nutrition information per serving, 4 Ribs:** 580 Calories; 297 Calories from fat; 33g Total Fat (13.2 g Saturated Fat; 1.9 g Trans Fat; 3.4 g Polyunsaturated Fat; 14.9 g Monounsaturated Fat;) 135 mg Cholesterol; 1781 mg Sodium; 26.6 g Total Carbohydrate; 2.1 g Dietary Fiber; 19 g Total Sugars; 43 g Protein; 11 g Added Sugars; 77.7 mg Calcium; 5.3 mg Iron; 734 mg Potassium; 0.1 mcg Vitamin D; 0.4 mg Riboflavin; 13.7 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 4.4 mcg Vitamin B<sub>12</sub>; 278 mg Phosphorus; 12.8 mg Zinc; 45.9 mcg Selenium; 135.4 mg Choline.*

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## Beef & Queso Sliders

*Just when you thought Beef and Queso Sliders couldn't get any better, this recipe raises the stakes with Grillo's Pickles and King Hawaiian Pretzel buns.*

Recipe time: 35 minutes

Makes 8 servings

- 1 pound 93% Lean Ground Beef
- 8 Kings Hawaiian Pretzel Buns
- 1/4 cup dry breadcrumbs
- 1/3 cup heavy cream
- 1/3 cup light beer
- 2 ounces cream cheese
- 1 cup shredded Cheddar cheese
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1/2 teaspoon granulated garlic
- 1/4 cup pickled jalapeno pepper slices
- 8 red onion slices
- 8 Grillo's® Fresh Classic Dill Pickle Chips



1. Combine Ground Beef, breadcrumbs, garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini-patties.
2. In a small pot over medium heat combine cream cheese, beer, shredded cheese, and heavy cream. Wisk mixture until smooth and all the cheese is melted about 10 minutes. Reduce heat to low and keep warm till ready to serve.
3. Place patties on grill over medium, ash-covered coals. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.
4. Place burgers on top of 8 slider buns. Top with pickles, 1 slice of red onion, 2 jalapenos and 2 Tbsp. beer cheese.

## Nacho Beef Dip

*Ground Beef, salsa and cheese dip meet in the skillet for a family favorite recipe. Try this dip with tortilla chips or veggie strips.*

Total recipe time: 25 minutes

Makes 12 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 jar (15 to 16 ounces) cheese dip with salsa (salsa con queso) or other cheese dip
- 1/2 cup thick-and-chunky mild or medium salsa

### Toppings:

- Blue, yellow and/or white corn tortilla chips (optional)
- Diced red bell pepper, thinly sliced green onions, sliced ripe olives (optional)



1. Heat nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Add cheese dip and salsa; cook and stir about 3 minutes or until mixture is heated through.

***Cook's Tip:** Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Pour beef mixture into shallow serving dish. Serve with tortilla chips for dipping. Garnish with toppings, if desired.

## Buffalo-Style Beef Bites

*Bite-sized cuts of beef Country-Style Ribs will be a new game day favorite. Slow-cooked until they're fall-apart tender, then coated in zesty cayenne pepper sauce.*

Recipe time: 2 hours 30 minutes

Makes 12 servings

- 1-1/2 to 2 pounds beef Country-Style Ribs, cut into 1-inch pieces
- 1 tablespoon vegetable oil
- 3/4 cup beef broth
- 2 tablespoons plus 1/4 cup hot pepper sauce for Buffalo wings, divided
- 2 teaspoons garlic powder
- 2 teaspoons onion powder
- 1/4 cup blue cheese crumbles



1. Heat oil in large stockpot over medium heat until hot. Brown half of beef ribs; remove from stockpot. Repeat with remaining beef.
2. Return beef to stockpot. Add beef broth, 2 tablespoons buffalo sauce, garlic powder and onion powder; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.
3. Remove beef from cooking liquid to large bowl; discard cooking liquid or reserve for another use. Toss beef with remaining 1/4 cup buffalo sauce. Sprinkle with blue cheese crumbles. Serve with carrot and celery sticks, if desired.

*Cook's Tip: Beef ribs can be served on 6-inch wooden skewers or with wooden toothpicks.*

**Nutrition information per serving:** 133 Calories; 72 Calories from fat; 8g Total Fat (3 g Saturated Fat; 1 g Monounsaturated Fat;) 46 mg Cholesterol; 453 mg Sodium; 1 g Total Carbohydrate; 0.3 g Dietary Fiber; 15 g Protein; 1.5 mg Iron; 2 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 1.6 mcg Vitamin B<sub>12</sub>; 4.7 mg Zinc; 15 mcg Selenium; 43.3 mg Choline.

## Tiny Taco Beef Tarts

*An easy-to-prepare Mexican-style appetizer, this Tiny Taco Beef Tarts recipe will win over any crowd.*

Recipe time: 30 minutes

Makes 30 tarts

- 12 ounces Ground Beef (93% lean or leaner)
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1/2 cup prepared mild or medium taco sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 packages (2.1 ounces each) frozen mini phyllo shells (30 shells total)
- 1/2 cup shredded reduced fat Mexican cheese blend

### Toppings:

- Shredded lettuce, sliced grape or cherry tomatoes, guacamole, lowfat dairy sour cream, sliced ripe olives (optional)

1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking up beef into small crumbles and stirring occasionally. Add taco sauce, cumin, salt and pepper; cook and stir 1 to 2 minutes or until mixture is heated through.

*Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Place phyllo shells on rimmed baking sheet. Spoon beef mixture evenly into shells. Top evenly with cheese. Bake 9 to 10 minutes or until shells are crisp and cheese is melted.



3. Top tarts with lettuce, tomatoes, guacamole, sour cream, and olives, as desired.

**Nutrition information per serving:** 43 Calories; 15.3 Calories from fat; 1.7g Total Fat (0.7 g Saturated Fat; 0 g Trans Fat; 0.1 g Polyunsaturated Fat; 0.7 g Monounsaturated Fat;) 12 mg Cholesterol; 92 mg Sodium; 2.7 g Total Carbohydrate; 0.1 g Dietary Fiber; 4.2 g Protein; 0.6 mg Iron; 59 mg Potassium; 1 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.4 mcg Vitamin B<sub>12</sub>; 1 mg Zinc; 4 mcg Selenium; 13.2 mg Choline.

## Bloody Bull

Try this brunch favorite with a depth of flavor only beef can provide. Roasted Beef Stock is the secret ingredient to this one-of-a-kind Bloody Mary. Garnish with a beef slider, beef meatball or whatever you can dream up.

Total recipe time: 10 minutes

Makes 4 servings

### Bloody Bull Mixture:

- 2-1/2 cups canned Beef Broth or Beef Stock
- 1 can (28 ounces) canned diced tomatoes
- 1/4 cup pepperoncini liquid
- 2 tablespoons Worcestershire sauce
- 2 to 4 teaspoons hot pepper sauce
- 1 teaspoon celery salt
- 1 teaspoon pepper
- 1/2 to 1 teaspoon Creole Seasoning

### Glass Rim Garnish:

- 2 tablespoons grated beef jerky
- 1 teaspoon celery salt
- 1/2 teaspoon Creole Seasoning

### Garnish:

- 2 stalks celery, split in half lengthwise
- 4 pepperoncini peppers
- Beef slider, beef stick (optional), horseradish and olives



1. Add all Bloody Bull Mixture ingredients to blender container. Cover; process 1 minute or until smooth, scraping sides of container as needed.
2. Combine Glass Rim Garnish ingredients on small plate; mix until combined. Dip rim of glasses into Bloody Bull mixture to cover 1/8 inch. Roll rim of glasses on plate with Glass Rim Garnish mixture; add ice to fill glasses. Divide Bloody Bull mixture between 4 glasses. Garnish with celery, pepperoncini peppers, Beef slider or stick, horseradish and olives, as desired.

**Cook's Tip:** You may add 1-ounce vodka to each glass.

**Nutrition information per serving:** 77 Calories; 7.2 Calories from fat; 0.8g Total Fat (0.3 g Saturated Fat; 0 g Trans Fat; 0 g Polyunsaturated Fat; 0.3 g Monounsaturated Fat;) 1 mg Cholesterol; 1371 mg Sodium; 14 g Total Carbohydrate; 3.8 g Dietary Fiber; 2.9 g Protein; 0.8 mg Iron; 532 mg Potassium; 0.2 mg NE Niacin; 0 mg Vitamin B<sub>6</sub>; 0 mcg Vitamin B<sub>12</sub>; 0.3 mg Zinc; 0.5 mcg Selenium; 4.6 mg Choline.