

## Beef Is What's for Dinner

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The North Dakota Stockmen's Association annual meeting was recently held at Medora, in the heart of southwestern North Dakota. The Dickinson Research Extension Center had the opportunity to serve beef born and raised at the center.

The meal, which was well-received, was a demonstration to highlight the value, wholesomeness and flavor of regional beef. To provide variety, originality and simplicity to the evening, as well as feed a mass of hungry beef producers, stews were selected as the evening meal.

The North Dakota State University Animal and Range Sciences Department helped prepare six stews: traditional chuck wagon, Hungarian goulash soup, Atwater's Irish stew, Argentina stew, wild mushroom beef stew and Mexican beef stew. All were a great hit and all received the maximum number of spoons to completely eliminate even the last drop of stew.

No panel of taste experts was assembled. However, each stew was someone's favorite judging by the fact that no leftovers were available. I choose the Mexican beef stew as my favorite. The recipe can be found on the iBeef It's What's for Dinner Web site at [www.beefitswhatsfordinner.com/recipes/rcp\\_00764\\_00.asp](http://www.beefitswhatsfordinner.com/recipes/rcp_00764_00.asp).

The ingredients included 3 pounds of stew beef cut into 1-inch pieces, 2 tablespoons of vegetable oil, 1/2 teaspoon of salt, 1 cup ready-to-serve beef broth, 1 cup prepared thick and chunky salsa, 2 medium zucchini (halved, sliced to 3/4 inch), 1 can (15 ounces) rinsed and drained black beans, 1/2 cup of frozen corn and 2 tablespoons cornstarch dissolved in 3 tablespoons of water. Toppings for the stew include chopped tomatoes, chopped fresh cilantro and sour cream.

In preparing the stew, heat the oil in a Dutch oven over medium heat until hot and brown the beef in batches. Pour off the drippings and return the beef to a pan and

season with salt. Stir in the broth and salsa and bring to a boil, reducing the heat as one smells the beginning of a great meal. Cover the pan and simmer for 1 1/2 hours. Stir in the zucchini, beans and corn and continue to cook, with the pan covered, for 15 to 20 minutes or until the beef is fork tender. Finally, stir in the cornstarch mixture, cook and stir 1 minute or until thickened and serve dressed with the toppings.

The recipe is designed to serve six to eight people; however, there is nothing wrong with inviting the neighborhood over and sharing some native beef directly off Great Plains prairies. Product palatability, flavor and just plain eating ability are the desired outcome for beef producers. It doesn't hurt to cook up some of the home product just to double-check the quality we enjoy producing. It's an eating sensation others have to get secondhand.

The pride associated with producing the best food in the world comes with serving the region's beef products. This pride is only overridden by the smiles of satisfaction from guests, which is the point of Western hospitality. The other recipes are also available upon request and may even show up in future columns.

In the end, take time to enjoy the beef you produce. The desire to show it off only expands in multiple folds. And as the American beef producers say, iBeef ñ It's What's for Dinner. ñ

May you find all your USAIP ear tags.

Your comments are always welcome at [www.BeefTalk.com](http://www.BeefTalk.com). For more information, contact the North Dakota Beef Cattle Improvement Association, 1133 State Avenue, Dickinson, ND 58601 or go to [www.CHAPS2000.com](http://www.CHAPS2000.com) on the Internet. In correspondence about this column, refer to BT0221.

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# Mexican Beef Stew

## Ingredients:

- 3 pounds beef for stew, cut into 1 inch pieces
- 2 tablespoons vegetable oil
- 1/2 teaspoon salt
- 1 cup ready-to-serve beef broth
- 1 cup prepared thick-and-chunky salsa
- 2 medium zucchini, halved, sliced (3/4-inch)
- 1 can (15 ounces) black beans, rinsed, drained
- 1/2 cup frozen corn
- 2 tablespoons cornstarch dissolved in 3 tablespoons water

## Toppings:

Chopped tomato, chopped fresh cilantro, dairy sour cream (optional)

## Instructions:

1. Heat oil in Dutch oven over medium heat until hot. Brown beef in batches; pour off drippings. Return beef to pan; season with salt.
2. Stir in broth and salsa; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours. Stir in zucchini, beans and corn; continue cooking, covered, 15 to 20 minutes or until beef is fork-tender.
3. Stir in cornstarch mixture; cook and stir 1 minute or until thickened. Serve with toppings.

**Source** – Beef, It's What's For Dinner at [www.beefitswhatsfordinner.com/recipes/rcp\\_00764\\_00.asp](http://www.beefitswhatsfordinner.com/recipes/rcp_00764_00.asp).