

SP GRINDER

APRIL 2008

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APRIL SPECIALS



CASCADE NATURAL BEEF SHOULDER TENDERS \$4.50 LB

SOMETHING NEW!

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INDUSTRY NEWS

- Beef:** Packers are trying to push prices higher, but no one is buying. The market seems strong.
- Lamb:** Prices are still a bit high after Easter.
- Pork:** Prices are being held down due to lots of hogs in the market. Farmers are losing money.
- Chicken:** Feed prices are still an issue, but prices seem to have leveled off for now.

MONTHLY RECIPE

Nuevo Chipotle Beef in Butternut Squash Boats (Nuevo Latino Beef Dishes)

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|-----------------------------------|--|
| 1 1/2 pounds beef shoulder tender | 1/2 teaspoon salt |
| 1/3 cup water | 1/2 teaspoon ground black pepper |
| 1/4 cup tomato paste | 1 medium butternut squash, about 3 pounds |
| 2 tablespoons brown sugar | 1 1/2 cups water |
| 2 tablespoons balsamic vinegar | 1 medium tomato, chopped |
| 2 t. ground chipotle chile pepper | 1 small ripe avocado, cut into cubes, optional |
| 1 teaspoon ground cumin | 1/4 cup freshly chopped cilantro leaves |

Preheat oven to 325 degrees F.

Place the beef, water, tomato paste, sugar, vinegar, chipotle pepper, cumin, salt and black pepper in stockpot. Cover and bake in 325 degrees F oven 1 3/4 to 2 1/4 hours or until beef is fork-tender.

Meanwhile, cut squash lengthwise into quarters and remove seeds. Place squash cut side down in a 13 by 9-inch glass baking dish, overlapping if necessary. Add water.

Bake in the preheated oven for 1 to 1 1/4 hours or until fork-tender.

Place each baked squash quarter onto serving plate. Fill with equal amounts of beef mixture. Top with tomato and avocado, if desired. Sprinkle with cilantro.

Cook's Tip: 1 tablespoon minced, seeded chipotle pepper in adobo sauce may be substituted for ground chipotle chile pepper.

Cook's Tip: The chipotle beef mixture may also be cooked on the stovetop. Bring beef mixture to a boil. Reduce heat; simmer, covered, 1 3/4 to 2 1/4 hours or until beef is fork-tender.

Recipe courtesy American National CattleWomen, Inc.
Created by Christine Riccitelli, Inclind Village, Nevada