



Kansas Gov. Sam Brownback has declared May as Beef Month. This declaration marks the 33rd consecutive year beef has received this honor. Wabaunsee County ranchers, Randall and Erin Debler, and their three children, Dalton, Jacob and Anna, joined Brownback for the signing.

May Is Beef Month In Kansas

Many products get publicity and special recognition throughout the year, but in Kansas, if any product deserves its own month, its beef. That's why Kansas Gov. Sam Brownback has declared May as Beef Month. This declaration marks the 33rd consecutive year beef has received this honor. Wabaunsee County ranchers, Randall and Erin Debler, and their three children, Dalton, Jacob and Anna, joined Brownback for the signing.

According to Kansas Beef Council Chairman Philip Weltmer, the value of beef to the economy and social fabric of the state is remarkable.

"With more than 6.4 million cattle on ranches and in feedyards, Kansas ranks third in the country," said Weltmer. "That's more than twice the states human population. Kansas cattle producers are proud of the nutritious, delicious beef they help bring to tables in this state, across the country and around the world."

Kansas also ranked third in fed cattle marketed, with 4.63 million head in 2016. Beef cattle and calves represented 56.8% of the 2015

Kansas agricultural cash receipts.

Kansas has about 46 million acres of farm ground and 16 million acres of pasture and rangeland. However, not all this land can be used to grow crops. Cattle and other ruminants are perfectly equipped to efficiently graze Kansas pastures and rangeland, turning grass and forage into essential protein and nutrients for the human diet. Cattle also provide countless by-products essential to our way of life, including everything from common household cleaners to life-saving medicine.

The effect of the beef industry on employment is significant as well. According to the American Meat Institute, Kansas companies that produce, process, distribute and sell meat and poultry products employ as many as 66,166 people and generate thousands of additional jobs in supplier and associated industries. These include jobs in companies supplying goods and services to manufacturers, distributors and retailers, as well as those depending on sales to workers in the meat industry.

The product they help bring to market is one

that contributes substantially to the human diet. Kansas Beef Council Director of Nutrition Audrey Monroe said, Lean beef provides 10 essential nutrients, including zinc, iron, protein and B vitamins. It does all this for only 154 calories per 3-ounce serving. In fact, a serving of lean beef provides the same amount of protein as three servings (1 cups) of cooked black beans which have 382 calories.

"Kansas ranchers and feeders are committed to producing beef responsibly and sustainably," Weltmer said. "But beef production refined over many generations is only part of the story. Producers also keep consumer needs and wants top of mind."

"While all aspects of beef raising and processing are important, producing beef that is delicious, safe, wholesome and nutritious is job one for our industry," Weltmer said. "After all, producers are also consumers of the beef they produce. They're proud of their role in providing terrific food that so many people enjoy."

Photo & Story source: Kansas Beef Council

MAY IS BEEF MONTH.



IT'S WHAT'S FOR DINNER.

NATIONAL BEEF MONTH

May is a month of many celebrations and observances - Mother's Day, graduations, Memorial Day. What better way to honor these events than by celebrating with beef?

May is National Beef Month, and we certainly celebrate that here in Kansas, where cattle outnumber people two to one! Since May is also National Hamburger Month and National Barbecue Month, you have even more reasons to celebrate!

If you're looking for a way to make an event fun or fancy in May, or any other month for that matter, consider putting beef at the center of the table. Outdoor barbecues simply aren't complete without hamburgers sizzling on the grill. A steak or rack of ribs make any meal special and is sure to excite the taste buds of all your guests.

Need a little inspiration? Try these tasty recipes:

Classic Beef Kabobs



Sometimes simple is best. These classic beef kabobs are easy on the chef, but sure to please any crowd.

Ingredients

- 1 pound beef top sirloin boneless steaks, cut 1 inch thick
- 8 ounces mushrooms
- 1 medium red, yellow, or green bell pepper, cut into 1-inch pieces
- 1 medium red onion, cut into 1-inch pieces
- Salt

Seasoning

- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- 1/2 teaspoon ground black pepper

Directions

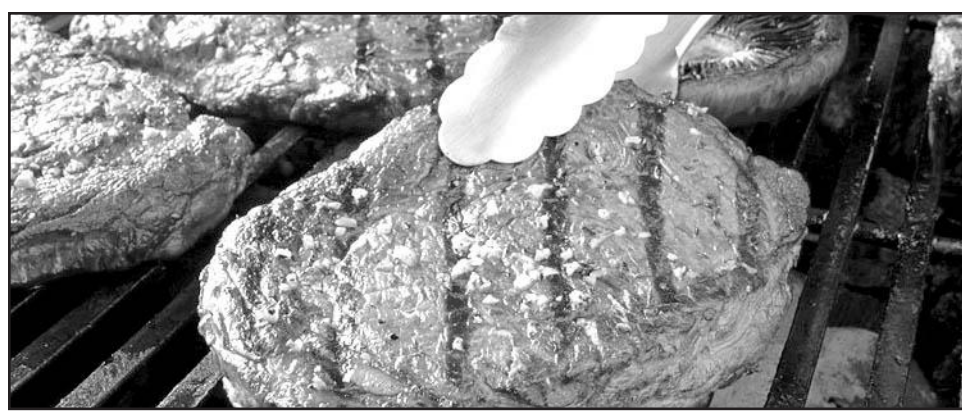
1. Cut top sirloin boneless steak into 1-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms, bell pepper pieces and onion pieces;

toss to coat.

2. Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small spaces between pieces.

3. Place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.

Rib-eye Steaks With Blue Cheese Butter & Mushrooms



Rib-eyes, mushrooms and blue cheese are the perfect combination for a mouth-watering and oh-so-memorable meal.

Ingredients

- 4 beef rib-eye steaks, boneless, cut 1 inch thick (about 12 ounces each)
- 2 tablespoons minced garlic

- 2 tablespoons chopped fresh thyme
- 1/2 teaspoon pepper
- 8 medium Portobello mushrooms, stems removed (about 1-3/4 pounds)
- 1/4 cup olive oil
- Salt
- Chopped fresh parsley (optional)


Blue Cheese Butter

- 1/2 cup crumbled blue cheese
- 1/4 cup butter, softened
- 3 tablespoons chopped rehydrated sun-dried tomatoes, not packed in oil
- 1 tablespoon chopped fresh parsley

Directions


1. Combine garlic, thyme and pepper; press evenly onto beef steaks. Set aside.

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