

Zesty BBQ Cheesburgers

This flavor-packed burger is sure to please the hungriest of crowds.

Ingredients

- 1 pound ground beef
- 1/4 cup finely chopped red onion
- 4 tablespoons barbecue sauce, divided
- 4 slices white Cheddar, pepper Jack, smoked Gouda or provolone cheese
- 4 whole wheat hamburger buns or pretzel rolls, split, toasted
- Lettuce leaves, tomato slices and red onion slices

Directions

Combine Ground Beef, onion and 2 tablespoons barbecue sauce in medium bowl, mixing lightly but thoroughly. Shape into four 1/2-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. About 1



minute before burgers are done, brush with remaining 2 tablespoons barbecue sauce and top with cheese. Line bottom half of each bun with lettuce leaves, tomato and red onion slices, as desired; top with burger. Close sandwiches and enjoy!

Cook’s Tip: Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness, so make sure you use a meat thermometer!

Grilled Steak and Watermelon Salad

This mouth-watering recipe brings two classic summer favorites - grilled steak and watermelon - together in one delicious meal.

Ingredients

- 4 beef tenderloin steaks, cut 1 inch thick (about 4 to 5 ounces each)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 slices seedless baby watermelon, 1 inch thick (about 1 pound each)
- Salt and pepper
- 8 cups baby arugula or spinach leaves
- 1/4 cup reduced-fat balsamic or Italian dressing
- 1 cup halved cherry tomatoes
- 1/2 cup thinly sliced red onion
- 1/4 cup crumbled reduced-fat feta cheese

Directions

Combine coriander and cumin; press evenly onto beef steaks. Place steaks in center of grid over medium, ash-



covered coals; arrange watermelon slices around steak. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill watermelon 2 to 4 minutes or until grill marks form, turning once.

Carve steaks into slices. Cut each watermelon slice into 6 wedges. Season steaks and watermelon with salt and pepper, as desired. Combine arugula and dressing in large bowl; toss to coat. Divide arugula among four serving plates. Arrange steak and watermelon on salad; top evenly with tomatoes, onion and cheese.

Tequila-Marinated Steak Burritos

This south-of-the-border dish will make mouths water!

Ingredients

- 1 beef flank steak (about 1-1/2 to 2 pounds)
- 6 medium flour tortillas (10-inch diameter), warmed
- Marinade:**
 - 1/2 cup fresh orange juice
 - 2 tablespoons tequila
 - 1 tablespoon vegetable oil
 - 1 tablespoon honey
 - 2 tablespoons minced garlic
 - 1 teaspoon crushed red pepper
- Toppings:**
 - Guacamole, pico de gallo and shredded lettuce

Directions

Combine marinade ingredients in small bowl. Place steak and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in re-



frigerator for 6 hours or as long as overnight, turning occasionally. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning

occasionally. Carve steak across the grain. Season with salt and pepper, as desired. Place equal amounts of beef on each tortilla, leaving 1-1/2-inch border on right and left sides. Top with toppings, as desired. Fold right and left sides of tortilla over filling. Fold bottom edge over filling and roll up tightly.

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