

RECIPES & FOOD SAFETY MATERIALS

(Free to Colorado Residents)

June 2011



Beef for Breakfast

Focusing on getting protein throughout the day, this brochure offers 6 recipes and tips on protein in the morning.

Quantity _____



Beef Pot Roasting 101

This brochure has the basics for making the traditional pot roast as well as a slow cooker variation, includes 3 recipes.

Quantity _____



Confident Cooking with Beef

36 page/8 recipes

Basic brochure about buying, storing, cooking and nutrition of beef.

Quantity _____



Get Your Grill On - Fun Recipes For Your Family

Ideas for marinades & rubs, grilling, cooking timetables and 4 recipes.

Quantity _____



Grilling: New Ways to Love Your Grill

Brochure with grilling guidelines and 4 recipes

Quantity _____



Ground Beef Recipes for your Busy Lifestyle

Brochure with ground beef nutrition, cooking instructions, food safety & storage tips as well as 4 recipes.

Quantity _____



Holiday Roast Brochures

Seasonal brochure with holiday recipes.

Quantity _____



National Beef Cookoff Recipes

32 page/16 recipes

Brochure with the 2009 Prize winning recipes.

Quantity _____



Power Up with Lean Beef!

16 page/5 recipes & activities

This brochure for kids includes recipes, nutrition information and fun activities.

Quantity _____



Savor the Flavor

Rubs, Marinades & Sauces. Recipes and techniques to add flavor to your beef.

Quantity _____



The Healthy Beef Cookbook—brochures

Folded brochure/2 recipes

Brochures with recipes from The Healthy Beef

Cookbook, these brochures also include nutrition information and a cookbook order form.

Stews & Chilis: Quantity _____

Entertaining: Quantity _____



Retail Cuts of Beef

8 1/2 x 11 sheet that pictures the retail cuts of beef.

Quantity _____



Heart-Healthy Diet with Lean Beef

Consumer tips on healthy cuts of beef, exercise, protein and one recipe.

Quantity _____



Today's Beef Choices

Description of grain-finished, grass-finished, natural and organic production practices and nutrition comparison.

Quantity _____

Colorado Beef Council

TO ORDER THESE FREE MATERIALS CONTACT THE COLORADO BEEF COUNCIL AT 303/830-7892 OR JULIE@COBEEF.COM