

All entries for the "What's for Dinner" beef cook-off must be received by the end of business on Friday, Aug. 27.

Does anyone have a creative, kid friendly beef recipe? Could anyone use a new set of kitchen appliances?

If the answer is "yes" to both of these questions, then enter this contest!

The 'What's for Dinner' Beef Cook-Off is currently seeking recipes for the 2010 cook-off which will be held in conjunction with River City Roundup at the Qwest Center in Omaha on Saturday, Sept. 25.

The top five recipes selected will compete on the 'What's for Dinner' cooking stage sponsored by the Nebraska Beef Council.

A stove, dishwasher, refrigerator and microwave will be awarded to the contest winner. Beef certificates of \$300, \$200, \$100 and \$50 will be awarded to the second through fifth place finalists as well.

The basic recipe guidelines are as follows:

- Contestants should submit their original beef recipe that is healthy, is loved by kids and has an all-around family appeal.

Beef cook-off seeking recipes for contest

- Recipes should include one of the 29 lean cuts of beef (examples below), include no more than eight ingredients (not including water, plain salt, or pepper) and can be prepared and cooked in 45 minutes or less (not including marinating time).
- Types of recipes may include but are not limited to main dish lunches or main dish dinners, one-dish meals, sandwiches or wraps, pasta and grain-based dishes, or main dish salads.

Beef used in your recipe must be one of the 29 lean cuts of beef.

The 29 lean beef cuts, beginning with the leanest, include: eye round roast and steak; sirloin tip side steak; top round roast and steak; bottom round roast and steak; top sirloin steak; round tip roast and steak; 95 percent lean ground beef; flat half brisket; shank cross cuts; chuck shoulder pot roast; sirloin tip center roast and steak; chuck shoulder steak; bottom round (Western Griller) steak; top loin (strip) steak; shoulder petite tender and medallions; flank steak; round steak; shoulder center (Ranch) steak; and tri-tip.

Complete contest information is available at www.nebeef.org or by calling the Nebraska Beef Council at 800-421-5326.

Only original and unpublished recipes are eligible for the contest.

Entries will be judged by professionals on taste, appearance, convenient preparation and cooking and healthfulness and nutritional balance.

To be eligible for the 'What's For Dinner' Beef Cook-Off entrants must be at least 18 years of age and residents of the state of Nebraska.

Food professionals, including chefs, food writers, home economists, dietitians and food educators and employees/family members of the Nebraska Beef Council are not eligible to compete.

Only one recipe per contestant may be submitted.

Recipe entries should be submitted via e-mail to kroeder@nebeef.org or recipes may also be mailed to: What's for Dinner Beef Cook-Off, Nebraska Beef Council, PO Box 2108, Kearney, NE 68848.

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