

FOR IMMEDIATE RELEASE
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Dear Editor,

Lazy summer afternoons will soon turn to hectic school days and you'll be expected to get dinner on the table in a flash. With a few pantry staples, one of your favorite cuts of beef and a fail-proof recipe or three, you'll be the hero of the dinnertime dilemma.

- With canned tomatoes, packaged ravioli, ground beef and a handful of other ingredients, you can make [Greek-Style Beef & Cheese Ravioli](#) for your family in less than 30 minutes.
- A jar of pasta sauce and some fettuccini noodles get a boost from steak and a few choice herbs to make [Mediterranean Steak & Pasta with Tomato-Olive Sauce](#).
- Dress up those spuds in your pantry by making [Beef Chili 'n Cheddar-Topped Potatoes](#). Microwave the potatoes while you mix up a quick chili in the skillet. So few dishes to clean up!

Our advanced recipe search will provide "Quick Fix" recipes made with even more staples like spinach, rice or onions. Explore all the options on [BeefItsWhatsForDinner.com](#).

If you are interested in high-res images for these recipes, or if you have any questions, please feel free to contact me Whitney Carman at 859-278-0899 or wbrown@kycattle.org.

Goodbye summer, hello school year!

Whitney Carman
Kentucky Beef Council
On behalf of the beef checkoff