

Recipes by Blair Caraway, Caraway Red Angus Ranch of Lexington, Neb.

Goombah Bars

Ingredients:

- 1 14 oz. pkg. caramels
- 1/3 c. evaporated milk

Directions: Place caramels and evaporated milk into a microwave safe bowl and microwave at one-minute intervals until melted and mixed together. Grease and flour a 9x13 inch pan. Preheat oven to 350 degrees Fahrenheit.

Ingredients II:

- 1 chocolate devil's food cake mix
- 3/4 c. margarine, melted
- 1/3 c. evaporated milk
- 1 c. chopped nuts
- 1 c. semi-sweet chocolate chips

Directions II: In a large mixing bowl combine dry cake mix, melted margarine, evaporated milk, and nuts; then mix. Dough is usually sticky. Press 1/2 of the mixture into the prepared pan. Bake at 350 degrees Fahrenheit for six minutes. Sprinkle chocolate chips over bottom crust and pour the melted caramel mixture over the chips. Crumble remaining dough mixture over the top. Bake about 16 more minutes.

These bars are almost failproof, and we started making them when I began showing cattle in 4-H. It turned into a big thing with the families we would see at cattle shows. There would be friends looking for the signature Tupperware my mom always put them in. I have one friend who ate seven of these bars in one day and no one has come close to breaking this record. We make these for family gatherings now and as you can imagine my kids expect them for cattle shows too.

Slow Cooker Beef Tips

- 2 lbs. stew meat
- 1 can condensed cream of mushroom soup
- 1 packet onion soup mix

Directions: Place the stew meat in a slow cooker and pour the mushroom soup over the meat. Sprinkle the soup mix evenly over the top. Do not stir. Cook on low for 6 to 8 hours or high 3 to 4 hours. Stir the mixture and serve over egg noodles or rice.

Note: You can start with frozen stew meat but be sure to cook all day on low. I started making this when I found an abundance of stew meat in my deep freeze one winter. My kids loved how the meat was already bite-sized and it rarely has any leftovers once our family of five is done with it.

Super Nachos

Ingredients:

1 lb. hamburger
1 chopped onion
salt to taste
hot sauce to taste
cumin to taste
1 large can refried beans
1 can whole green chilies, chopped
3 c. shredded cheddar cheese
3/4 c. taco sauce
1/4 c. chopped onion
1 can sliced ripe olives
1 can guacamole
1 pt. sour cream

Directions: Brown hamburger with onion. Season to taste with salt, hot sauce, and cumin. Set aside and drain. Spread the refried beans on the bottom of a 9X13 inch baking dish. Top with the beef mixture plus the chilies. Cover with the shredded cheese. Drizzle with taco sauce. Cover and chill. Bake at 400 degrees Fahrenheit uncovered for 20 to 25 minutes. Garnish with onion, olives, guacamole, and sour cream.

This is another recipe I can remember my mom making since I was a kid. We would have family gatherings or friends would come over to watch bowl games or the Super Bowl and my mom would make these nachos. The nice part about this dish is it can be used as an appetizer or dip for a crowd, or a main dish for a few people. We like to make this and leave off the toppings (sour cream, guacamole, black olives) and let each person top theirs however they prefer.