



Texas CattleWomen

AUGUST E-NEWS

Mark your calendars now!

Our TCW Fall Convention will be held October 16-17 at the beautiful Eberly Ranch in Chappell Hill, TX. Washington County CattleWomen are looking forward to welcoming CattleWomen from across the state for a weekend of planning, recognition, and fellowship. Details and registration info will be sent out soon, but in the meantime, check out www.visitbrenhamtexas.com and www.eberlyranch.com to learn more about our enticing location and venue.

It's that time of year again!

Please submit your Beef Activity Reports ASAP

The end of the TBC fiscal year is quickly approaching and it is important that we account for every bit of **beef education and promotion** performed by our members. You ladies did it...now we need to make certain TCW gets the credit for it! This reporting helps us to account for current year's funding received from Texas Beef Council and to make our case for continued annual funding for our programs.

Each report submission needs a separate activity report and expense report with original receipts if it is to be reimbursed. Send beef activity reports and expense reports with original receipts to:

Marsha Shoemaker
TCW Treasurer
P.O. Box 295
Bellevue, TX 76228

Activity reports with no request for reimbursement may be scanned and emailed to TXCattleWomen@gmail.com.

DEADLINES APPROACHING!

Officer Nominations due September 1

[Click here for TCW Officer Nomination Form](#)

TCW CattleWoman of the Year due October 1

[Click here for guidelines](#)



Whether you're counting down the days with giddy anticipation or fearful dread, there's no escaping the fact that the school is right around the corner. Homework, reports, and tests...Friday night football and all the practices leading up to the big game...it's easy to see that schedules are about to get crazy! **We all know that our favorite protein is the**

perfect pick for sustained energy to tackle these busy days. And so many delicious and nutritious cuts are ideal for slow-cooker convenience. The recipe below is easy, convenient, and versatile..the perfect fridge or freezer staple for busy moms and teachers. **PASS IT ON!**

DISH IT UP SLOW COOKER SHREDDED BEEF

*1 (3- to-4-pound) boneless beef chuck roast
1 tablespoon kosher salt
2 teaspoons freshly ground black pepper
1 medium yellow onion, peeled and chopped
4 cloves garlic, smashed, peeled and minced
1 cup dry white wine, apple cider vinegar mixed with dark ale, or low sodium beef broth*

Place beef on a cutting board, pat dry on both sides with paper towels and vigorously rub the salt and pepper into both sides of the meat.

Place beef in the bowl of a slow cooker. Scatter onion and garlic over surface of the meat and pour the cooking liquid into the bowl. Cook on high about 5 hours or on low about 8 hours.

Turn off the slow cooker and transfer beef to a platter. Use 2 forks to shred the meat, removing any largish pieces of fat. Defat the cooking liquid using a fat separator or cool to room temperature and skim fat with a large spoon, discarding fat. Add the cooking liquid to the shredded beef to keep beef moist and flavorful.

Use beef immediately as is or spread out on a sheet pan to quickly cool to room temperature. Store in the refrigerator up to 5 days or in the freezer up to 4 months.

If you don't have a slow cooker, you can use a Dutch oven or your heaviest pot with a tight lid to braise the beef in your oven at 325 F for 2 1/2 to 3 1/2 hours. Serves 8.

#GrillBeef



Follow @beefpros on Instagram

Snap a picture of beef on your grill

Post your picture with #GrillBeef and tag @beefpros

Be eligible to win up to \$150 worth of beef to stock your freezer with!

Contest ends August 14th.

Winners will only be contacted via Instagram by August 21st.

Every picture is an entry, tag as often as you would like!



Forward this email

STAY CONNECTED

