

Proof

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- NOT FOR EXACT COLOR MATCH FOR PLACEMENT ONLY -



Front

Cooking Tips:

Remains on Package

Stew Meat

Coat beef lightly with seasoned flour, if desired. Slowly brown beef in oil in heavy pan. Drain. Cover beef with liquid, cover and simmer over low heat on stovetop or in 325°F oven per chart until fork tender.

BEEF BEAN AND SPINACH RAGOUT

Ingredients:
 2 pounds beef for stew, cut into 1-inch pieces
 1 cup apple cider
 1/2 teaspoon pepper
 1 can (15 ounces) Great Northern beans, undrained
 1 can (14-1/2 ounces) Italian-style diced tomatoes, undrained
 1 pound Swiss chard, cut lengthwise in half, then crosswise into 1-inch pieces (about 10 cups)
 2 tablespoons vegetable oil

Instructions:
 1. Heat oil in large stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining beef. Season with salt, as desired.
 2. Pour oil drippings; return beef to stockpot. Add beans and tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 hours. Stir in Swiss chard; return to a boil. Reduce heat; continue simmering, covered, 30 to 60 minutes or until beef is fork-tender.
 3. Season with salt and pepper, as desired. Sprinkle with cheese.

Quick Tip: One 9 ounce package baby spinach may be substituted for Swiss chard. Simmer beef mixture, covered, 1-3/4 to 2-1/4 hours or until beef is fork-tender. Stir in spinach; continue cooking 5 minutes or until spinach is tender.

Makes 4 to 6 servings.

Photo and Recipe Courtesy of The Beef Checkoff

AUTUMN BEEF AND CIDER STEW

Ingredients:
 2 pounds beef for stew, cut into 1 to 1-1/2-inch pieces
 2 slices bacon, cut into 1/2-inch pieces
 1 teaspoon salt
 1/2 teaspoon pepper
 1 can (10-1/2 ounces) condensed French onion soup
 1 cup apple cider
 1 pound sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
 1/3 cup sweetened dried cranberries

1. Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of beef in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.
 2. Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
 3. Add sweet potatoes and cranberries to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 20 to 30 minutes or until beef and potatoes are fork-tender.

Makes 4 to 6 servings.

Photo and Recipe Courtesy of The Beef Checkoff

FRENCH COUNTRY STEWING BEEF STEW

Ingredients:
 1 package (1.9 to 1.88 ounces) dry vegetable soup mix
 2 cups water
 1 pound asparagus, cut into 2-inch pieces
 8 ounces mushrooms, cut in half
 2 tablespoons cornstarch dissolved in 1/4 cup water
 Salt and pepper

Instructions:
 1. Combine beef, water and soup mix in stockpot; bring to a boil. Reduce heat; cover and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
 2. Add asparagus and mushrooms to stockpot; bring to a boil. Reduce heat to medium and cook, uncovered, 4 to 6 minutes or until asparagus is crisp-tender, stirring occasionally. Stir in cornstarch mixture; bring to a boil. Cook 1 minute, stirring occasionally.
 3. Season with salt and pepper, as desired.

Quick Tip: Beef stew can be served over steamed new potatoes.

Makes 6 to 8 servings.

Photo and Recipe Courtesy of The Beef Checkoff

ASIAN BRAISED BEEF WITH VEGETABLES

Ingredients:
 2-1/2 pounds beef for stew, cut into 1-1/2-inch pieces
 1 can (13-1/2 to 14 ounces) coconut milk
 1/2 cup golden raisins
 1 tablespoon curry powder
 1 package (16 ounces) frozen Asian vegetable blend
 6 cups cooked toasted almond rice pilaf or toasted pine nut couscous (optional) Salt

1. Combine beef, coconut milk, raisins and curry powder in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2-1/4 hours or until beef is fork-tender.
 2. Stir in frozen vegetables; bring to a boil. Reduce heat to medium; cook, uncovered, 5 to 7 minutes or until vegetables are just tender, stirring occasionally.
 3. Serve beef mixture over couscous, if desired. Season with salt.

Quick Tip: Two packages (5.6 ounces each) toasted pine nut couscous mix or 2 packages (6.6 ounces each) toasted almond rice pilaf mix yield approximately 6 cups cooked couscous.

Makes 6 servings.

Photo and Recipe Courtesy of The Beef Checkoff

Back of Front - Rotating

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Thank you,



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SPECIALTY SIGN-OFF

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LABEL INFORMATION

LABEL SHOWN ACTUAL SIZE

Designed by: Lance Doyle Date: 08/20/08

Customer: Hannaford

Job ID: HAN219 Rev: 01

Label Size: 3.25 "W x 3.0 "H CR: _____

Fonts: NA

Spot Colors: Four Color Process:

PMS: CMYK PMS: Black - S2 PMS: _____

PMS: 4975 Burgundy PMS: Black - S3 PMS: _____

PMS: 7428 Red PMS: UV PMS: _____

PMS: Deadener PMS: _____ PMS: _____

