

TETON

WATERS RANCH

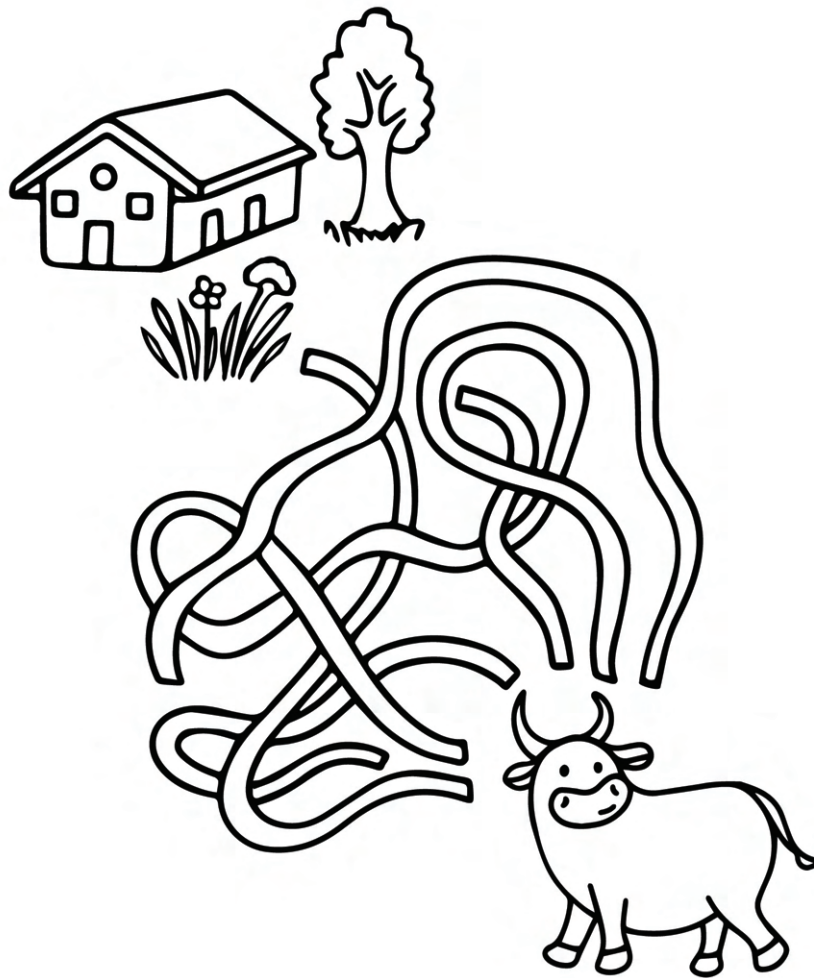
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TETON TASTE BUDDS



COLORING BOOK

TETON[™]
TASTE
budds[™]



HELP THE COW TO FIND THE RANCH

GRASS FED BEEF AND VEGGIES TOO, a TASTY AND HEALTHY CHOICE FOR YOUR FAMILY AND YOU!

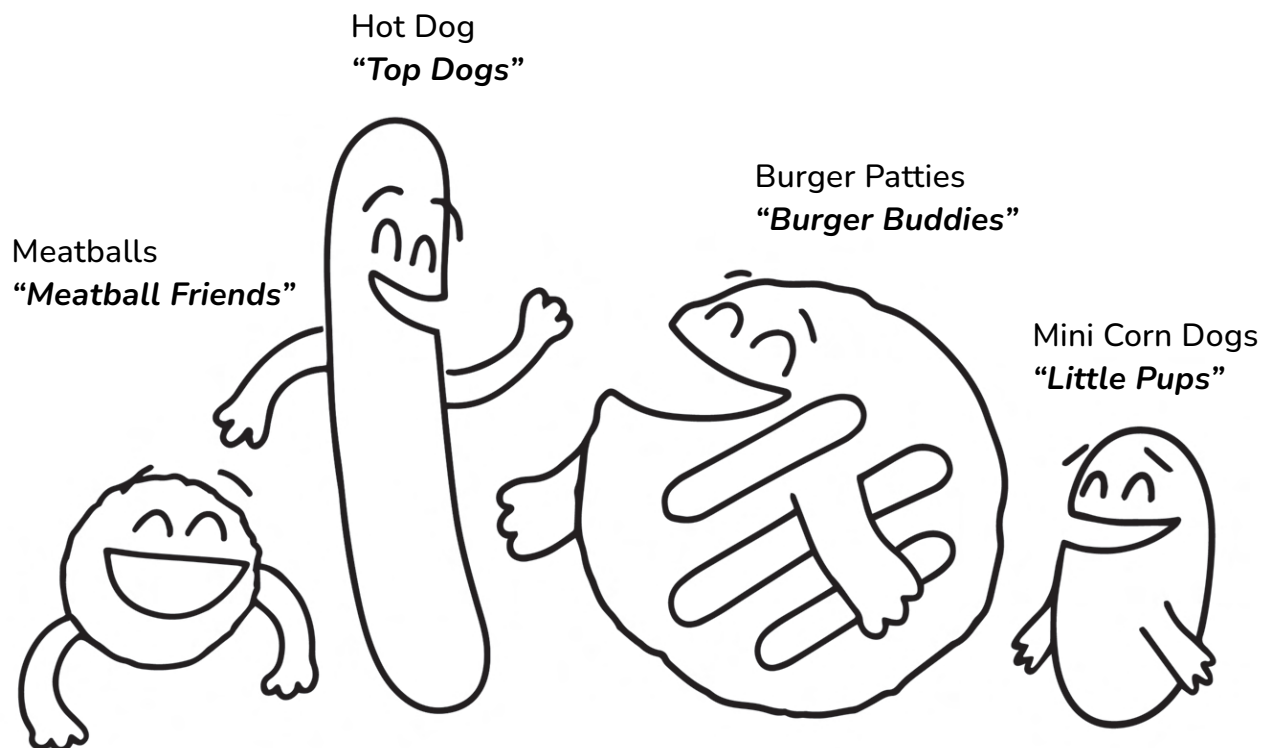
100% Grass Fed Beef Products with Hidden Veggies | 15% Veggies Per Serving

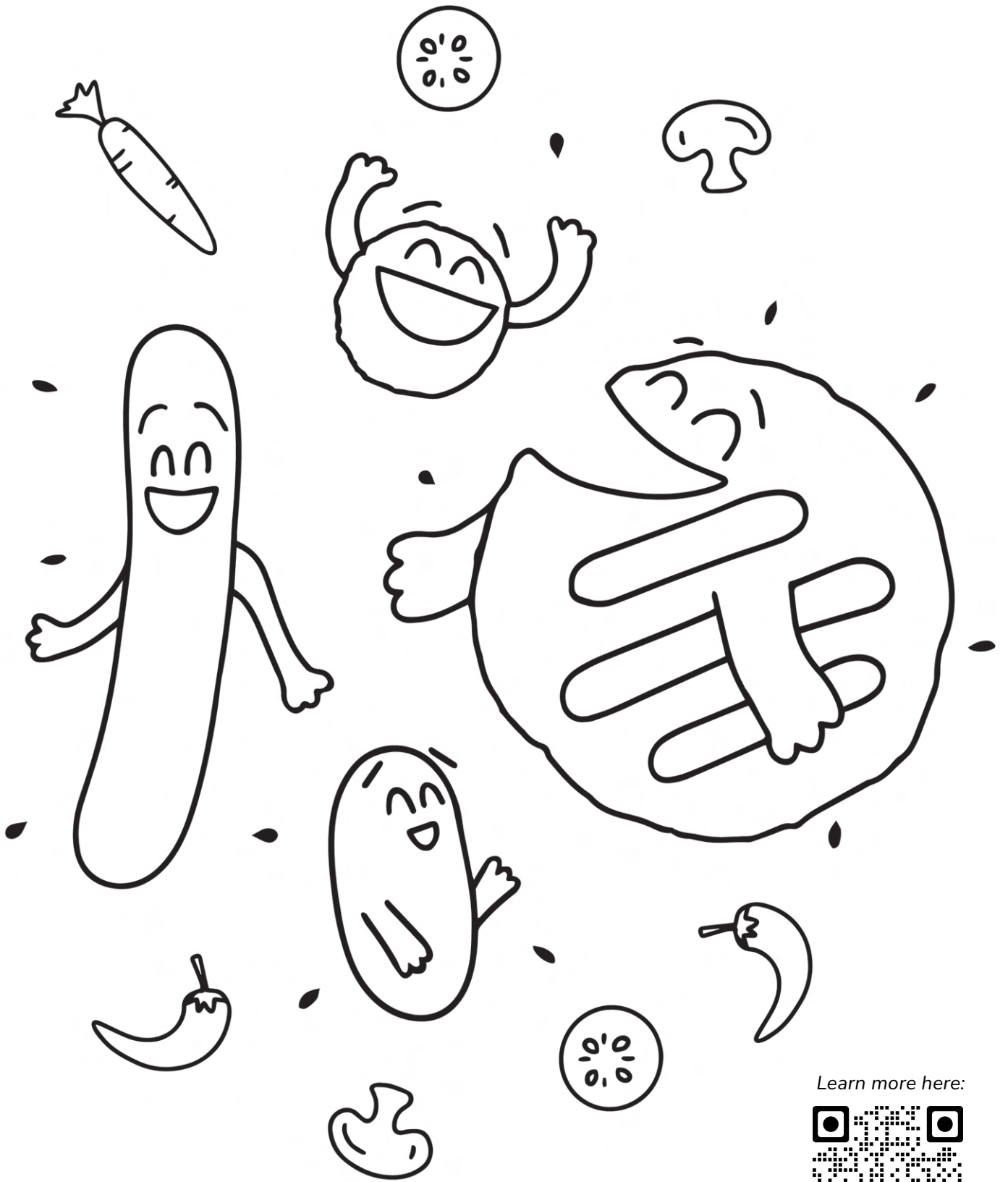
Powered by mushrooms, carrots and butternut squash, Teton Waters Ranch's Taste Buds™ products are blended to be high in flavor and nutrients, yet **lower in saturated fat, sodium, cholesterol and calories**. They are a nutrition and taste win-win: Kids don't notice, and parents, K-12 foodservice and conscientious restaurants can feel good about serving them.

When compared to the average hot dog, Taste Buds products have:
0 g sugar | 38% less sodium | 50% less saturated fat

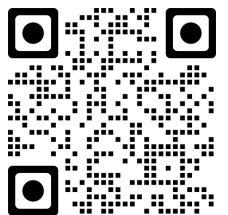
Share this book with the kids and kids at heart in your life and learn more about what makes Teton Waters Ranch **100% grass fed beef** better for the planet, better for the animal and better for you.

Teton Taste Buds includes four delicious and kid-captivating options all made with grass fed beef:





Learn more here:

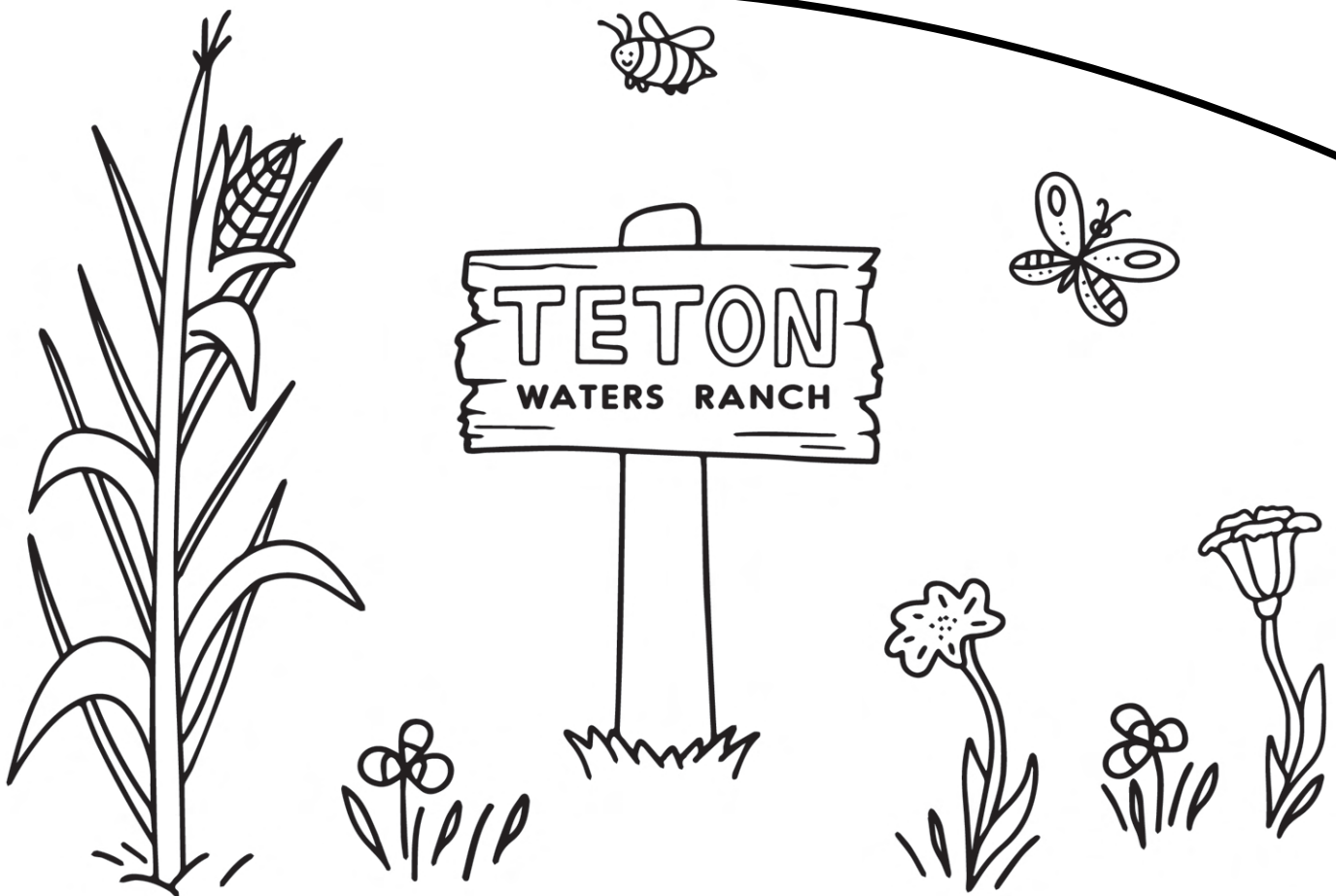


REGENERATIVE AGRICULTURE IS BETTER FOR THE PLANET, FOR OUR CATTLE, AND FOR YOU!

Regenerative agriculture is a way of farming that protects the environment — it's like giving the earth a big hug! Our ranchers use **soil-enhancing** techniques on their land like rotating crops, planting special plants called **cover crops** and making sure there is a bunch of different types of plants growing together. This takes good care of the soil and makes it healthier and stronger, so it can grow more food for our cattle.

Regenerative agriculture also helps protect the local **biodiversity**. Biodiversity means lots of various plants and animals living in one area, which is very good for the environment.

Regenerative agriculture is important because it allows us to continue using the land to raise cattle for many generations and keeps the soil, the air and our cattle healthy.



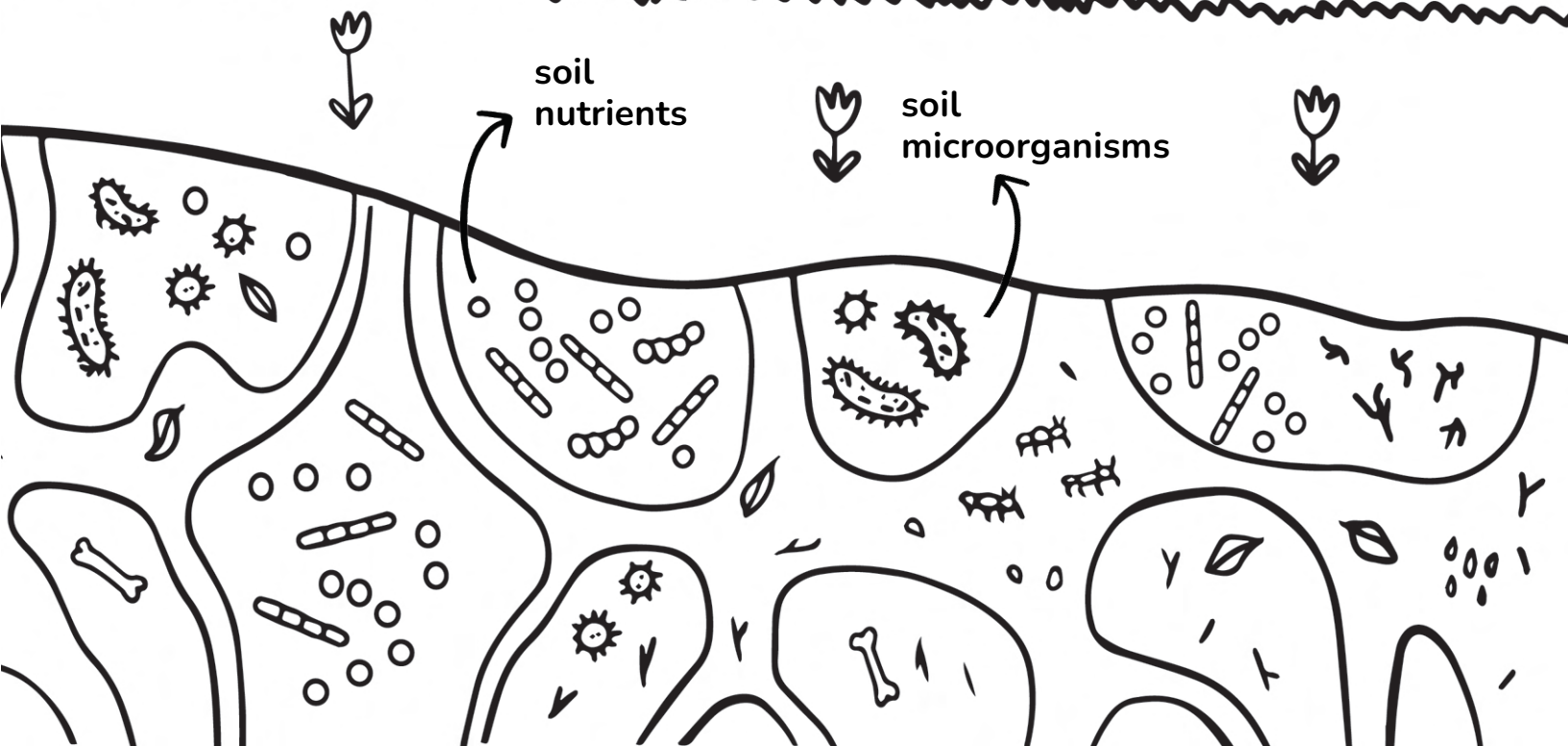


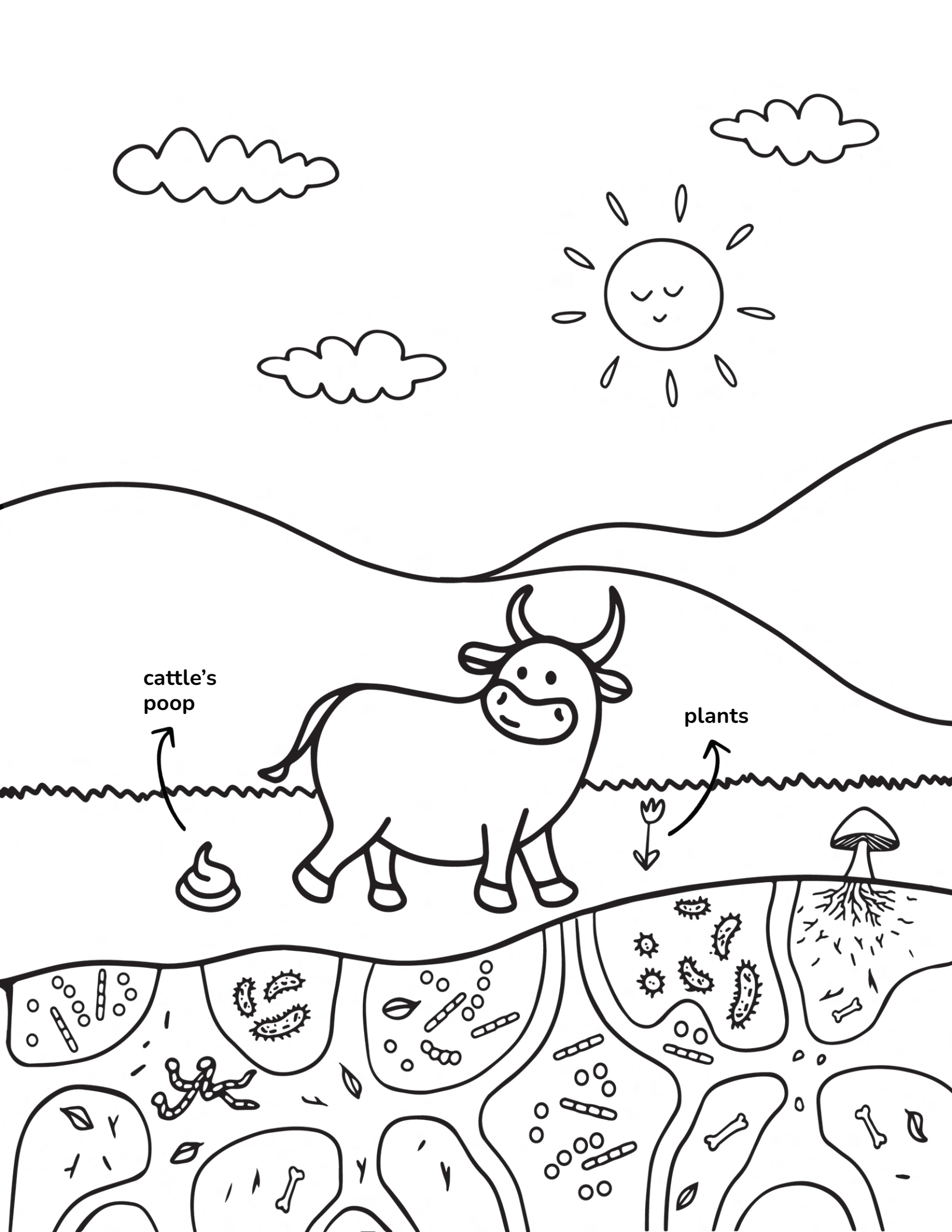
GRASS FED = HEALTHY SOIL BED

When you hear the words “**grass fed**” and “**grain fed**,” you might think about cattle and what they eat. But did you know that the food cattle eat can have a big impact on the environment?

Grains don’t have the same nutrients as grass. Munching on grass is natural for cattle and it helps them and the soil stay healthy. The soil is the upper layer of dirt that covers the ground. Made up of tiny rocks, minerals and other natural elements, the soil is home to many different creatures — worms, bugs and tiny microorganisms. These creatures work hard to keep the soil healthy.

Healthy soil is important for growing strong plants and it helps keep the air and water clean. When cattle eat grass, they help keep the soil healthy by eating the plants and enriching the soil with their... **poop**. Our cattle’s poop is really precious because it contains vital nutrients that go back into the soil and that help plants grow.





cattle's
poop

plants

PUT GRASS FED BEEF ON YOUR PLATE; IT'S HEALTHY FOR NATURE AND ALL OF US, MATE!

Grass fed beef is not only healthier for the environment, but also for us! It contains way more nutritional and health benefits than regular beef.

One of the main benefits of grass fed beef is that it is higher in nourishing nutrients such as **omega-3 fatty acids** and **antioxidants**. These may be big words but they have big benefits for making us strong and healthy. They make our brains, hearts and arms and legs healthier and prevent us from getting sick. The best part is, grass fed beef tastes great especially when we enjoy it with some of our favorite vegetables!

Grass fed beef is really a delicious and nutritious food for everyone who wants to add lean protein to their diet and make a better choice for the environment.





TOP DOG BURRITOS WITH RICE & BEANS

Prep Time: 10 | Cook Time: 10 | Servings: 4

INGREDIENTS:

4 Teton Taste Buds Top Dogs

1 cup cooked white or brown rice

½ medium onion, diced

2 cloves garlic, minced

2 tablespoons olive oil

1 15-ounce can black or pinto beans, drained

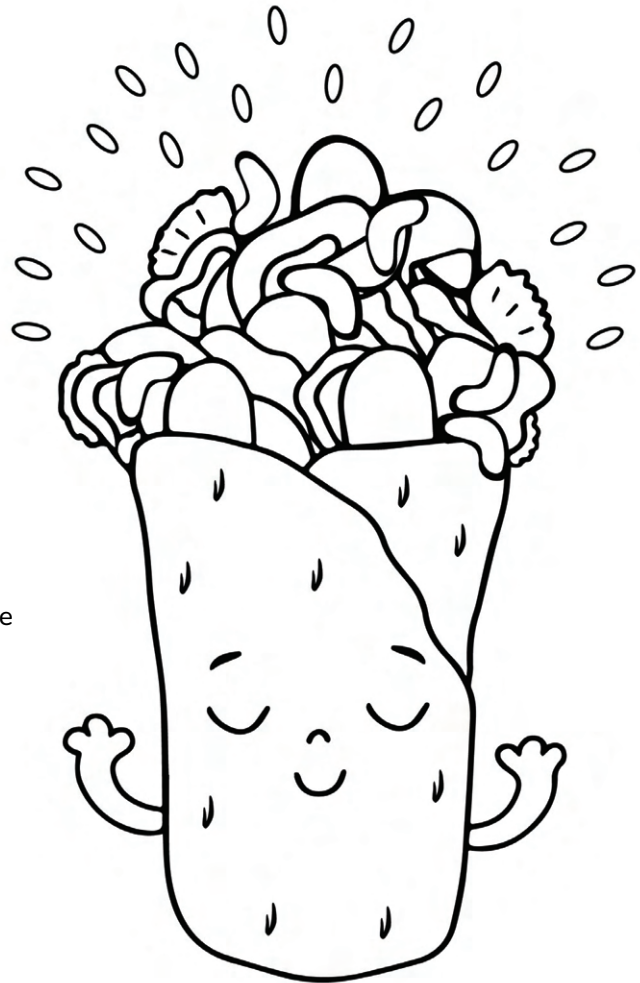
1 tablespoon chili powder

¼ teaspoon sea salt

4 burrito-size flour tortillas, warmed in microwave or in a skillet for 15-20 seconds just before using

4 ounces Cheddar cheese, shredded

Cilantro leaves for garnish, optional



INSTRUCTIONS:

In a large skillet, over medium-high heat, sauté top dogs until warmed through and starting to brown. Remove from the pan and set aside.

In the same skillet, sauté the onion in olive oil for 5 minutes, or until the onion is soft and translucent.

Add the garlic and cook for another minute. Reduce the heat to medium-low, add the black beans or pinto beans, season with the chili powder and salt. Add the rice and stir to combine. Allow the beans to cook until heated through, about 5 minutes.

Spoon the rice and bean mixture onto lightly warmed flour tortillas then place one top dog in the center and sprinkle with cheese. Top with cilantro if using.

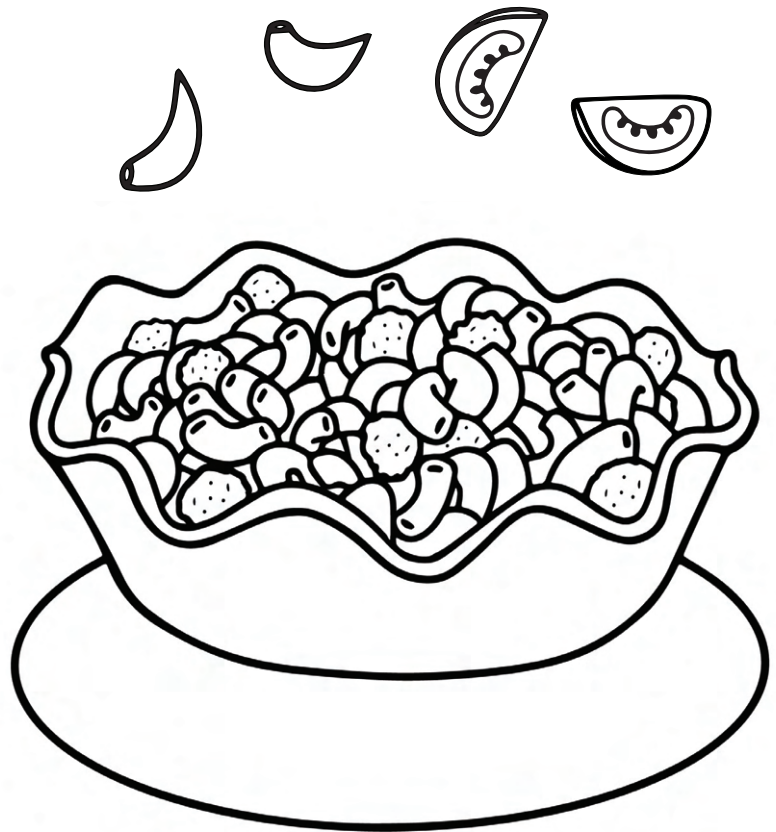
Fold in the short ends of the tortilla, then fold one long side over the filling and gently push to ensure the fold is tight. Then roll up the rest of the burrito. Cut in half and serve immediately.

BURGER MAC & CHEESE

Prep Time: 10 | Cook Time: 20 | Servings: 4

INGREDIENTS:

1 pound dry elbow macaroni
4 Teton Taste Buds Burger Buddies
1 teaspoon olive oil
1 medium onion, diced
2 cloves garlic, minced
1 15-ounce can crushed tomatoes
1 cup whole milk
½ teaspoon sea salt
¼ teaspoon freshly ground black pepper
2 cups shredded Cheddar cheese
4 tablespoons chopped fresh parsley for garnish, optional



INSTRUCTIONS:

Cook macaroni according to package instructions, drain, then set aside.

Heat a large skillet on medium-high heat. Add the olive oil, then cook the burgers until nearly cooked through, about 2 minutes on each side, or until they reach your preferred level of doneness. Remove burgers from the pan and set aside. In the same skillet, add a little bit more olive oil and sauté the onion for 5 minutes, or until the onion is soft and translucent.

Add the garlic and cook for another minute.

When cool enough to handle, chop the burgers into chunks and add them back in the skillet. Then add the crushed tomatoes, milk, salt and pepper. Bring mixture to a low simmer for about 3 minutes to allow the flavors to combine. Fold in the pasta and add $\frac{3}{4}$ of the cheese, a little at a time until everything combines and the cheese melts.

Add additional cheese on top and minced parsley if using. Serve warm.

SPAGHETTI & MEATBALLS WITH VEGGIES

Prep Time: 15 | Cook Time: 30 | Servings: 4

INGREDIENTS:

12-16 Teton Taste Buds

Meatballs Friends

1 pound dry spaghetti

*1 24-ounce jar spaghetti sauce or
homemade sauce if you have it*

*2 medium carrots, peeled and
diced*

1 small zucchini, medium diced

1 medium onion, diced

1 clove garlic, minced

2 tablespoons olive oil



INSTRUCTIONS:

Meanwhile, cook the pasta according to package instructions.

Prerare all of the vegetables. In a large pot over medium-high heat, sauté veggies until tender, about 5 minutes. Add the meatballs and cook for another 5 minutes, until warmed through. Add the sauce to the pan and simmer over low heat until ready to serve.

Drain pasta and add to the saucepot. Serve immediately.

MINI CORN DOGS WITH a SIDE OF FRUIT

Prep Time: 10 | Cook Time: 10 | Servings: 4

INGREDIENTS:

16 Teton Taste Buds Corn Pups

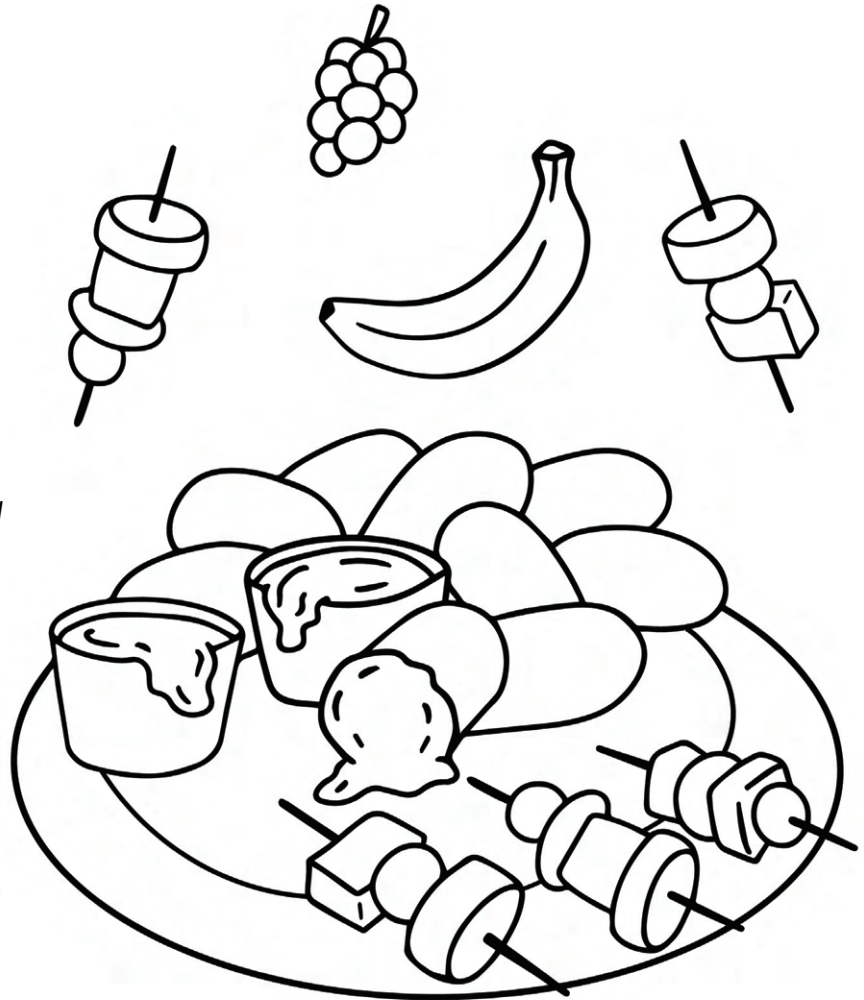
Ketchup, mustard and relish for toppings

1 banana, sliced into ½ inch rounds

1 cup green or red grapes

½ small pineapple, peeled, cored and cut into chunks

4 wooden skewers



INSTRUCTIONS:

Place skewers, banana slices, grapes and pineapple chunks onto a platter.

Heat Corn Pups according to package instructions and place on the platter along with small bowls containing the various condiments for dipping.

Invite your family or friends to the table to assemble their own fruit kebabs and dip corn pups into condiments. Enjoy!

TETONTM
WATERS RANCH

100%
GRASS FED
BEEF



Interested in learning more about
the Teton Taste Buds product line?

Contact us: sales@tetonwatersranch.com