

APRIL 2024 TV Recipes—SPRING BEEF RECIPES

It's the time of year that we crave a menu change. Something lighter, fresher for Spring. Check out our collection of fresh and fun beef recipes incorporating seasonal produce, fresh fruit and plenty of flavor!

Beef & Asparagus Toss

Classic steakhouse flavors in an easy pasta bowl! Ground Beef and asparagus are tossed with pasta and parmesan cheese for a quick dinner.

Recipe time: 30 minutes – Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 3 cups uncooked bow tie pasta
- 1 pound fresh asparagus, cut into 1-inch pieces
- 1 tablespoon olive oil
- 1/4 cup minced shallots (about 2 large)
- 1 tablespoon minced garlic
- Salt and pepper
- 1/4 cup shredded Parmesan cheese (optional)



1. Cook pasta in salted boiling water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.
2. Meanwhile, heat a large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings.
3. Heat oil in same skillet over medium heat until hot. Add shallots and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt and pepper, as desired.
4. Combine beef mixture with pasta and asparagus in large bowl; toss well. Sprinkle with cheese, if desired.

Nutrition information per serving: 633 Calories; 190.8 Calories from fat; 21.2g Total Fat (5.6 g Saturated Fat; 0.2 g Trans Fat; 1.5 g Polyunsaturated Fat; 11.1 g Monounsaturated Fat;) 88 mg Cholesterol; 161 mg Sodium; 70 g Total Carbohydrate; 2.7 g Dietary Fiber; 41 g Protein; 8.2 mg Iron; 647 mg Potassium; 11.8 mg NE Niacin; 0.6 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 7.2 mg Zinc; 25.1 mcg Selenium; 114.5 mg Choline.

Savory Beef Steak Lettuce Cups with Grilled Pineapple Relish

You'll say YUM after trying one of these Asian lettuce cups with steak, fruit, vegetables and a herbacious pineapple relish.

Recipe time: 55 Minutes – Makes 6 servings

- 1 beef Flat Iron Steak (about 1-1/2 pounds)
- 3/4 cup sliced green onions, divided
- 1/3 cup reduced-sodium soy sauce
- 1/4 cup fresh orange juice
- 1 teaspoon grated orange peel
- 1 teaspoon hoisin sauce
- 1/2 teaspoon minced garlic
- 1/4 teaspoon crushed red pepper
- 4 slices fresh pineapple, grilled (1/4 inch thick)
- 1 cup button mushrooms, coarsely chopped
- 1/3 cup thinly sliced red bell pepper
- 1/3 cup shredded carrot
- 1/4 cup chopped fresh cilantro leaves
- 1/4 cup thinly sliced pickled ginger
- 3 teaspoons olive oil, divided
- 12 to 18 large lettuce leaves, such as Bibb, leaf or iceberg



1. To prepare sauce, combine 1/2 cup green onions, soy sauce, orange juice, orange peel, hoisin sauce, garlic and crushed red pepper in small bowl; mixing well. Reserve 1/2 cup sauce to use as marinade. Cover remaining sauce; set aside.
2. Cut beef steak lengthwise in 1/2-inch strips, then across the grain to make 1/2-inch pieces. Place beef and 1/2 cup reserved marinade in food-safe plastic bag; turn to coat steak evenly. Close bag securely and marinate in refrigerator 30 minutes.
3. Meanwhile, cut grilled pineapple into 1/4-inch pieces. Combine pineapple, mushrooms, bell pepper, carrots, cilantro, ginger and remaining 1/4 cup green onions in medium bowl. Cover and refrigerate until ready to use.
4. Remove steak from marinade; discard marinade. Pat beef dry with paper towel. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add one third of beef; stir-fry 2 to 3 minutes. Remove beef; keep warm. Repeat twice with remaining oil and beef, wiping out skillet between batches.
5. Divide beef among lettuce leaves. Top with pineapple mixture. Spoon 1 teaspoon remaining sauce mixture over vegetables in each lettuce leaf. Wrap lettuce leaves around filling. Serve with remaining sauce.

Nutrition information per serving: 429 Calories; 189 Calories from fat; 21g Total Fat (8 g Saturated Fat; 9 g Monounsaturated Fat; 118 mg Cholesterol; 424 mg Sodium; 22 g Total Carbohydrate; 3.3 g Dietary Fiber; 38 g Protein; 5 mg Iron; 6.8 mg NE Niacin; 0.7 mg Vitamin B₆; 8.4 mcg Vitamin B₁₂; 13.1 mg Zinc; 55.4 mcg Selenium; 165.5 mg Choline.

Greek-Style Beef Stuffed Portobello Mushrooms

Enjoy a taste of the Mediterranean with a savory Portobello mushroom stuffed with Greek-seasoned Ground Beef plus a variety of fresh toppings.

Recipe time: 40 minutes – Makes 4 servings

- 1 pound Ground Beef (93% or leaner)
- 4 large portobello mushroom caps, stems removed and chopped
- 1/2 cup diced onion
- 2 tablespoons Greek seasoning
- 1-1/2 teaspoons minced garlic
- 1/8 teaspoon pepper
- 1 package (10 ounces) frozen chopped spinach, thawed, squeezed dry
- 3/4 cup crumbled reduced-sodium feta cheese, divided
- 1 cup diced seeded tomatoes
- 1/4 cup finely diced pitted Kalamata olives

Toppings: tzatziki sauce, balsamic glaze, Greek salad dressing, hummus, roasted red pepper strips, diced cucumbers



1. Preheat oven to 350°F. Coat each mushroom cap with nonstick cooking spray and place on aluminum foil-lined baking pan. Bake in 350°F oven 15 to 17 minutes or until mushrooms are fork tender.
2. Meanwhile, preheat large nonstick skillet over medium heat until hot. Add ground beef, cook 5 to 7 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Add mushroom stems, onion, Greek seasoning, garlic and pepper; cook 3 to 5 minutes or until beef is thoroughly cooked and onion is translucent. Stir in spinach and 1/2 cup feta. Keep warm.
3. Evenly divide beef mixture among mushroom caps (about 1 cup each), mounding as needed. Top with tomatoes, remaining 1/4 cup feta and olives. Top with tzatziki, balsamic glaze, salad dressing, red peppers and cucumbers, as desired.

Nutrition information per serving: 319 Calories; 144 Calories from fat; 16g Total Fat (8 g Saturated Fat; 5 g Monounsaturated Fat; 109 mg Cholesterol; 456 mg Sodium; 12 g Total Carbohydrate; 4.1 g Dietary Fiber; 35 g Protein; 4.8 mg Iron; 10.9 mg NE Niacin; 0.8 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 8.2 mg Zinc; 45.3 mcg Selenium; 136.3 mg Choline.

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Smoky Sirloin Steak with Tomato Hummus

Try this expertly created and tested recipe that is rich in color and flavor.

Recipe time: 1 hour 30 Minutes – Makes 4 servings

- 1 beef Top Sirloin Steak (about 1 pound)

Dry Rub:

- 2 teaspoons ground cumin
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon salt
- 1/2 teaspoon pepper

Garnish (optional):

- 1 parsnip, sliced into thin strips using a vegetable peeler
- 1 cup thinly sliced Swiss chard, stems removed
- 1 cup vegetable oil

Tomato Hummus:

- 1 can (15 ounces) Great Northern beans, rinsed and drained
- 2 tablespoons olive oil
- 1 tablespoon tomato paste
- 1 teaspoon minced garlic

Sauteed Asparagus:

- 1 tablespoon butter
- 1 pound fresh asparagus, trimmed, cut into 1-inch pieces
- 1 tablespoon fresh lemon juice
- 2 teaspoons lemon zest

Pan Sauce:

- 1/2 cup dry red wine
- 1 tablespoon minced shallot
- 1 cup reduced-sodium beef broth
- 1 tablespoon cornstarch dissolved with 1/4 cup water
- 1 tablespoon chopped fresh parsley leaves
- 1 tablespoon unsalted butter



1. Combine dry rub ingredients in small bowl. Rub evenly over beef Top Sirloin Steak. Place steak on plate; cover and refrigerate 15 minutes to 1 hour.
2. Prepare garnish by heating oil in a small saucepan to 350° F. Frying in batches, place parsnip and Swiss chard into hot oil; fry about 2 minutes until lightly golden and crispy. Drain on paper towels. Season with salt, as desired. You may fry garnish up to 8 hours ahead. **Cook's Tip:** French fried onions can be used in place of fried parsnip and chard.
3. Prepare Tomato Hummus by adding beans, olive oil, tomato paste and garlic to food processor bowl. Puree until smooth. If hummus is too thick, add 1 tablespoon water until you reach desired consistency. Season with salt, as desired. Tomato Hummus may be prepared 24 hours in advance. **Cook's Tip:** You may substitute 1 cup prepared hummus for Tomato Hummus.
4. Melt butter in large nonstick skillet over medium heat. Add asparagus; cook 5 to 6 minutes until asparagus is crisp tender. Stir in lemon juice and zest; cook 1 minute. Remove asparagus from pan; keep warm. **Cook's Tip:** Frozen asparagus may be substituted for fresh asparagus. Prepare according to package directions; toss with lemon juice and zest, as desired.
5. Place steak in same skillet; cook 15 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Season with salt, as desired. Remove steak from skillet; keep warm.
6. In same skillet, add wine and shallot; cook 2 to 3 minutes or until all brown bits attached to pan are dissolved. Add broth; cook 5 to 7 minutes. Stir in cornstarch mixture and bring to a boil. Cook 1 minute; remove from heat. Stir in parsley and butter. Season with salt and pepper, as desired.
7. Carve steak into thin slices. Place Hummus on bottom of each plate. Top with asparagus and steak. Drizzle steak with Pan Sauce. Top with parsnips and Swiss chard, as desired.

Beef Fried Rice

Perfect for weeknight dinners, Beef Fried Rice pairs lean Ground Beef with an assortment of veggies and rice. A tasty treat!

Recipe time: 25 minutes – Makes 4 servings

- 1 pound Ground Beef (95% lean)
- 1 cup chopped red bell pepper
- 1 cup frozen peas
- 3/4 cup chopped green onions
- 1 tablespoon minced fresh ginger
- 1 to 2 cloves garlic, minced
- 3 cups cooked brown rice (prepared without butter or salt)
- 3 tablespoons soy sauce
- 1/4 teaspoon ground black pepper
- 8 celery sticks (optional)



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; keep warm.
2. Heat same skillet over medium-high until hot. Add bell pepper, peas, green onions, ginger and garlic; stir-fry about 1 minute. Stir in beef, rice, soy sauce and black pepper; cook 2 to 3 minutes or until heated through.
3. Serve with celery sticks, if desired.

Nutrition information per serving: 324 Calories; 72 Calories from fat; 8g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 76 mg Cholesterol; 569 mg Sodium; 33 g Total Carbohydrate; 4.7 g Dietary Fiber; 30 g Protein; 4.4 mg Iron; 8.8 mg NE Niacin; 0.7 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 7.1 mg Zinc; 25.7 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.

Crispy Beef Lettuce Wraps with Wowee Sauce

Get your crunch on with these easy lettuce wraps made with Ground Beef, water chestnuts and shredded carrots. A sweet sauce is the finishing touch.

Recipe time: 30 minutes – Makes 4 servings

- 1 pound Ground Beef (95% lean)
- 1/3 cup sliced green onions
- 2 tablespoons reduced-sodium or regular soy sauce
- Black pepper
- 8 large lettuce leaves (such as Bibb, leaf or iceberg)
- 3/4 cup sliced water chestnuts
- 3/4 cup shredded carrots

Wowee Sauce:

- 1 can (8 ounces) crushed pineapple in juice, drained
- 1/3 cup orange marmalade
- 2 tablespoons reduced-sodium or regular soy sauce



1. Combine Wowee Sauce ingredients in small bowl. Set aside.
2. Heat a large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings, if necessary. Add green onions and soy sauce; season with pepper, as desired. Cook and stir for 1 minute.
3. Evenly spoon beef mixture onto each lettuce leaf. Top with equal amounts of water chestnuts and carrots. Spoon some Wowee Sauce over top. Wrap lettuce around filling. Serve with remaining Wowee Sauce.

Nutrition information per serving: 295 Calories; 54 Calories from fat; 6g Total Fat (3 g Saturated Fat; 2 g Monounsaturated Fat;) 76 mg Cholesterol; 552 mg Sodium; 34 g Total Carbohydrate; 3.1 g Dietary Fiber; 28 g Protein; 3.8 mg Iron; 7 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 6.4 mg Zinc; 19.2 mcg Selenium; 22.2 mg Choline.