

## **September 2018 TV Recipes—FAMILY MEALS MONTH**

*Recipes that tastefully combine a variety of food groups to achieve the perfect balance of taste, nutrition and simplicity with your favorite beef cuts.*

### **Hot Beef “Sundaes”**

*Create family memories while enjoying this sundae of beef tips, mashed potatoes, tomatoes, sour cream and Cheddar cheese.*

Recipe time: 15 to 20 minutes

Makes 4 servings

- 1 package (17 ounces) refrigerated fully-cooked beef tips with gravy
- 1 package (24 ounces) refrigerated mashed potatoes

#### **Toppings:**

- Shredded Cheddar cheese
- Sour cream
- cherry or grape tomatoes

1. Heat beef tips with gravy according to package directions. Heat mashed potatoes according to package directions.
2. Using ice cream scoop, place 2 scoops (about 1/3 cup each) mashed potatoes in each of 4 individual sundae cups or serving bowls. Divide beef tips evenly over potatoes in each dish. Sprinkle with cheese and top with dollop of sour cream, as desired. Place 1 tomato in center of each serving for “cherry.”

***Nutrition information per serving:** 308 Calories; 9g Total Fat; 4g Saturated Fat; 3g Monounsaturated Fat; 69mg Cholesterol; 1271mg Sodium; 36g Total carbohydrate; 22g Protein; 2.1mg Iron; 6.1mg Niacin; 0.8mg Vitamin B6; 3.9mcg Vitamin B12; 4.7mg Zinc; 14.2mcg Selenium; 4.1g Fiber.*



### **Pizza with a Purpose**

*With a blend of your favorite veggies mixed right into the pizza sauce and topped with lean Ground Beef, you’ve got yourself an easy and totally irresistible pizza.*

Recipe time: 40 minutes

Makes 6 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1 tablespoon chopped fresh oregano
- 1/2 teaspoon salt, divided
- 1-1/2 cups frozen vegetables, such as cauliflower, broccoli, carrots and zucchini
- 1 tablespoon water
- 1/2 cup marinara sauce
- 1 package (14 to 16 ounces) fresh whole wheat pizza dough
- 1/2 cup reduced-fat shredded cheese
- 1/2 cup sliced cherry tomatoes
- 2 tablespoons thinly sliced fresh basil (optional)

1. Preheat oven according to package directions on pizza dough package. Heat large nonstick skillet over medium heat until hot. Add ground beef and oregano; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally. Remove drippings. Season with 1/4 teaspoon salt. Set aside.



- Place frozen vegetables in a medium size microwave-safe bowl. Add water; cover with plastic wrap. Microwave on HIGH for 2 to 4 minutes or until vegetables are just tender. Cool slightly. *Cook's Tip: Coarsely chopped fresh vegetables can be used in place of frozen vegetables for the pizza sauce.*
- Place vegetables and their cooking liquid into blender or food processor; add marinara sauce. Process until vegetable mixture is smooth. Season with remaining 1/4 teaspoon salt.
- Spray 15 x 10-inch rimmed baking pan or 12-inch pizza pan with nonstick cooking spray. Press and stretch dough to edges of pan. Top with vegetable sauce, cheese, tomatoes and beef mixture. Bake according to package instructions on dough package or until crust is golden brown and cheese is melted and bubbly. Garnish with basil if desired.

**Nutrition information per serving:** 318 Calories; 9g Total Fat; 3g Saturated Fat; 3g Monounsaturated Fat; 62mg Cholesterol; 618mg Sodium; 33g Total carbohydrate; 25g Protein; 4mg Iron; 5.1mg Niacin; 0.3mg Vitamin B6; 105.8mg Choline; 2.1mcg Vitamin B12; 4.6mg Zinc; 15.8mcg Selenium; 6.2g Fiber.

## Philly Beef Cheese Steak Sandwiches

Can't make it all the way to Philly for your favorite sandwich? We have you covered. Tender beef steak with sautéed peppers and onions make this sandwich a forever classic.

Recipe time: 30 Minutes  
Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, ¾-inch thick (about 1 pound)
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 teaspoons olive oil, divided
- 1 medium onion, thinly sliced (about 2 cups)
- 1 medium green bell pepper, thinly sliced (about 2 cups)
- 4 whole-grain or whole wheat hoagie rolls, split, toasted
- 6 thin slices reduced-fat provolone cheese



- Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Season beef with garlic powder and pepper. Set aside. *Cook's Tip: You may freeze beef steak in a resealable food-safe plastic bag 30 to 45 minutes or until firm, but not frozen solid for easier slicing.*
- Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add onion and pepper; stir-fry 30 seconds to 1 minute. Remove from skillet; keep warm. *Cook's Tip: In some classic Philly Beef Cheese Steak Sandwiches, you'll find the addition of sautéed sliced mushrooms. You may add 8 ounces of sliced mushrooms and stir-fry with onion and pepper.*
- Heat 1/2 teaspoon oil in same skillet until hot. Add half of beef; stir-fry 2 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with 1/2 teaspoon oil and remaining beef.
- Return beef and vegetables to skillet; cook and stir until heated through. Season with salt and pepper, as desired. Top beef with cheese slices. Heat, covered, 1 to 2 minutes or until cheese is melted; stir gently to mix. Place beef mixture on bottom half of rolls. Close sandwiches. *Cook's Tip: You may broil sandwiches filled with beef and vegetable mixture, topped with cheese slices for 2 minutes on HIGH or until cheese is melted and begins to brown.*

**Nutrition information per serving:** 566 Calories; 20g Total Fat; 8g Saturated Fat; 7g Monounsaturated Fat; 93mg Cholesterol; 805mg Sodium; 54g Total carbohydrate; 45g Protein; 4.4mg Iron; 11.1mg Niacin; 0.9mg Vitamin B6; 133.1mg Choline; 2.1mcg Vitamin B12; 8.2mg Zinc; 83.3mcg Selenium; 8.1g Fiber.

# Lazy Beef Lasagna

Try this no-fuss lasagna recipe today. Ground Beef, pasta sauce and cheese are layered and baked together. This recipe is perfect for beginners.

Recipe time: 50 to 60 minutes

Makes 6-8 servings

- 1-1/2 pounds Ground Beef (90% to 96% lean)
- 1 tablespoon minced garlic
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon ground nutmeg
- 1/4 teaspoon black pepper
- 1 jar (26 ounces) prepared pasta or marinara sauce
- 1-1/2 cups water
- 1 package (20 to 25 ounces) refrigerated or frozen cheese ravioli
- 1 cup shredded Italian cheese blend



1. Heat oven to 400°F. Heat large nonstick over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings and return beef to skillet.
2. Stir in salt, nutmeg and pepper; mix well. Stir in pasta sauce and water; bring to a boil. Cook 1 to 2 minutes, stirring occasionally.
3. Layer ravioli, beef mixture and cheese, 1/2 at a time, in 13 x 9-inch glass baking dish; cover with aluminum foil. Bake in 400°F oven 15 minutes (20 minutes if using frozen ravioli). Uncover; continue baking 15 to 20 minutes or until sauce is bubbly and pasta is tender.
4. Let stand 5 minutes before serving.

**Nutrition information per serving:** 419 Calories; 19g Total Fat; 8g Saturated Fat; 3g Monounsaturated Fat; 103mg Cholesterol; 1182mg Sodium; 26g Total carbohydrate; 36g Protein; 4.1mg Iron; 6.7mg Niacin; 0.5mg Vitamin B6; 2.4mcg Vitamin B12; 6.6mg Zinc; 22.5mcg Selenium; 4.6g Fiber

# Popcorn Steak Bites

Beefy nuggets cooked in the oven, perfect for little hands to dip as they wish.

Recipe time: 35 to 45 minutes

Makes 4 servings

- 1-pound beef Cubed Steaks, cut 1/2-inch thick
- 6 cups ridged potato chips (any flavor)
- 1/3 cup all-purpose flour
- 1 teaspoon pepper
- 2 large eggs, slightly beaten

## Dipping Sauces:

- Ranch dressing, Thousand Island dressing, mustard, ketchup or barbecue sauce

1. Cut beef steaks into 1X1-inch pieces; set aside.
2. Place chips in bowl of food processor. Cover; pulse on and off to form fine crumbs.

**Cook's Tip:** To crush chips with rolling pin, place chips in large food-safe resealable plastic bag. Close bag securely, leaving one-inch opening. Finely crush chips in bag with rolling pin.



- Combine pepper and flour in a shallow bowl. Place crushed chips and eggs into two additional shallow bowls. Dip steak pieces in flour, then into egg, then into crushed chips, turning to coat all sides and pressing chips onto steak pieces.
- Spray rack of broiler pan with nonstick cooking spray. Place beef bites on rack in broiler pan so surface of beef is 6-inches from heat. Broil 8 to 10 minutes or until 160°F. Serve immediately with dipping sauces, as desired.

**Nutrition information per serving:** 435 Calories; 22g Total Fat; 5g Saturated Fat; 4g Monounsaturated Fat; 166mg Cholesterol; 308mg Sodium; 26g Total carbohydrate; 32g Protein; 3.5mg Iron; 7.7mg Niacin; 0.4mg Vitamin B6; 171.4mg Choline; 2.5mcg Vitamin B12; 6.2mg Zinc; 29.4mcg Selenium; 1.6g Fiber.

## Beef & Cheese Tortilla Towers

*Piled high and chock-full of nutrients, this tower of beef and cheesy tortillas is sure to please everyone in the family.*

Recipe time: 25 to 30 minutes  
Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 1 jar (16 ounces) thick-and-chunky salsa
- 3/4 cup canned black beans, rinsed, drained
- 1/2 teaspoon ground cumin
- 7 small whole wheat tortillas (6 to 7-inch diameter)
- 1 cup shredded reduced-fat Mexican cheese blend
- Chopped fresh cilantro (optional)

### Cantaloupe-Mango Salsa:

- 1 cup coarsely chopped ripe mango
- 1 cup coarsely chopped cantaloupe
- 1/8 to 1/4 teaspoon crushed red pepper



- Heat 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 drippings. Stir in salsa, beans and cumin. Cook 3 to 5 minutes or until heated through and most of liquid has evaporated. Remove from heat. *Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*
- Heat oven to 350°F. Spray baking sheet with nonstick cooking spray. Place 2 tortillas in single layer on pan. Spoon generous 1/2 cup beef mixture on each tortilla; sprinkle each with 2 tablespoons cheese. Repeat layering of tortillas, beef mixture and cheese twice. Sprinkle remaining cheese over tops of tortilla towers. Bake in 350°F oven 12 to 15 minutes or until heated through and cheese melts.
- Meanwhile, combine salsa ingredients in small bowl. Set aside.
- Cut each tortilla tower into 4 wedges. Garnish with cilantro, if desired. Serve with fruit salsa.

**Nutrition information per serving:** 478 Calories; 13g Total Fat; 7g Saturated Fat; 3g Monounsaturated Fat; 91mg Cholesterol; 1725mg Sodium; 65g Total carbohydrate; 39g Protein; 4.8mg Iron; 8.2mg Niacin; 0.6mg Vitamin B6; 2.3mcg Vitamin B12; 7mg Zinc; 18.4mcg Selenium; 7.1g Fiber.

632 Grand Canyon Drive  
Madison, WI 53719  
800.728.BEEF  
[www.BeefTips.com](http://www.BeefTips.com)

  
Wisconsin  
**BEEF COUNCIL**

