

## **October 2018 TV Recipes—TAILGATING RECIPES**

*The leaves are turning, the temperature is dropping and tailgaters are coming out in droves to support their favorite team — but more importantly, show off your skills with beef as the star of the show.*

### **Nacho Beef Dip**

*Ground Beef, salsa and cheese dip meet in the skillet for a family favorite recipe. Try this dip with tortilla chips or veggie strips.*

Recipe time: 25 minutes

Makes 12 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 jar (15 to 16 ounces) cheese dip with salsa (salsa con queso) or other cheese dip
- ½ cup thick-and-chunky mild or medium salsa
- Tortilla chips or veggie strips



#### **Toppings:**

- Diced red bell pepper, thinly sliced green onions, sliced ripe olives (optional)

1. Heat nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Add cheese dip and salsa; cook and stir about 3 minutes or until mixture is heated through.
2. Pour beef mixture into shallow serving dish. Serve with tortilla chips for dipping. Garnish with toppings, if desired.

**Nutrition information per serving:** 112 Calories; 6g Total Fat; 2g Saturated Fat; 1.4g Polyunsaturated Fat; 2.1g Monounsaturated Fat; 0g Trans Fat; 31mg Cholesterol; 363mg Sodium; 161mg Potassium; 5g Total carbohydrate; 10g Protein; 1mg Iron; 2.1mg Niacin; 0.1mg Vitamin B6; 34.1mg Choline; 1mcg Vitamin B12; 2.3mg Zinc; 8.1mcg Selenium; 0.3g Fiber.

### **Spicy Steak & Avocado Bruschetta**

*A fresh twist on the classic Italian appetizer. Instead of the traditional tomato topping, this bruschetta features sliced Sirloin and a mix of avocado and chipotle peppers.*

Recipe time: 20 minutes

Makes 8 servings

- 1-pound beef Top Sirloin Steak, cut 1 inch thick (about 1 pound)
- 1/4 teaspoon ground black pepper
- 1 ripe avocado, cut in half, pit removed
- 2 limes
- 1 to 2 teaspoons minced chipotle peppers in adobo sauce
- 1/2 teaspoon salt
- 8 slices ciabatta bread cut 1/2 inch thick



1. Season beef steak with pepper. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 11 to 15 minutes (over medium heat on preheated gas grill, covered 13 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile, spoon avocado pulp into medium bowl. Add juice of 1 lime, chipotle pepper and salt. Mash until avocado mixture is well mixed; set aside. Cut the remaining lime into wedges; set aside.
3. During last few minutes of grilling/ place bread slices on grid; grill until lightly browned on both sides. Remove steak from grill; let stand 3 to 5 minutes.
4. Cut steak lengthwise in half, then crosswise into 1/4-inch thick slices. Spread bread with avocado mixture. Top with beef slices; sprinkle with additional salt, as desired. Cut bruschetta in half. Serve with lime wedges.

*Test Kitchen Tip: Sprinkle bruschetta with chopped cilantro as desired.*

**Nutrition Information per serving:** 84 Calories; 3g Total Fat; 1g Saturated Fat; 2g Monounsaturated Fat; 18mg Cholesterol; 134mg Sodium; 6g Total carbohydrate; 8g Protein; 0.8mg Iron; 2.1mg Niacin; 0.2mg Vitamin B6; 26.6mg Choline; 0.4mcg Vitamin B12; 1.3mg Zinc; 7.7mcg Selenium; 1g Fiber.

## Sweet Onion & Pepper Beef Sandwiches with Au Jus

*Top your favorite French bread with the tasty flavors of slow cooked beef, sweet onions and bell peppers in this hearty and satisfying sandwich.*

Recipe time: 9 Hours 15 Minutes  
Makes 10 servings

- 3 to 3-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2 inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red bell pepper, cut lengthwise into 1-inch wide strips
- 1 cup reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup no salt added tomato paste
- 6 cloves garlic, minced
- 8 to 10 French bread rolls, split, warmed



### Toppings:

- Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives

1. Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Skim fat from cooking liquid, if necessary.
2. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired

**Nutrition information per serving:** 403 Calories; 12g Total Fat; 4g Saturated Fat; 5g Monounsaturated Fat; 100mg Cholesterol; 730mg Sodium; 33g Total carbohydrate; 41g Protein; 5.6mg Iron; 7.5mg Niacin; 0.7mg Vitamin B6; 147.7mg Choline; 3mcg Vitamin B12; 8.2mg Zinc; 26.3mcg Selenium; 3.2g Fiber.

## Skewered Southwest Steak

*Lean Flank Steak benefits from a flavorful marinade before being threaded on kabobs and hitting the grill. Enjoy at a party, tailgate or quick weeknight meal.*

Recipe time: 25 minutes

Makes 6 servings

- 1 beef Flank Steak (approx. 1-1/2 pounds)

### Marinade:

- 1 tablespoon minced garlic
- 1/2 cup fresh cilantro, lightly packed
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon jalapeno hot pepper sauce or 1 teaspoon hot pepper sauce
- 1-1/4 teaspoons ground cumin



### Garnishes:

- Lime slices, cilantro sprigs (optional)

1. Soak twelve 10 or 12-inch wooden skewers in enough water to cover 10 minutes; drain.
2. Place garlic in blender container. Cover; process, pulsing on and off, until garlic is finely chopped. Add remaining marinade ingredients; process until mixture is blended.
3. Cut beef Flank Steak diagonally across the grain into 1/4-inch thick strips. In medium bowl, combine beef and marinade; toss to coat. Marinate 10 minutes.
4. Thread an equal amount of beef, weaving back and forth, onto each skewer. Place beef on grid over medium ash-covered coals; grill, covered, 4 to 6 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Season with salt, as desired. Garnish with lime and cilantro sprigs, if desired.

**Test Kitchen Tip:** *To check the temperature of the coals, cautiously hold your hand, palm side down, at cooking height (just above the grid). Count the number of seconds you can hold your hand in that position before the heat is uncomfortable and you have to pull it away: 4 seconds for medium coals.*

**Broil Tip:** *To broil, place skewers on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 6 to 7 minutes, turning once.*

**Nutrition information per serving:** 183 Calories; 9g Total Fat; 3g Saturated Fat; 4g Monounsaturated Fat; 42mg Cholesterol; 183mg Sodium; 1g Total carbohydrate; 24g Protein; 1.7mg Iron; 7mg Niacin; 0.5mg Vitamin B6; 1.4mcg Vitamin B12; 4.4mg Zinc; 27.3mcg Selenium; 0.2g Fiber.

# Grilled Spicy Steak Salad with Guacamole Salsa

Satisfy your steak craving with this simple salad. Mixed greens, Mandarin oranges, and a spicy guacamole salsa are sure to hit the spot.

Recipe time: 30 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut ¾-inch thick (about 1 pound)
- 8 cups mixed salad greens
- ½ cup Herdez® Guacamole Salsa, divided
- 1 cup cherry or grape tomatoes, cut in half
- ½ cup thinly sliced red onion
- 1 can (11 ounces) Mandarin oranges, drained



## Marinade:

- ⅓ cup fresh lime juice
- 1 tablespoon minced garlic
- 1 tablespoon chili powder

1. Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 1 hour.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 7 to 11 minutes (over medium heat on preheated gas grill, 8 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Carve steak across the grain into thin slices. Season with salt, as desired. Toss salad greens with ¼ cup Herdez® Guacamole Salsa; arrange on serving platter. Top with tomatoes, onion, oranges and beef. Drizzle with remaining ¼ cup salsa.

**Nutrition information per serving:** 301 Calories; 6g Total Fat; 3g Saturated Fat; 2g Monounsaturated Fat; 70mg Cholesterol; 347mg Sodium; 20g Total carbohydrate; 29g Protein; 4mg Iron; 8.3mg Niacin; 0.7mg Vitamin B6; 109.2mg Choline; 1.5mcg Vitamin B12; 5.5mg Zinc; 31.3mcg Selenium; 5.5g Fiber.

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

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BEEF COUNCIL**

