

January 2019 TV Recipes—WELL-BALANCED MEALS

Get back into the groove with these recipes that tastefully combine a variety of food groups to achieve the perfect balance of taste, nutrition and simplicity with your favorite beef cuts. Happy New Year!

Steak with Ginger Plum Barbeque Sauce

After a soak in a tenderizing marinade of plum sauce, ginger and lemon juice, Top Round Steak is grilled and served with stir-fried veggies and rice.

Recipe time: 35 minutes – Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 1 tablespoon vegetable oil
- 2 cups thinly sliced carrots
- 3 cups fresh pea pods, strings removed
- 1 clove garlic, minced
- Salt and black pepper
- 3 cups hot cooked jasmine rice, prepared without butter or salt
- Chopped fresh cilantro

Marinade:

- 1/2 cup prepared plum sauce
- 2 tablespoons minced fresh ginger
- 2 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon minced garlic
- 1 tablespoon brown sugar
- 1/4 teaspoon ground red pepper

1. Combine marinade ingredients in small bowl. Place beef steak and 1/2 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Cover and reserve remaining marinade in refrigerator.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on prepared gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally and basting with some of the reserved marinade during last 2 to 3 minutes of grilling. (Do not overcook) Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add carrots; stir-fry 5 minutes. Add pea pods and garlic; stir-fry 2 minutes.
4. Carve steak into thin slices. Season with salt and black pepper, as desired. Place remaining marinade in small saucepan; heat until warm. Serve with steak, vegetables and rice. Garnish with cilantro, if desired. *Recipe and photo as seen in The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt.*



Nutrition information per serving: 496 Calories; 9g Total Fat; 2g Saturated Fat; 4g Monounsaturated Fat; 61mg Cholesterol; 531mg Sodium; 66g Total carbohydrate; 36g Protein; 6.9mg Iron; 8.4mg Niacin; 0.8mg Vitamin B6; 1.5mcg Vitamin B12; 6.1mg Zinc; 43mcg Selenium; 6.2g Fiber.

632 Grand Canyon Drive
Madison, WI 53719
800.728.BEEF
www.BeefTips.com

The logo for the Wisconsin Beef Council features a red outline of the state of Wisconsin. Inside the outline, the word "Wisconsin" is written in a cursive font. Below the outline, the words "BEEF COUNCIL" are written in a bold, sans-serif font, with a red checkmark integrated into the letter "E" of "BEEF".



Beef Curry with Fruit and Almond Rice

Flavors of coconut milk, curry, basil and lemongrass give this stir-fry dish a distinctively Asian flare.

Recipe time: 60 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak, Boneless, ¾-inch thick (about 1 pound)
- 2 tablespoons reduced-sodium soy sauce
- 2 teaspoons minced garlic
- 1 can (13-1/2 to 14 ounces) lite coconut milk
- 1 to 2 teaspoons Thai red curry paste
- Fruit and Almond Basmati Rice (recipe follows)
- 1 teaspoon vegetable oil
- 8 ounces fresh green beans, trimmed
- 1/4 cup chopped fresh basil leaves
- 1 tablespoon minced fresh lemon grass
- 1/4 teaspoon salt
- **Garnish:** chopped fresh basil leaves, lime wedges



1. Cut beef steak lengthwise in half, then crosswise into 1/4-inch strips. Combine soy sauce and garlic in medium bowl. Add beef; toss. Set aside.
2. Whisk coconut milk and curry paste in small bowl until well blended; set aside.
3. Prepare Fruit and Almond Rice. Prepare 1 cup basmati rice according to package directions omitting butter or oil. Add 3/4 cup mixed dried fruit, chopped and 1/4 cup slivered almonds, toasted, during stand time.

***Cook's Tip:** To toast almonds, spread in single layer on metal baking sheet. Bake in 350°F oven 3 to 5 minutes or until lightly browned, stirring occasionally. (Watch carefully to prevent burning.) Set aside to cool.*

4. Meanwhile heat oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef. Remove from skillet; keep warm.
5. In same skillet, bring coconut milk mixture to a boil. Reduce heat; simmer 5 minutes, stirring occasionally. Add green beans, basil, lemon grass and salt; bring to a boil. Reduce heat; simmer 11 to 13 minutes or until green beans are crisp-tender, stirring occasionally.
6. Return beef with juices to skillet; cook and stir until heated through. Serve over rice. Garnish with basil and lime, if desired. *Recipe adapted from The Healthy Beef Cookbook, published by Houghton Mifflin Harcourt.*

Nutrition information per serving: 262 Calories; 11.4g Total Fat; 5.9g Saturated Fat; 1g Polyunsaturated Fat; 2.2g Monounsaturated Fat; 0.2g Trans Fat; 70mg Cholesterol; 609mg Sodium; 516mg Potassium; 11.6g Total carbohydrate; 28g Protein; 2.6mg Iron; 8mg Niacin; 0.7mg Vitamin B6; 111.6mg Choline; 1.5mcg Vitamin B12; 5.2mg Zinc; 31.5mcg Selenium; 2.5g Fiber.

Spicy Asian Beef & Rice

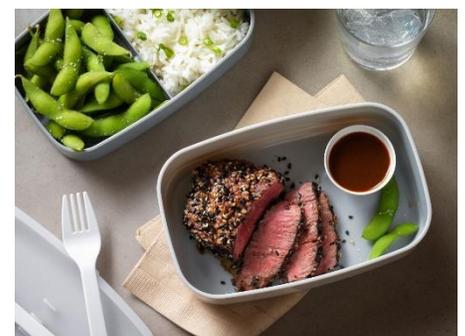
Spice up your meal with this spicy Asian beef & rice recipe. Tenderloin Steak, coated in sesame seeds and served with rice, edamame and dipping sauce, is simply irresistible!

Recipe time: 20 minutes – Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (4 to 6 ounces each)
- 2 tablespoons white sesame seeds
- 2 tablespoons black sesame seeds
- 2 cups frozen edamame in pods
- 1/4 cup sliced green onions
- 2 cups hot cooked brown rice

Dipping Sauce:

- 1/4 cup hoisin sauce



- 1 tablespoon water
 - 2 teaspoons distilled white vinegar
 - 1/2 to 2 teaspoons Asian hot sauce (Sriracha sauce)
1. Preheat oven to 350°F. Combine white and black sesame seeds on dinner plate. Press mixture evenly onto steaks. Spray large ovenproof nonstick skillet with cooking spray; heat over medium-high heat. Place beef steaks in skillet and brown 2 minutes. Turn steaks over and place skillet into preheated oven; cook 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
 2. Meanwhile, prepare edamame according to package directions; set aside. Stir green onions into rice. Combine dipping sauce ingredients in small bowl; set aside.
 3. Remove steaks from the oven, let stand 3 to 5 minutes. Serve with rice mixture, edamame and dipping sauce.

Cook's Tip: Place steak, rice mixture, edamame and dipping sauce in separate compartments of a bento box as desired.

Nutrition information per serving: 423 Calories; 15g Total Fat; 3g Saturated Fat; 3g Monounsaturated Fat; 69mg Cholesterol; 340mg Sodium; 37g Total carbohydrate; 35g Protein; 4.2mg Iron; 9mg Niacin; 0.8mg Vitamin B6; 127.1mg Choline; 1.4mcg Vitamin B12; 6.2mg Zinc; 28.9mcg Selenium; 6.5g Fiber.

Top Sirloin Filets with Spinach-Lemon Pesto Pasta

Lemon lovers, this recipe is for you! Top Sirloin Filets get a quick marinade in lemon juice and spices. Meanwhile, a fresh spinach-lemon pesto dresses up pasta and cherry tomatoes. The flavor of summer in a bowl!

Recipe time: 50 minutes – Makes 4 servings

- 2 beef Top Sirloin Filets, cut 1-3/4 to 2 inches thick (about 1-pound) OR 4 beef Tenderloin Steaks, cut 1-inch thick (4 to 6 ounces each)
- 3 cups uncooked bow tie pasta
- 1 cup cherry tomatoes, cut into quarters
- Grated Parmesan cheese (optional)
- Toasted sliced almonds (optional)

Marinade:

- Grated peel from 1/2 lemon
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1/2 teaspoon smoked paprika
- 1/2 teaspoon pepper

Pesto:

- 2 cups packed fresh baby spinach
- 1/3 cup grated Parmesan cheese
- 1/4 cup sliced almonds, toasted
- Grated peel from 1/2 lemon
- 1 tablespoon fresh lemon juice
- 1 clove garlic, chopped
- 2 tablespoons olive oil

1. Combine marinade ingredients in small bowl. Place beef filets and marinade in food-safe plastic bag; turn filets to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Preheat oven to 350°F. Remove filets from marinade; discard marinade. Heat heavy, ovenproof, nonstick skillet over medium heat until hot. Place filets in skillet and brown 2 minutes; turn filets over and place skillet into preheated oven.

Cook's Tip: If oven-safe skillet is not available, transfer browned filets to rimmed baking sheet. Cook 6 to 8 minutes longer for medium rare to medium doneness. Proceed as directed.

3. Cook in 350°F oven 19 to 23 minutes for medium rare; 24 to 28 minutes for medium doneness. Cook Tenderloin steaks 13 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.



4. Meanwhile, cook pasta according to package directions, reserving 2 tablespoons pasta cooking water for Pesto before draining.
5. Prepare pesto. Place spinach, cheese, almonds, lemon juice and peel and garlic in food processor container. Cover; process until coarse paste forms. With motor running, slowly add oil and reserved pasta water through opening in cover, processing until smooth. Combine tomatoes, pesto and pasta in large bowl; toss to combine. Season with salt and pepper, as desired; set aside.
6. Remove filets from oven when internal temperature reaches 135°F for medium rare; 150°F for medium. Transfer filets to carving board; tent loosely with aluminum foil. Let stand 5 to 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
7. Carve filets into slices; arrange over pasta. Garnish with additional cheese and almonds, if desired.

Nutrition information per serving: 575 Calories; 17g Total Fat; 4g Saturated Fat; 10g Monounsaturated Fat; 73mg Cholesterol; 128mg Sodium; 64g Total carbohydrate; 41g Protein; 5.9mg Iron; 14.5mg Niacin; 0.7mg Vitamin B6; 19.1mg Choline; 3.3mcg Vitamin B12; 7.9mg Zinc; 79.5mcg Selenium; 4.4g Fiber.

Beef Ramen Noodle Bowl

Like ramen? Then you'll love this beef ramen noodle bowl recipe. Top Sirloin Steak takes ramen to new heights.

Recipe time: 35 Minutes – Makes 4 servings

- 1 boneless beef Top Sirloin Steak, cut 1-inch thick (about 1 pound)
- 1 teaspoon pepper
- 2 packages (3 oz each) beef or Oriental-flavored ramen noodles
- 2 teaspoons vegetable oil, divided
- 4 cups water
- 1/2 cup finely chopped onion
- 2 tablespoons minced garlic
- 1 tablespoon grated fresh ginger
- 1 tablespoon miso paste (optional)



Toppings:

- Such as shredded carrots, bean sprouts, sugar snap peas, sliced fresh mushrooms, sliced green onions, baby spinach or bamboo shoots

Garnish:

- Thinly sliced cilantro or basil, sriracha, pickled ginger, sesame seeds, chopped dried seaweed (nori), lime wedges

1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef, pepper and 1/2 teaspoon seasoning from 1 ramen noodle package. Reserve remaining seasoning from packet for broth; discard second seasoning packet.
2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry half of beef 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining 1 teaspoon oil and beef. Remove from skillet; keep warm.
3. Combine water, onion, garlic, ginger and reserved seasoning from packet in same skillet. Bring to a boil; reduce heat and simmer 2 minutes. Add noodles. Bring liquid to a boil; reduce heat and cook according to package directions or until noodles are al dente, about 3 minutes. Stir in beef and miso, if desired. Serve immediately with Toppings and Garnishes, as desired.

Nutrition information per serving: 360 Calories; 11g Total Fat; 4g Saturated Fat; 4g Monounsaturated Fat; 70mg Cholesterol; 744mg Sodium; 32g Total carbohydrate; 31g Protein; 3.7mg Iron; 12.6mg Niacin; 0.7mg Vitamin B6; 104.4mg Choline; 1.5mcg Vitamin B12; 5.3mg Zinc; 40mcg Selenium; 1.7g Fiber.