

January 2016 TV Recipes—Bowls with Balance

BOWLS WITH BALANCE - KOREAN

Total Recipe Time: 25 minutes

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Makes 4 servings



- 2 beef Strip Steaks Boneless, cut 1-inch thick (about 8 ounces each)
- 1/4 cup low-sodium soy sauce
- 2 tablespoons Asian sesame oil
- 2 cups cooked brown rice
- 4 cups assorted vegetables, such as shredded or thinly sliced red or green cabbage, shredded carrots, broccoli florets, sliced cucumber, all cut into bite-sized pieces
- 2/3 cup coarsely chopped kimchi
- 1/4 cup thinly sliced green onions
- 1 tablespoon toasted sesame seeds

1. Place steaks on grid over medium, ash-covered coals. Grill steaks, covered, 11 to 14 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile, to prepare dressing, whisk together soy sauce and sesame oil in small bowl; set aside.
3. To serve, divide rice evenly among four bowls. Top rice with vegetables and kimchi.
4. Carve steaks into thin strips; divide evenly among bowls. Drizzle with dressing. Garnish with green onions and sesame seeds.

Nutrition information per serving: 391 calories; 14 g fat (3 g saturated fat; 5 g monounsaturated fat); 67 mg cholesterol; 901 mg sodium; 33 g carbohydrate; 5.6 g fiber; 32 g protein; 8.9 mg niacin; 0.8 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 3.3 mg iron; 29.4 mcg selenium; 5.4 mg zinc; 101.0 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron and choline.

BOWLS WITH BALANCE - GREEK

Total Recipe Time: 25 minutes

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Makes 4 servings



- 2 beef Strip Steak Boneless, cut 1-inch thick (about 8 ounces each)
- 2 medium zucchini, cut lengthwise in half
- 2 medium red bell pepper, cut into quarters
- 1/2 cup nonfat Greek yogurt
- 1/4 cup diced cucumber
- 1/4 cup lemon juice, divided
- 1/4 teaspoon salt
- 2 cups cooked quinoa
- 2 tablespoons chopped fresh parsley
- 1/2 cup reduced fat feta cheese
- 1/3 cup sliced olives

1. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11-14 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Place zucchini and peppers on the grill. Grill zucchini covered for 7 to 10 minutes and peppers covered for 11 to 14 minutes.
3. While steaks and vegetables are cooking, combine Greek yogurt, cucumber, 1 tablespoon lemon juice, and salt to make tzatziki sauce. Dress quinoa with the remaining lemon juice and parsley. Divide quinoa equally among four bowls.

- Slice steaks into thin slices. Chop zucchini and peppers into bite-sized pieces. Divide steak and vegetables evenly over the quinoa in each of the bowls. Garnish with olives and feta and finish with a dollop of Tzatziki. Season with salt and pepper as desired.

Nutrition information per serving: 374 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 74 mg cholesterol; 542 mg sodium; 30 g carbohydrate; 5.1 g fiber; 37 g protein; 8.6 mg niacin; 1.0 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 3.7 mg iron; 34.3 mcg selenium; 6.2 mg zinc; 132.7 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.

KOREAN-STYLE BEEF AND RICE BOWL

Total Recipe Time: 30 to 40 minutes

Makes 4 servings

- 2 beef Strip Steak Boneless, cut 1-inch thick (about 8 ounces each)
- 4 teaspoons olive oil, divided
- 4 cups lightly packed fresh baby spinach
- 2 cups shredded carrots
- 1-1/2 cups thinly sliced English or hothouse cucumber
- 1 tablespoon rice vinegar
- 4 eggs
- 2 cups hot cooked short-grain white rice (such as glutinous, sticky, botan or Arborio)

Garlic-Sherry Sauce:

- 1/3 cup dry sherry
- 1 clove garlic, thinly sliced
- 2 teaspoons cornstarch
- 1/2 can (7 ounces) beef broth
- 1 to 2 teaspoons chili garlic sauce
- 1 teaspoon sesame oil

- Place steaks on grid over medium, ash-covered coals. Grill, covered, 11-14 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
- Heat 2 teaspoons oil in large nonstick skillet over medium heat. Add spinach, carrots and cucumber. Cover; cook 4 to 5 minutes or until spinach is wilted and cucumber is tender, stirring once. Stir in vinegar; season with salt, if desired. Remove from skillet; keep warm.
- Meanwhile, prepare Sauce. Combine sherry and garlic in small saucepan; bring to a boil. Cook 1 to 2 minutes or until liquid is reduced by half. Dissolve cornstarch in broth; add to saucepan. Bring to a boil, stirring constantly; cook and stir 2 to 3 minutes or until slightly thickened. Add chili garlic sauce and oil. Season with salt and ground black pepper, as desired.
- Heat remaining 2 teaspoons oil in same skillet over medium-high heat until hot. Break eggs, 1 at a time, into skillet; reduce heat to low. Cook 30 to 60 seconds or until edges turn white. Cover; continue cooking 5 to 6 minutes or until whites are completely set and yolks are desired doneness.
- To serve, place 1/2 cup rice in each of 4 bowls. Top evenly with vegetables, beef and eggs. Drizzle with sauce.

Cook's Tip: Long-grain white rice may be substituted for short-grain rice. **Cook's Tip:** One-quarter teaspoon minced garlic and 1/4 teaspoon crushed red pepper may be substituted for chili garlic sauce.

Nutrition information per serving: 453 calories; 17 g fat (5 g saturated fat; 9 g monounsaturated fat); 272 mg cholesterol; 546 mg sodium; 40 g carbohydrate; 4.4 g fiber; 34 g protein; 8.7 mg niacin; 0.7 mg vitamin B₆; 1.9 mcg vitamin B₁₂; 4.8 mg iron; 50.4 mcg selenium; 5.3 mg zinc; 217.4 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline; and a good source of fiber.



BEEF RAMEN NOODLE BOWL

Total Recipe Time: 30 to 35 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1 inch thick (1 pound)
- 1 teaspoon pepper
- 2 packages (3 ounces 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.

Cook'sTip: 1 package (1 pound) pre-sliced beef (1/8 to 1/4 inch thick) may be substituted.

Cook's Tip: If not using miso paste, use both seasoning packets from ramen noodles. Add second packet to broth in step 2.

Nutrition information per serving: 360 calories; 11 g fat (4 g saturated fat; 4 g monounsaturated fat); 70 mg cholesterol; 744 mg sodium; 32 g carbohydrate; 1.7 g fiber; 31 g protein; 12.6 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.7 mg iron; 40.0 mcg selenium; 5.3 mg zinc; 104.4 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

ASIAN-SPICED STEAK WITH "FORBIDDEN" RICE AND VEGETABLE SALAD

Total Recipe Time: 40 to 45 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1-inch thick (about 1 pound)
- 2 cups cooked Chinese black rice
- 3/4 cup chopped red bell pepper
- 3/4 cup frozen shelled edamame, thawed
- 1/4 cup sliced green onions
- 1/4 cups toasted sliced almonds
- 2 tablespoons chopped fresh mint



Marinade & Dressing:

- 3 tablespoons fresh lime
- 2 tablespoons honey
- 2 tablespoons reduced-sodium soy sauce plus additional for serving
- 2 tablespoons vegetable oil
- 1 teaspoon mirin (rice wine)
- 1/2 teaspoon ground ginger
- 1/4 teaspoon five spice powder
- 1/4 teaspoon crushed red pepper
- 1/8 teaspoon garlic powder

1. Combine Marinade & Dressing ingredients in medium bowl. Place beef Steak and 1/3 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours, turning occasionally. Reserve remaining marinade for dressing.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill, 13 to 16 minutes) for medium-rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Divide rice, bell pepper, edamame and green onion among 4 bowls. Drizzle bowls with reserved marinade.
4. Carve steak into thin strips; divide evenly among bowls. Sprinkle with almonds and chopped mint. Season with additional soy sauce, if desired.

Cook's Tip: Two teaspoons minced fresh ginger may be substituted for ground ginger. **Cook's Tip:** One teaspoon minced fresh garlic may be substituted for garlic powder. **Cook's Tip:** Two cups cooked wild rice blend, brown rice or white rice may be substituted for Chinese black rice.

Nutrition information per serving: 457 calories; 15 g fat (3 g saturated fat; 6 g monounsaturated fat); 70 mg cholesterol; 286 mg sodium; 43 g carbohydrate; 4.1 g fiber; 34 g protein; 11.1 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 3.9 mg iron; 30.7 mcg selenium; 5.2 mg zinc; 104.0 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.

 Wisconsin Beef Council		Wisconsin Beef Council
 @WIBeefTips		632 Grand Canyon Drive
 Wisconsin Beef Council		Madison, WI 53719 <u>BeefTips.com</u>