

April 2016 TV Recipes- Irish Inspired Beef Recipes

BUFFALO-STYLE BEEF TACOS

Total Recipe Time: 25 to 30 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- 1/4 cup cayenne pepper sauce for Buffalo wings
- 8 taco shells
- 1 cup thinly sliced lettuce
- 1/4 cup reduced fat or regular prepared blue cheese dressing
- 1/2 cup shredded carrot
- 1/3 cup chopped celery
- 2 tablespoons chopped fresh cilantro
- Carrot and celery sticks or cilantro sprigs (optional)



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return to skillet; stir in pepper sauce. Cook and stir 1 minute or until heated through.
2. Meanwhile, heat taco shells according to package directions.
3. Evenly spoon beef mixture into taco shells. Add lettuce; drizzle with dressing. Top evenly with carrot, celery and cilantro. Garnish with carrot and celery sticks or cilantro sprigs, if desired.

Cook's Tip: One quarter cup prepared ranch dressing combined with 2 tablespoons crumbled blue cheese may be substituted for blue cheese dressing. **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.

Nutrition information per serving: 297 calories; 12 g fat (4 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 689 mg sodium; 19 g carbohydrate; 1.7 g fiber; 27 g protein; 6.4 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.9 mg iron; 18 mcg selenium; 6.1 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron.

BEEF TACO WRAPS

Total Recipe Time: 25 minutes

Makes 4 servings

- 3/4 pound thinly sliced deli roast beef
- 1/2 cup fat-free black bean dip
- 4 large (about 10-inch diameter) flour tortillas
- 1 cup thinly sliced lettuce
- 3/4 cup chopped tomato
- 1 cup (4 ounces) shredded reduced-fat taco seasoned cheese
- Salsa (optional)



1. Spread black bean dip evenly over one side of each tortilla. Layer deli roast beef over bean dip, leaving 1/2-inch border around edges. Sprinkle equal amounts of lettuce, tomato and cheese over each tortilla. Fold right and left sides to center, overlapping edges. Fold bottom edge of tortilla up over filling and roll closed.
2. Cut each roll in half. Serve with salsa, if desired.

Nutrition information per serving: 419 calories; 12 g fat (6 g saturated fat; 0 g monounsaturated fat); 58 mg cholesterol; 1508 mg sodium; 41 g carbohydrate; 8.5 g fiber; 33 g protein; 0.2 mg niacin; 0 mg vitamin B₆; 0 mcg vitamin B₁₂; 2.1 mg iron; 0 mcg selenium; 0.1 mg zinc. This recipe is an excellent source of fiber, protein; and a good source of iron.

CARNITAS-STYLE GRILLED BEEF TACOS

Marinade Time: 15 minutes to 2 hours

Recipe Time: 45 minutes

Makes 6 servings

- 4 beef Flat Iron Steaks (about 8 ounces each)
- 18 small corn tortillas (6 to 7-inch diameter)

Toppings:

- Minced white onion, chopped fresh cilantro, lime wedges

Marinade:

- 1 cup prepared tomatillo salsa
- 1/3 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 2 teaspoons minced garlic
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Avocado Salsa:

- 1-1/2 cups prepared tomatillo salsa
- 1 large avocado, diced
- 2/3 cup chopped fresh cilantro
- 1/2 cup minced white onion
- 1 tablespoon fresh lime juice
- 1 teaspoon minced garlic
- 1/2 teaspoon salt



1. Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
3. Meanwhile combine avocado salsa ingredients in medium bowl. Set aside.
4. Place tortillas on grid. Grill until warm and slightly charred. Remove; keep warm.
5. Carve steaks into slices. Serve in tortillas with avocado salsa. Top with onion, cilantro and lime wedges, as desired.

Cook's Tip: One beef Flank Steak (about 1-1/2 to 2 pounds) or 1-1/2 pounds Skirt Steak (cut in 4 to 6-inch portions) may be substituted for Flat Iron Steaks. Increase marinating time to 6 hours or overnight. Grill Flank Steak on charcoal grill, 11 to 16 minutes (on gas grill, 16 to 21 minutes); grill Skirt Steak on charcoal grill, 7 to 12 minutes (on gas grill, 8 to 12 minutes) for medium rare to medium doneness, turning occasionally.

Nutrition information per serving using Flat Iron Steaks: 493 calories; 19 g fat (5 g saturated fat; 9 g monounsaturated fat); 68 mg cholesterol; 407 mg sodium; 45 g carbohydrate; 7.4 g fiber; 35 g protein; 6.1 mg niacin; 0.7 mg vitamin B₆; 4.1 mcg vitamin B₁₂; 4.4 mg iron; 27.7 mcg selenium; 11.4 mg zinc. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

	Wisconsin Beef Council		Wisconsin Beef Council 632 Grand Canyon Drive Madison, WI 53719 BeefTips.com
	@WIBeefTips		
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TINY TACO BEEF TARTS

Total Recipe Time: 30 to 35 minutes

Makes 30 tiny tarts

- 12 ounces Ground Beef (95% lean)
- 1/2 cup chopped onion
- 1 clove garlic, finely chopped
- 1/2 cup prepared mild or medium taco sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 packages (2.1 ounces each) frozen mini phyllo shells (30 shells total)
- 1/2 cup shredded reduced fat Mexican cheese blend



Toppings: Shredded lettuce, sliced grape or cherry tomatoes, guacamole, low-fat sour cream, sliced ripe olives

1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking up beef into small crumbles and stirring occasionally. Pour off drippings, if necessary. Add taco sauce, cumin, salt and pepper; cook and stir 1 to 2 minutes or until mixture is heated through.
2. Place phyllo shells on rimmed baking sheet. Spoon beef mixture evenly into shells. Top evenly with cheese. Bake 9 to 10 minutes or until shells are crisp and cheese is melted.
3. Top tarts with lettuce, tomatoes, guacamole, sour cream, and olives, as desired.

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.

Nutrition information per tiny tart: 43 calories; 20 g fat (1 g saturated fat; 0 g monounsaturated fat); 9 mg cholesterol; 77 mg sodium; 3 g carbohydrate; 0.2 g fiber; 3 g protein; 0.6 mg niacin; 0.1 mg vitamin B₆; 0.2 mcg vitamin B₁₂; 0.5 mg iron; 1.8 mcg selenium; 0.6 mg zinc.

ONE POT CHEESY TACO SKILLET

Total Recipe Time: 30 to 35 minutes

Makes 30 tiny tarts

- 1-pound lean Ground Beef
- 1 large yellow onion, diced
- 2 medium zucchini, diced
- 1 yellow bell pepper, diced
- 1 package taco seasoning
- 1 can diced tomatoes with green chilies
- 1 1/2 cup shredded cheddar or Monterey jack cheese
- Green onions for garnish
- Lettuce, rice, flour or corn tortillas for serving

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion, zucchini and yellow pepper; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings if needed.
2. Add taco seasoning, 3/4 cup water and diced tomatoes. Turn heat to low and simmer for 7 to 10 minutes.
3. Top with shredded cheese and green onions. Do not stir.
4. When cheese is melted, serve over a bed of lettuce, rice or in flour or corn tortillas!



Recipe adapted from SweetCsdesigns.com.

SKIRT STEAK STREET TACOS

Total Recipe Time: 25 minutes

Makes 6 tacos

- 1 Skirt Steak, cut into 4 to 6-inch portions (1-1/2 to 2 pounds), sliced across the grain into thin strips OR 1 Flank Steak (1-1/2 to 2 pounds), sliced across the grain into thin strips
- 12 six-inch corn tortillas
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon minced garlic
- 1 teaspoon oil
- 1 cup diced onion
- 1/2 cup cilantro leaves, roughly chopped
- 2 cups thinly sliced red cabbage



Cilantro Lime Vinaigrette:

- 3/4 cup cilantro leaves
 - Juice from 2 limes
 - 1/3 cup olive oil
 - 4 teaspoons minced garlic
 - 1/4 cup white vinegar
 - 4 teaspoons sugar
 - 1/4 cup milk
 - 1/2 cup sour cream
1. Heat oil over medium heat. Season sliced steak with salt, cayenne pepper and garlic powder. Add steak to pan and sauté until cooked through (8 to 10 minutes). Add garlic and sauté 1 to 2 minutes longer until garlic is fragrant. Remove from heat and dice steak.
 2. Whisk together all ingredients for vinaigrette. Add mixture to a blender and pulse until smooth, about 1 to 2 minutes.
 3. Fill warmed corn tortillas (use two per taco) with steak, onion, chopped cilantro and cabbage. Drizzle with vinaigrette and serve.

Recipe adapted from [Crème De La Crumb](#).