

January 2017 TV Recipes—New Year... New Recipes

CUBAN CRISPY SHREDDED BEEF

Total Recipe Time: 30 minutes

Makes 4 servings.

- 12 ounces shredded cooked beef Chuck Pot Roast
- 1 cup sliced green bell pepper
- 1 cup sliced onion
- 1/4 cup fresh lime juice
- 2 tablespoons olive oil
- 2 teaspoons minced garlic
- 1/2 teaspoon salt, divided
- 1/4 teaspoon ground black pepper
- Hot cooked rice, black beans and lime wedges



1. Combine the beef pot roast, bell pepper, onion, lime juice, oil, garlic, 1/4 teaspoon salt and black pepper in large bowl. Marinate in refrigerator for 15 minutes or up to 1-1/2 hours.
2. Heat a large, nonstick skillet over medium-high heat until hot. Spread 1/3 of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2 to 3 minutes. Remove from skillet. Repeat twice with remaining beef mixture.
3. Season beef with remaining 1/4 teaspoon of salt. Serve with rice, black beans and lime wedges as desired.

Nutrition information per serving: 256 calories; 13 g fat (3 g saturated fat; 8 g monounsaturated fat); 83 mg cholesterol; 346 mg sodium; 7 g carbohydrate; 1.4 g fiber; 28 g protein; 4.3 mg niacin; 0.6 mg vitamin B₆; 2.9 mcg vitamin B₁₂; 3.4 mg iron; 32.8 mcg selenium; 8.2 mg zinc; 75.6 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of iron and choline.

BEEF STEAK AND ROOT VEGETABLE HASH

Total Recipe Time: 50 to 60 minutes

Makes 4 servings

- 12 ounces cooked (leftover) beef steak, cut into 3/4-inch cubes
- 1 teaspoon salt, divided
- 1 teaspoon rubbed sage, divided
- 1/2 teaspoon dried rosemary leaves, divided
- 3 cups diced carrots (1/2 inch), about 1 pound
- 3 cups diced parsnips (1/2 inch), about 1 pound
- 1-1/2 cups diced yellow onion, about 1 medium onion
- 1/4 teaspoon pepper
- 1/4 cup water
- 1 tablespoon olive oil



1. Combine beef steak, 1/2 teaspoon salt, 1/2 teaspoon sage and 1/4 teaspoon rosemary in medium bowl. Set aside.
2. Combine carrots, parsnips, onion, remaining 1/2 teaspoon salt, remaining 1/2 teaspoon sage, remaining 1/4 teaspoon rosemary and pepper in large bowl; toss to coat vegetables. Preheat 12-inch cast-iron pan until hot. Add vegetable mixture and water. Cover tightly and cook 10 to 12 minutes or until vegetables are crisp-tender and water has almost evaporated, stirring once. Stir in oil; cook, uncovered, 8 to 10 minutes or until vegetables are tender and begin to brown, stirring occasionally.
3. Add steak to vegetable mixture. Cook 5 minutes or until steak is heated through, stirring occasionally, adding 1 to 2 tablespoons water, if needed to avoid sticking.

Cook's Tip: You may substitute a large nonstick skillet for a cast-iron pan.

Nutrition information per serving: 325 calories; 9 g fat (2 g saturated fat; 5 g monounsaturated fat); 70 mg cholesterol; 715 mg sodium; 33 g carbohydrate; 8.8 g fiber; 29 g protein; 9.2 mg niacin; 0.9 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.8 mg iron; 32.7 mcg selenium; 5.8 mg zinc; 111.1 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of iron.

MEDITERRANEAN BEEF PINWHEELS

Total Recipe Time: 60 to 65 minutes

Marinade Time: 4 hours to overnight

Makes 6 servings.

- 1 beef Flank Steak (1-1/2 to 2 pounds)

Beef Marinade:

- 1/3 cup lemon juice
- 2 tablespoons vegetable oil
- 2 tablespoons dried oregano leaves

Filling:

- 1/3 cup olive tapenade
- 1 cup frozen chopped spinach, thawed and squeezed dry
- 1/4 cup crumbled low-fat feta cheese

Vegetables:

- 4 cups grape or cherry tomatoes
- 1/2 teaspoon salt



1. Place steak between 2 pieces of plastic wrap. Using smooth side of meat mallet, pound steak to 1/2-inch thickness. Place steak in large food-safe plastic bag or large baking dish. Combine marinade ingredients in small bowl. Pour marinade over steak; turn to coat. Close bag securely or cover dish and marinate in refrigerator 4 hours or as long as overnight, turning occasionally.
2. Preheat oven to 425°F. Line shallow baking pan with parchment paper. Remove steak from marinade. Reserve remaining marinade; cover and refrigerate. Place steak on cutting board so grain is running top to bottom. Spread tapenade on steak. Arrange spinach evenly on tapenade and sprinkle with feta. Starting from side closest to you, roll the steak tightly to form a log. Using 6 (8-inch long) pieces of kitchen string, tie log in even intervals.
3. Cut log between string into 6 equal pieces, leaving string in place. Place pieces, cut-side up, on baking pan. In a medium bowl, combine reserved marinade and tomatoes, toss to coat. Arrange tomato mixture around pinwheels. Roast in 425°F for 25 to 35 minutes until instant read temperature inserted horizontally into center registers 165°F. Let stand 5 minutes before serving.

Cook's Tip: Serve pinwheels with a cooked whole grain such as faro, bulgur or quinoa.

Cook's Tip: Chunks of zucchini and yellow squash can be used in place of tomatoes.

Nutrition information per serving: 254 calories; 13 g fat (4 g saturated fat; 5 g monounsaturated fat); 68 mg cholesterol; 539 mg sodium; 8 g carbohydrate; 2.5 g fiber; 27 g protein; 7.6 mg niacin; 0.7 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 2.6 mg iron; 28.8 mcg selenium; 4.7 mg zinc; 103.8 mg choline. This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium and zinc; and a good source of fiber, iron and choline.

KOREAN BEEF SKILLET

Total Recipe Time: 30 to 40 minutes

Makes 4 servings

- 1 pound Ground Beef (93% or leaner)
- 2 cups baby or regular bok choy, cut into 1-inch pieces
- 3 cloves garlic, minced
- 1/2 cup Korean barbecue sauce
- 1/4 cup water
- 1/4 teaspoon crushed red pepper flakes
- 1 cup thinly sliced red cabbage
- 1/2 cup fresh bean sprouts
- 1/2 cup thinly sliced green onions
- Hot cooked brown rice

Toppings (optional): Thinly sliced seaweed and thinly sliced red radishes



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bok choy and garlic; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally.

2. Stir in barbecue sauce, water, red pepper; cook 1 to 2 minutes or until heated through, stirring occasionally. Remove from heat. Stir in cabbage, bean sprouts and green onion. Let stand 5 minutes.
3. Serve beef mixture over rice. Top with seaweed and red radish, if desired.

Cook's Tip: Romaine or iceberg lettuce leaves may be substituted for brown rice. Evenly divide beef mixture among lettuce leaves. **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: 244 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 521 mg sodium; 15 g carbohydrate; 1.1 g fiber; 27 g protein; 6.6 mg niacin; 0.5 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 3.6 mg iron; 18.7 mcg selenium; 6.1 mg zinc; 85.2 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. **Nutrition information per serving, using 1/2 cup brown rice:** 353 calories; 9 g fat (4 g saturated fat; 4 g monounsaturated fat); 76 mg cholesterol; 522 mg sodium; 38 g carbohydrate; 2.9 g fiber; 29 g protein; 8.4 mg niacin; 0.6 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 4.1 mg iron; 18.7 mcg selenium; 6.7 mg zinc; 85.2 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.

CURRY BEEF AND AROMATIC RICE

Total Recipe Time: 60 minutes

Makes 4 servings

- 1 pound beef Top Sirloin Steak boneless, cut 3/4 inch thick
- 2 tablespoons 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 below)
- 1 teaspoon vegetable oil
- 8 ounces fresh green beans, trimmed
- 1/4 cup chopped fresh basil
- 1 tablespoon minced fresh lemon grass
- 1/4 teaspoon salt
- Chopped fresh basil (optional)



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 Basmati Rice.
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, if desired.

Fruit and Almond Basmati 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.

Recipe as seen in *The Healthy Beef Cookbook*, published by Houghton Mifflin Harcourt

Cook's Tip: Thai red curry paste is a concentrated red chile seasoning with a hot, sweet flavor. Adjust the amount added to a dish to control the level of spicy heat. **Cook's Tip:** Eight ounces haricots verts may be substituted for regular green beans. Reduce cooking time to 8 to 10 minutes. Haricots verts (the French term for green beans) are young, slender green beans with tender pods. They are available in bulk or packages in the produce department of many large supermarkets. **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.

Nutrition information per serving: 531 calories; 15 g fat (7 g saturated fat; 4 g monounsaturated fat); 50 mg cholesterol; 710 mg sodium; 69 g carbohydrate; 5.7 g fiber; 34 g protein; 9.8 mg niacin; 0.6 mg vitamin B₆; 1.4 mcg vitamin B₁₂; 5.0 mg iron; 31.7 mcg selenium; 5.2 mg zinc. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc.

LICKETY-SPLIT SWEET-SOUR BEEF

Total Recipe Time: 30 to 35 minutes

Makes 6 servings

- 1 pound beef Top Round Steak, cut 1-inch thick
- 1 cup uncooked quinoa
- 1 can (20 ounces) canned pineapple chunks in juice
- 1 cup salsa
- 2 tablespoons soy sauce
- 2 tablespoons cornstarch
- 2 tablespoons vegetable oil, divided
- 2 red or green bell peppers, cut into strips
- 1/4 cup lightly toasted sliced almonds



1. Prepare quinoa according to package directions; keep warm.
2. Meanwhile, drain pineapple chunks; reserve juice. Combine juice, salsa and soy sauce in small bowl. Add cornstarch, mixing until smooth; set aside.
3. Cut beef steak lengthwise in half, then crosswise into 1/4-inch thick strips.
4. Heat 2 teaspoons oil in large nonstick skillet or wok over medium-high heat until hot. Add half of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 2 teaspoons oil and remaining beef. Remove beef; keep warm.
5. Heat remaining 2 teaspoons oil in same skillet over medium heat until hot. Add peppers and pineapple; cook and stir 1 to 2 minutes or until peppers are crisp-tender. Add beef to skillet. Stir salsa mixture; add to skillet. Cook and stir 2 to 3 minutes or until sauce is thickened. Serve over quinoa; top with almonds.

Nutrition information per serving: 366 calories; 12 g fat (2 g saturated fat; 6 g monounsaturated fat); 48 mg cholesterol; 585 mg sodium; 42 g carbohydrate; 4.8 g fiber; 25 g protein; 4.6 mg niacin; 0.6 mg vitamin B₆; 1.0 mcg vitamin B₁₂; 3.7 mg iron; 24.0 mcg selenium; 103.4 mg zinc. This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, iron, selenium and zinc; and a good source of vitamin B₁₂.

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