

## February 2017 TV Recipes—Beef and Wine Recipes

### Braised Beef & Fettuccine with Italian Mushroom Sauce

Total Recipe Time: 1-3/4 hours

Makes 4 servings

- 1-1/2 pounds beef Chuck Steaks, cut 1-inch thick
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup grated Parmesan cheese
- 4 cups (8 ounces) sliced mixed wild mushrooms such as crimini, shiitake, oyster
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 cup dry red wine or beef broth
- 1 jar (26 ounces) fire roasted tomato and garlic sauce or any prepared spaghetti sauce
- 1 package (12 ounces) fresh fettuccine, cooked
- 1/4 cup grated Parmesan cheese



1. Season steaks with salt and pepper. Press 1/4 cup Parmesan cheese evenly onto steaks. Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Place steaks in skillet; brown evenly. Remove.
2. Spray same pan with cooking spray and heat over medium heat until hot. Add mushrooms, onion and garlic; cook and stir 4 to 5 minutes or until tender. Add wine; cook and stir 3 minutes. Stir in sauce. Return steaks to skillet; bring to a boil. Reduce heat; cover tightly and simmer 1-1/4 to 1-3/4 hours or until beef is fork-tender.
3. Carve steaks into slices. Serve beef and 2 cups sauce over pasta; sprinkle with 1/4 cup cheese. Pass remaining sauce.

*Nutrition information per serving: 412 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 114 mg cholesterol; 991 mg sodium; 23 g carbohydrate; 4.2 g fiber; 42 g protein; 6.4 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 3.6 mcg vitamin B<sub>12</sub>; 6.7 mg iron; 54.4 mcg selenium; 10.1 mg zinc; 21.3 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber.*

### Wild Mushroom Beef Stew

Total Recipe Time: HIGH 6-1/2 hours or LOW 9-1/2 hours

Makes 6 servings

- 2 pounds beef Stew Meat, cut into 1-inch pieces
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried thyme leaves, crushed
- 3/4 cup ready-to-serve beef broth
- 1/4 cup tomato paste
- 1/4 cup dry red wine
- 2 cloves garlic, minced
- 1 pound red-skinned potatoes (1-1/2-inch diameter), cut into quarters
- 8 ounces assorted mushrooms, such as shiitake, crimini and oyster, cut into quarters
- 1 cup baby carrots
- Fresh parsley (optional)



1. Combine flour, salt, pepper and thyme in small bowl. Place beef in 4-1/2 to 5-1/2-quart slow cooker. Sprinkle with flour mixture; toss to coat.
2. Combine broth, tomato paste, wine and garlic in small bowl; mix well. Add to beef. Add potatoes, mushrooms and carrots; mix well.
3. Cover and cook on HIGH 5 to 6 hours, or on LOW 8 to 9 hours, or until beef and vegetables are tender. (No stirring is necessary during cooking.) Stir well before serving. Garnish with parsley, if desired.

***Nutrition information per serving:** 306 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 73 mg cholesterol; 644 mg sodium; 25 g carbohydrate; 3.1 g fiber; 29 g protein; 7.3 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 4.3 mg iron; 6.6 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron and zinc; and a good source of fiber.*

## Braised Short Ribs with Red Wine Sauce

Total Recipe Time: 2-1/2 to 3 hours

Makes 4 servings

- 2 pounds beef Short Ribs
- 1 teaspoon vegetable oil
- Salt and pepper
- 1 can (10-1/2 ounces) double-strength beef broth or beef consommé
- 1 cup dry red wine
- 2 small onions, quartered
- 4 cloves garlic, minced
- 3 fresh thyme sprigs
- 1-1/2 cups sliced mushrooms
- 2 tablespoons butter
- 1/4 cup chopped shallots
- 1 teaspoon minced fresh thyme
- 2 teaspoons cornstarch dissolved in 1/2 cup dry red wine



1. Heat oil in large stockpot over medium heat until hot. Brown beef Short Ribs on all sides. Season with salt and pepper as desired. Add broth, 1 cup wine, onions, garlic, and thyme to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
2. Remove Short Ribs from stockpot; keep warm. Strain vegetables and skim fat from cooking liquid. Reserve 3/4 cup cooking liquid for sauce; discard remaining cooking liquid.
3. Melt 1 tablespoon butter in large nonstick skillet over medium heat. Add mushrooms, shallots and minced thyme; cook and stir 5 minutes or until mushrooms are tender. Add reserved cooking liquid and cornstarch mixture to skillet. Bring to a boil. Reduce heat and simmer 5 minutes; stirring often. Remove skillet from heat; stir in remaining 1 tablespoon butter. Serve sauce over Short Ribs.

**Cook's Tip:** To cook in a slow cooker, add beef, salt and pepper, as desired, broth, 1 cup wine, onions, garlic and thyme to 4-1/2 to 5-1/2 quart slow cooker. Stir to combine. Cook on HIGH 4 to 6 hours, or LOW 8 to 10 hours, or until beef is fork tender. When the beef is done, continue instructions for sauce preparations beginning in step 2.

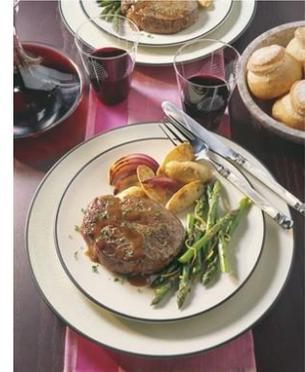
***Nutrition information per serving:** 381 calories; 22 g fat (10 g saturated fat; 9 g monounsaturated fat); 97 mg cholesterol; 596 mg sodium; 10 g carbohydrate; 1.4 g fiber; 30 g protein; 4.5 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 3.0 mcg vitamin B<sub>12</sub>; 4.2 mg iron; 22.0 mcg selenium; 7.0 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.*

# Beef Tenderloin Steaks with Red Wine-Cognac Sauce

Total Recipe Time: 20 to 25 minutes

Makes 2 servings

- 2 beef Tenderloin Steaks, cut ¾-inch thick (about 4 ounces each)
- 1 teaspoon coarse grind black pepper
- 1/2 cup Pinot Noir or other dry red wine
- 3 tablespoons cognac or brandy
- 2 tablespoons reduced sodium soy sauce
- 2 tablespoons whipping cream
- 1/2 teaspoon brown sugar
- 1 tablespoon unsalted butter, softened
- Chopped fresh parsley (optional)



1. Press pepper evenly onto beef steaks. Heat 12-inch nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.
2. Add wine, cognac and soy sauce to skillet; bring to a boil. Cook 2 to 3 minutes or until reduced to about 1/4 cup. Whisk in cream and brown sugar; bring to a boil. Reduce heat; simmer 1 to 2 minutes or until slightly thickened, stirring occasionally. (Sauce will turn a rich chocolate-brown color.)
3. Remove from heat. Add butter; stir until melted. Spoon sauce over steaks. Garnish with parsley, if desired.

**Cook's Tip:** To cook in 10-inch nonstick skillet, increase cooking time for wine, cognac and soy sauce mixture to 5 to 6 minutes. Whisk in cream and brown sugar and proceed as above, increasing the simmer time to 2 to 3 minutes.

*Nutrition information per serving: 384 calories; 18 g fat (10 g saturated fat; 6 g monounsaturated fat); 103 mg cholesterol; 594 mg sodium; 4 g carbohydrate; 0.4 g fiber; 26 g protein; 7.7 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 4.5 mcg vitamin B<sub>12</sub>; 2.3 mg iron; 28.9 mcg selenium; 4.7 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.*

# Beef Steaks with Sundried Tomato & Mushroom Sauce

Total Recipe Time: 30 minutes

Makes 2 to 4 servings

- 2 beef Ribeye Steaks or Top Loin (Strip) Steaks, cut 1-inch thick
- 1/2 teaspoon coarse grind black pepper
- Chopped fresh thyme (optional)

## Sauce:

- 1 tablespoon butter
- 4 ounces mixed wild mushrooms such as cremini, shiitake and oyster, sliced
- 1 teaspoon minced garlic
- 1 can (14 to 14-1/2 ounces) ready-to-serve beef broth
- 1/3 cup dry red wine
- 1 tablespoon cornstarch
- 1 tablespoon sun dried tomato spread
- 1/4 teaspoon pepper
- Salt



1. For sauce, heat butter in medium saucepan over medium heat until melted. Add mushrooms and garlic; cook and stir 2 to 3 minutes or until mushrooms begin to soften. Remove mushroom mixture from pan; set aside.
2. Combine broth, wine and cornstarch; add to same pan. Bring to a boil. Cook and stir 1 minute or until slightly thickened. Reduce heat and simmer about 10 minutes or until mixture is reduced to 1-1/2 cups. Remove from heat; stir in mushroom mixture, sun dried tomato spread, pepper and salt, as desired.
3. Meanwhile press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook Ribeye steaks 12 to 15 minutes (Flat Iron steaks 11 to 14 minutes) for medium rare to medium doneness, turning occasionally. Remove to platter; keep warm. Add mushroom sauce to skillet; cook and stir, 1 to 2 minutes or until browned bits attached to skillet are dissolved. Spoon sauce over steaks; sprinkle with thyme, if desired.

*Nutrition information per serving, using Ribeye Steaks (1/2 recipe): 460 calories; 20 g fat (9 g saturated fat; 7 g monounsaturated fat); 145 mg cholesterol; 918 mg sodium; 10 g carbohydrate; 1.6 g fiber; 54 g protein; 16.7 mg niacin; 1.2 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 4.4 mg iron; 66.5 mcg selenium; 9.8 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.*

## Top Loin Steaks with Red Wine Sauce

Total Recipe Time: 40 to 45 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 1-inch thick or Flat Iron Steaks (about 8 ounces each)
- 1 teaspoon lemon pepper
- Chopped fresh parsley (optional)

### Red Wine Sauce:

- 1 tablespoon olive oil
- 1 cup sliced cremini or button mushrooms
- 2 cloves garlic, minced
- 1/2 cup dry red wine
- 1/3 cup ready-to-serve beef broth
- 1/3 cup whipping cream
- 1/4 teaspoon ground black pepper
- Salt



1. Press lemon pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes (flat iron steaks 11 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.
2. To prepare Red Wine Sauce, add oil to same skillet and heat over medium heat until hot. Add mushrooms; cook and stir 1 to 2 minutes. Add garlic; cook and stir 20 to 30 seconds or until fragrant. Add wine; cook and stir 1 to 2 minutes or until browned bits attached to skillet are dissolved and liquid is reduced by half. Stir in broth, cream and black pepper. Continue cooking 5 to 7 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.
3. Spoon sauce over steaks. Garnish with parsley, if desired.

*Nutrition information per serving, using Strip Steaks (1/4 of recipe): 292 calories; 17 g fat (7 g saturated fat; 7 g monounsaturated fat); 83 mg cholesterol; 166 mg sodium; 3 g carbohydrate; 0.2 g fiber; 26 g protein; 7.9 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 1.8 mg iron; 33.8 mcg selenium; 4.9 mg zinc. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.*

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