

## NOVEMBER 2017 TV RECIPES—Classic Beef Recipes

### Classic Beef Pot Roast

Cook Time: 3 Hours 20 Minutes

Makes 8 servings

- 1 beef Chuck, Arm or Shoulder Roast Boneless (2-1/2 to 3-1/2 pounds)
- 1/2 cup all-purpose flour
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon vegetable oil
- 4 cups reduced-sodium beef broth
- 2 tablespoons tomato paste
- 2 teaspoons dried thyme leaves
- 1-pound small red-skinned potatoes (about 1-1/2-inch diameter), cut in half
- 1-pound carrots, peeled, cut into 1-1/2-inch pieces
- 2 large onions, cut into 8 wedges each

1. Combine flour, salt and pepper; coat beef roast with 2 tablespoons flour mixture. Reserve remaining flour mixture. Heat oil in stock pot over medium heat until hot. Place roast in stockpot; brown evenly. Pour off drippings.
2. Combine broth, tomato paste and thyme in stock pot; whisk in reserved flour mixture. Bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours. Stir gravy. Add potatoes, carrots and onions to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 45 minutes to 1 hour or until roast and vegetables are fork-tender.
3. Carve roast into slices or chunks; serve with vegetables and gravy.

*Nutrition information per serving: 360 calories; 18 g fat (7 g saturated fat; 7 g monounsaturated fat); 99 mg cholesterol; 665 mg sodium; 24 g carbohydrate; 3.8 g fiber; 29 g protein; 5.6 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.8 mcg vitamin B<sub>12</sub>; 3.9 mg iron; 26.8 mcg selenium; 6.4 mg zinc; 115.2 mg choline.*



### Classic Beef Bourguignonne

Cook Time: 2-1/4 to 3-3/4 Hours

Makes 6 to 8 servings

- 1 beef Shoulder Roast Boneless (2-1/2 to 3-1/2 pounds)
- 4 slices bacon, chopped (about 4 ounces)
- 1/4 cup all-purpose flour
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup beef broth
- 2 cups Burgundy or other dry red wine
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 2 teaspoons dried marjoram leaves
- 8 ounces baby carrots (about 1-3/4 cups)
- 8 ounces fresh pearl onions, peeled or frozen pearl onions
- 8 ounces mushrooms, cut in half if large
- Chopped fresh parsley leaves (optional)



1. Cook bacon in stockpot over medium heat 8 to 10 minutes or until crisp, stirring frequently. Remove with slotted spoon to paper towel-lined plate. Set aside. Reserve drippings.
2. Meanwhile, cut beef roast into 1-inch pieces. Lightly coat beef with flour. Heat 2 tablespoons reserved bacon drippings in same stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining beef, adding bacon drippings or oil as needed. Remove beef from stockpot; season with salt and pepper. Pour off drippings.
3. Add broth to stockpot. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in wine, tomato paste, garlic and marjoram. Return beef and bacon to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour.
4. Add carrots, onions, and mushrooms to stockpot; stir until all vegetables are coated with sauce. Bring to a boil. Reduce heat; simmer, covered, 30 minutes or until beef and vegetables are fork-tender.
5. Remove from heat. Skim fat from cooking liquid, if necessary. Garnish with parsley, if desired.

**Test Kitchen Tip:** *The dark brown crust that forms on the bottom of the stockpot during step 2 dissolves when liquid is added and gives the stew a rich flavor.*

**Nutrition information per serving:** 8 servings 288 calories; 9 g fat (3 g saturated fat; 4 g monounsaturated fat); 88 mg cholesterol; 509 mg sodium; 12 g carbohydrate; 1.9 g fiber; 30 g protein; 6.0 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 3 mcg vitamin B<sub>12</sub>; 4 mg iron; 39.4 mcg selenium; 8.4 mg zinc; 113.1 mg choline.

## Classic Beef Shepherd's Pie

Cook Time: 40 Minutes

Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- ¼ cup butter
- ¼ cup flour
- 2 cups reduced-sodium beef broth
- 1 teaspoon beef bouillon granules
- ¼ teaspoon pepper
- Salt, to taste
- 1-1/2 cups chopped onions
- 1-1/2 cups frozen peas and carrots blend
- ½ teaspoon pepper
- 2-1/2 to 3 cups prepared mashed potatoes, warmed
- 2 tablespoons shredded Parmesan or cheddar cheese (optional)



1. Melt 1/4 cup butter in large nonstick skillet over medium heat until melted. Stir in flour; cook 5 to 7 minutes until mixture is deep brown, stirring often. Whisk in beef broth until smooth; simmer 3 minutes, stirring often. Reduce heat to medium-low heat; cook 2 to 3 minutes until thickened. Stir in beef bouillon granules and ¼ teaspoon pepper. Season with salt, as desired. Set aside.
2. Preheat oven to 450°F. Heat 10 to 12-inch cast iron or nonstick skillet over medium heat until hot. Add Ground Beef and onions; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Stir in gravy, frozen vegetables and pepper.
3. Top beef mixture with potatoes, spreading evenly; sprinkle with cheese, if desired. Bake in 450°F oven 20 to 25 minutes or until bubbly and cheese begins to brown. Let stand 10 minutes before serving.

**Test Kitchen Tips:** *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.*

*Shepherd's Pie can also be baked in a 2-quart baking dish. Following step 1, transfer meat mixture to baking dish and top with potatoes and cheese. Baking times are the same.*

**Nutrition information per serving:** 408 calories; 19 g fat (10 g saturated fat; 6 g monounsaturated fat); 112 mg cholesterol; 690 mg sodium; 30 g carbohydrate; 4.7 g fiber; 31 g protein; 7.7 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 4.1 mg iron; 23.7 mcg selenium; 7.1 mg zinc; 101.9 mg choline.

# Classic American Beef Goulash

Total Recipe Time: 55 Minutes

Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1-1/2 cups minced onion
- 1 tablespoon minced garlic
- 1 can (15 ounces) no-salt-added tomato sauce
- 1 can (14-1/2 ounces) no-salt-added diced tomatoes
- 1-1/2 cups water
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon paprika
- 2 teaspoons dried Italian seasoning
- 1 teaspoon seasoned salt
- 1 bay leaf
- 1 cup uncooked elbow macaroni
- Shredded Parmesan cheese (optional)



1. Heat large stock pot over medium heat until hot. Add ground beef, onions and garlic; cook 8 to 10 minutes, breaking into 1/2-inch crumbles, stirring occasionally, or until onions are translucent.
2. Stir in tomato sauce, diced tomatoes, water, soy sauce, paprika, Italian seasoning, seasoned salt and bay leaf; bring to a boil. Reduce heat, cover tightly and simmer 20 minutes, stirring occasionally.
3. Stir in macaroni, cover and simmer 20 minutes or until pasta is tender, stirring occasionally. Remove from heat. Discard bay leaf. Garnish with parmesan cheese, if desired.

**Nutrition information per serving:** 361 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 84 mg cholesterol; 830 mg sodium; 42 g carbohydrate; 4 g fiber; 31 g protein; 8.1 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 21.6 mcg selenium; 7.0 mg zinc; 99 mg choline.

# Classic Beef and Barley Soup

Total Recipe Time: 1-1/2 Hours

Makes 6 servings

- 1 beef Chuck, Arm or Shoulder Roast, Boneless, cut into 3/4-inch pieces (about 2 pounds)
- 1 tablespoon vegetable oil
- 1 teaspoon pepper
- 1/2 teaspoon salt
- 2 cups chopped onions
- 1 cup diced celery
- 1 cup diced carrots
- 2 tablespoons minced garlic
- 2 teaspoons dried thyme leaves
- 6 cups reduced-sodium beef broth
- 3/4 cup medium pearled barley
- 1 tablespoon balsamic vinegar



1. Heat oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining beef; remove from stockpot, pour off drippings. Season beef with pepper and salt.
2. Add onions, celery, carrots, garlic and thyme to stockpot; cook 5 to 8 minutes or until vegetables are lightly browned, stirring occasionally. Stir in broth and barley. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour or until beef is fork-tender. Stir in balsamic vinegar.



**Nutrition information per serving:** 415 calories; 19 g fat (7 g saturated fat; 8 g monounsaturated fat); 99 mg cholesterol; 760 mg sodium; 29 g carbohydrate; 6.0 g fiber; 31 g protein; 5.9 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.8 mcg vitamin B<sub>12</sub>; 3.5 mg iron; 33.2 mcg selenium; 7.0 mg zinc; 116.5 mg choline.

## Classic Beef Stuffed Peppers

Total Recipe Time: 60 Minutes

Makes 4 servings

- 1-pound Ground Beef (93% or leaner)
- 4 medium red, green or yellow bell peppers
- 1/2 cup minced onion
- 2 teaspoons minced garlic
- 1 (14-1/2 ounces) can diced tomatoes with green peppers and onions, drained
- 1/2 cup cooked white or brown rice, cooled
- 3 tablespoons tomato paste
- 2 teaspoons dried parsley leaves
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Chopped fresh parsley leaves (optional)



1. Coat a large baking dish with cooking spray; set aside. Heat oven to 475°F. Cut tops off bell peppers; set tops aside. Using a paring knife, carefully remove the membranes and seeds from bell peppers. Arrange peppers about 2 inches apart in prepared baking dish. Place tops on empty peppers. Cover baking dish tightly with aluminum foil; bake 15 minutes. Remove from oven; cool slightly.
2. Meanwhile, heat large nonstick skillet over medium heat until hot. Add ground beef, onion and garlic; cook 3 to 4 minutes, breaking beef into ½-inch crumbles and stirring occasionally. Stir in tomatoes, rice, tomato paste, dried parsley, salt and black pepper; cook 3 to 4 minutes until heated through, stirring occasionally.
3. Remove pepper tops. Divide beef mixture evenly among peppers; replace tops. Bake in 475°F oven 17 to 22 minutes until instant-read thermometer inserted into center of beef mixture registers 160°F and bell peppers are tender. Garnish with parsley, if desired.

**Test Kitchen 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:** 365 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 84 mg cholesterol; 709 mg sodium; 25 g carbohydrate; 5.1 g fiber; 29 g protein; 8.2 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 2.8 mcg vitamin B<sub>12</sub>; 4.5 mg iron; 52.3 mcg selenium; 6.9 mg zinc; 107.1 mg choline.

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