

February 2019 TV Recipes—AMERICAN HEART ASSOCIATION APPROVED RECIPES

Enjoying lean beef in a heart-healthy lifestyle is easier than you think with these recipes featuring lean beef, fresh vegetables, and whole grains.

Beef Pot Roast with Cider Gravy & Maple Sweet Potatoes

This pot roast recipe is sure to warm you and your family on a cold day. To make it even better, this heart healthy pot roast recipe comes with gravy and potatoes. Try this for dinner tonight.

Recipe time: 3 hours 30 minutes – Makes 8 servings

- 1 beef Shoulder Roast Boneless (3 to 3-1/2 pounds)
- 2 teaspoons olive oil
- 1-1/2 teaspoons salt
- 3/4 teaspoon pepper, divided
- 1 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1 cup unsalted beef broth
- 3/4 cup apple cider
- 3 pounds sweet potatoes, peeled, cut crosswise into 1 to 1-1/2 inch pieces
- 2 teaspoons minced garlic
- 2 tablespoons maple syrup
- 1 teaspoon minced fresh ginger
- 2 tablespoon cornstarch dissolved in 2 tablespoons brandy or water



1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Remove roast; pour off drippings and season with 1 teaspoon salt and 1/2 teaspoon pepper.
2. Add onion and thyme to stockpot; cook and stir 3 to 5 minutes or until onion is tender. Add broth and cider; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Return roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 hours.
3. Add sweet potatoes and garlic to stockpot; continue simmering, covered, 30 minutes or until sweet potatoes and pot roast are fork-tender.
4. Remove roast; keep warm. Remove sweet potatoes and garlic with slotted spoon to large bowl, leaving cooking liquid in stockpot.
5. Add maple syrup, ginger, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to sweet potatoes. Beat until sweet potatoes and garlic are mashed and smooth; keep warm.
6. Skim fat from cooking liquid; stir in cornstarch mixture. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.
7. Carve roast into slices; serve with mashed sweet potatoes and gravy.

Nutrition information per serving: 366 Calories; 8g Total Fat; 2.4g Saturated Fat; 0.6g Polyunsaturated Fat; 3.7g Monounsaturated Fat; 0.2g Trans Fat; 83.4mg Cholesterol; 598.5mg Sodium; 950mg Potassium; 45g Total carbohydrate; 30.2g Protein; 4.3mg Iron; 5mg Niacin; 0.9mg Vitamin B6; 109.6mg Choline; 2.9mcg Vitamin B12; 8.7mg Zinc; 33.8mcg Selenium; 5.6g Fiber.

632 Grand Canyon Drive
Madison, WI 53719
800.728.BEEF
www.BeefTips.com

The logo for the Wisconsin Beef Council features a red outline of the state of Wisconsin. Inside the outline, the word "Wisconsin" is written in a black, cursive script. Below the outline, the words "BEEF COUNCIL" are written in a bold, black, sans-serif font. A red checkmark is positioned between the words "BEEF" and "COUNCIL".



Indian Beef Flank Steak & Rice

This Beef Flank Steak is served with rice, vegetables and seasoned yogurt sauce.

Recipe time: 30 minutes – Makes 8 servings

- 1 beef Flank Steak (about 2 pounds)
- 1 cup non-fat plain Greek-style yogurt
- 2 tablespoons garam masala
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 teaspoons salt
- 3 tablespoons water
- 2 red onions, cut into thick slices
- 3 cups hot cooked brown rice
- 2 cups frozen peas, cooked



1. Combine yogurt, garam masala, garlic powder, paprika and salt in small bowl. Spread 1/3 cup yogurt mixture over steak. Reserve remaining yogurt mixture for sauce. Place beef steak in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile, grill onion slices, covered, 11 to 15 minutes. Remove steak from grill; let stand 3 to 5 minutes.
3. Meanwhile, heat remaining sauce and water in small saucepan over medium heat 2 to 3 minutes. Cut steak lengthwise in half, then across the grain into thin slices. Cut onions into bite-sized pieces. Combine rice and peas in large bowl. Divide rice mixture evenly among plates. Serve with beef, onions and sauce.

Nutrition information per serving: 300 Calories; 7g Total Fat; 2.8g Saturated Fat; 0.6g Polyunsaturated Fat; 2.8g Monounsaturated Fat; 0.2g Trans Fat; 67.7mg Cholesterol; 3.7mg Sodium; 520.2mg Potassium; 30.7g Total carbohydrate; 30.7g Protein; 2.7mg Iron; 8.5mg Niacin; 0.7mg Vitamin B6; 106.5mg Choline; 1.6mcg Vitamin B12; 5.3mg Zinc; 31mcg Selenium; 8.5g Fiber.

Roasted Sun-Dried Tomato Beef Tri-Tip with Peppers and Sweet Potatoes

This Beef Tri-Tip Roast is served with red peppers and sweet potatoes.

Recipe time: 1 hour 30 minutes – Makes 8 servings

- 1 beef Tri-tip Roast (1 1/2 - 2 pounds)
- 1/2 cup Italian dressing
- 1/4 cup sun-dried tomatoes
- 1/4 cup water
- 1 1/2 pounds sweet potatoes, cut into 2" pieces
- 2 red bell pepper, cut into 2" pieces
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt
- Optional**
- 1 tablespoon fresh parsley



1. Preheat oven to 425°F. Place Italian dressing, tomatoes and water in blender or food processor container. Cover; process until smooth. Divide mixture evenly into thirds; reserve 2/3 tomato mixture.
2. Combine potatoes and peppers and 1/3 tomato mixture in large bowl; toss to coat. Place on rimmed baking sheet lined with parchment. Set aside.

3. Spread 1/3 tomato mixture evenly onto all surfaces of beef roast. Place roast on vegetables. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 - 50 minutes for medium doneness.
4. Remove roast when instant-read thermometer registers 135° for medium rare; 150° for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20 - 25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Meanwhile, increase oven temperature to 475°F. Stir vegetables and return to oven for 15 - 20 minutes or until desired doneness.
5. Carve roast across the grain into slices. Serve with vegetables. Coat all with remaining sauce. Sprinkle with parmesan. Sprinkle with parsley, if desired.

Nutrition information per serving: 265 Calories; 9.1g Total Fat; 3.1g Saturated Fat; 0.8g Polyunsaturated Fat; 4.2g Monounsaturated Fat; 0g Trans Fat; 67.4mg Cholesterol; 551mg Sodium; 708.2mg Potassium; 21.4g Total carbohydrate; 25g Protein; 2.2mg Iron; 10.5mg Niacin; 0.8mg Vitamin B6; 99.5mg Choline; 1.3mcg Vitamin B12; 4.6mg Zinc; 27.6mcg Selenium; 3.4g Fiber.

Beef Top Sirloin Steak with Asparagus & Tomato Orzo

Try this juicy Top Sirloin Steak paired with a tomato-caper sauce served over a bed of orzo and asparagus.

Recipe time: 30 minutes – Makes 6 servings

- 1 beef Top Sirloin Steak, Boneless, cut 1 inch thick (about 1-1/2 pounds)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup unsalted beef broth
- 1/3 cup dry red wine
- 1-1/2 cups chopped roma tomatoes
- 1/4 cup finely chopped capers
- 1 tablespoon minced garlic
- 1 cup cooked orzo pasta
- 1/2-pound asparagus, trimmed, cut into 1-inch pieces
- 1 clove garlic, chopped
- 2 tablespoons olive oil



1. Press salt and pepper evenly onto beef steak. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; cook 15 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from skillet; keep warm.
2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until brown bits attached to skillet are dissolved. Add tomatoes, capers and garlic; cook and stir 6 to 7 minutes or until thickened.
3. Meanwhile, cook pasta according to package directions. Add asparagus during last 3 minutes of cooking time. Drain; toss with half of the tomato mixture.

Cook's Tip: *Nutritional analysis of this recipe is based on pasta cooked without the addition of salt.*

4. Carve steak crosswise into slices. Serve steak over pasta. Spoon remaining tomato mixture over steak.

Nutrition information per serving: 308 Calories; 6g Total Fat; 2.2g Saturated Fat; 0.3g Polyunsaturated Fat; 2g Monounsaturated Fat; 0.1g Trans Fat; 70mg Cholesterol; 302mg Sodium; 617.7mg Potassium; 29g Total carbohydrate; 31.6g Protein; 3.7mg Iron; 9.9mg Niacin; 0.7mg Vitamin B6; 108.4mg Choline; 1.5mcg Vitamin B12; 5.8mg Zinc; 31.6mcg Selenium; 2.6g Fiber.

Creole Steak with Jambalaya Rice

This recipe is a gift from New Orleans. The rice starts with onion, green bell pepper and celery, and the steak gets a touch of spice. If you haven't tried down home Cajun food, now is the time.

Recipe time: 30 Minutes – Makes 4 servings

- 4 beef Sirloin Tip Steaks, cut ¼-inch thick (about 1 pound)
- 2 tablespoon vegetable oil, divided
- 1 cup chopped onion
- 1 cup chopped celery
- 1 cup chopped green bell pepper
- 2-1/2 teaspoons Creole seasoning, divided
- 1 can (14-1/2 ounces) no-salt added diced tomatoes
- 1-1/2 cups cooked brown rice



1. Heat 1 tablespoon oil over medium heat in 3-quart saucepan until hot. Add onion, celery, bell pepper and 1 teaspoon Creole seasoning; cook 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.
2. Meanwhile, press remaining 1-1/2 teaspoons Creole seasoning evenly onto beef Sirloin Tip Steaks. Heat 1-1/2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 1 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining steaks and oil.
3. Stir tomatoes and rice into saucepan with vegetables. Cover and continue cooking 2 to 4 minutes or until heated through, stirring occasionally. Keep warm.
4. Serve steaks topped with rice mixture.

Nutrition information per serving: 338 Calories; 13g Total Fat; 2.9g Saturated Fat; 4.1g Monounsaturated Fat; 69mg Cholesterol; 490mg Sodium; 28g Total carbohydrate; 29g Protein; 3.4mg Iron; 6.5mg Niacin; 0.8mg Vitamin B6; 104.1mg Choline; 3.2mcg Vitamin B12; 6.9mg Zinc; 29.6mcg Selenium; 4.7g Fiber.

Tangy Lime Grilled Top Round Steak

This steak is tenderized by a tangy marinade of lime, garlic and brown sugar. Throw on the grill for dinner in minutes.

Recipe time: 25 Minutes – Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 1/4 cup fresh lime juice
- 2 tablespoons lightly packed brown sugar
- 2 tablespoons vegetable oil
- 1 tablespoon Worcestershire sauce
- 1 tablespoon minced garlic



1. Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)

Cook's Tip: *To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)*

3. Carve steak into thin slices.

Nutrition information per serving: 201 Calories; 8g Total Fat; 2.1g Saturated Fat; 2.2g Polyunsaturated Fat; 2.7g Monounsaturated Fat; 0g Trans Fat; 71.4mg Cholesterol; 57.5mg Sodium; 257.7mg Potassium; 3.6g Total carbohydrate; 27.2g Protein; 2.5mg Iron; 4.9mg Niacin; 0.4mg Vitamin B6; 103.8mg Choline; 1.5mcg Vitamin B12; 4.7mg Zinc; 31.2mcg Selenium; 0.1g Fiber.