

April 2019 TV Recipes—ULTIMATEJERKY RECIPES

Use Beef Jerky to create the ultimate recipes for tailgating, appetizers, snacks and even dessert!

Beef Jerky and Spinach Pasta

Try this pantry perfect pasta recipe highlighted by the smoky flavor you can only get from Beef Jerky.

Recipe time: 20 minutes – Makes 2 servings

- 1 tablespoon olive oil
- 1/2 cup julienned hickory smoked beef jerky
- 1/4 cup diced red onion
- 2 teaspoons thinly sliced garlic
- 1/4 to 1/2 teaspoon crushed red pepper
- 2 cups cooked whole wheat spaghetti
- 1/2 cup white wine
- 2 cups fresh baby spinach
- 1/8 cup julienned sun-dried tomatoes
- 2 tablespoons shredded Parmesan cheese (optional)
- 1 tablespoon chopped fresh parsley leaves (optional)

1. Heat oil in large nonstick skillet over medium heat until hot. Add jerky, onion, garlic and red pepper. Cook 3 to 5 minutes or until jerky is tender.
2. Add pasta to skillet; cook 1 to 2 minutes until heated through. Add wine; cook 3 minutes until liquid is almost evaporated. Remove skillet from heat; add spinach and sun-dried tomatoes. Toss mixture until spinach is slightly wilted. Garnish with Parmesan and parsley, as desired.



Nutrition information per serving: 470 Calories; 10.8 Calories from fat; 10.8g Total Fat (1.2 g Saturated Fat; 0 g Trans Fat; 1.4 g Polyunsaturated Fat; 5.1 g Monounsaturated Fat;) 60 mg Cholesterol; 1032 mg Sodium; 55 g Total Carbohydrate; 6.4 g Dietary Fiber; 31 g Protein; 6.3 mg Iron; 199 mg Potassium; 3.8 mg Niacin; 0.2 mg Vitamin B₆; 0 mcg Vitamin B₁₂; 1.7 mg Zinc; 43.1 mcg Selenium; 9.6 mg Choline. *This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, and Selenium; and a good source of Vitamin B₆, and Zinc.*

Beef Jerky Baked Potato Skins

Add a new spin to a tailgating favorite- anytime of the year. Baked sweet potato skins are topped with Beef Jerky pieces.

Recipe time: 40 minutes – Makes 6 servings

- 1/3 cup dairy sour cream
- 1 tablespoon fresh lime juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika
- 3 small sweet potatoes (about 6 inches long) cooked and cooled
- 1 tablespoon vegetable oil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon pepper
- 3/4 cup shredded Cheddar cheese
- 3/4 cup shredded Monterey Jack cheese
- 1/2 cup chopped peppered beef Jerky
- 1/2 cup chopped jalapeno beef jerky
- 1/4 cup sliced green onions

1. Preheat oven to 400°F. Combine sour cream, lime juice, garlic powder, onion powder and smoked paprika in small bowl; mix until incorporated. Cover and refrigerate until ready to use.



2. Slice potatoes in half lengthwise. Hollow out each potato half using a spoon, leaving ¼-inch thick shell. Save potato flesh for another use. Brush inside of potatoes with oil; season with salt and pepper, as desired. Place potatoes on shallow-rimmed baking sheet; bake in 400°F oven for 15 minutes or until golden brown.

Cook's Tip: You may substitute 3 medium Russet (baking) potatoes for sweet potatoes.

3. Meanwhile, mix cheeses with jerky in medium bowl. Fill potato skins with cheese mixture; bake 5 to 8 minutes or until cheese is bubbly. Top potato skins with sour cream mixture and green onions, as desired.

Cook's Tip: You may substitute hickory smoked beef jerky for peppered beef jerky.

Nutrition information per serving: 263 Calories; 14.6 Calories from fat; 14.6g Total Fat (6.7 g Saturated Fat; 0.2 g Trans Fat; 1.8 g Polyunsaturated Fat; 3.5 g Monounsaturated Fat;) 59 mg Cholesterol; 998 mg Sodium; 24 g Total Carbohydrate; 2.3 g Dietary Fiber; 21 g Protein; 1.6 mg Iron; 278 mg Potassium; 0.4 mg Niacin; 0.2 mg Vitamin B₆; 0.3 mcg Vitamin B₁₂; 1.2 mg Zinc; 6.9 mcg Selenium; 14.8 mg Choline. This recipe is an excellent source of Protein; and a good source of Iron, Vitamin B₆, and Selenium.

Southern Skirt Steak Benedict

This beefy southern version of the classic Egg Benedict with Choron sauce is an elegant twist on the classic.

Recipe time: 50 Minutes – Makes 8 servings

- 1 beef Inside Skirt Steak (about 1-1/2 pounds)
- 8 eggs, cooked sunny-side-up

Marinade

- 3 tablespoons harissa paste
- 1-1/2 teaspoons sesame oil

Biscuits

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 2 teaspoons sugar
- 3/4 teaspoon salt
- 1/4 teaspoon baking soda
- 4 tablespoons cold butter, cut into 1/4-inch cubes
- 3-1/2 tablespoons chopped beef jerky
- 2 tablespoons chopped chives
- 1 cup buttermilk

Choron Sauce

- 1 cup prepared Bernaise sauce
- 3 teaspoons ketchup
- 1 teaspoon hot pepper sauce

1. Combine Marinade ingredients in small bowl; mix well. Place Marinade and beef Inside Skirt Steak in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 2 hours to overnight.
2. Preheat oven to 400°F. Combine flour, baking powder, sugar, salt and baking soda in medium bowl; whisk to blend. Cut in butter until mixture resembles coarse crumbs; stir in jerky and chives. Slowly add buttermilk, mixing until dough comes together. You may not need all the buttermilk. Place dough on lightly-floured surface; shape into an 8 x 6-inch rectangle. Using a knife, cut dough into 8 equal biscuits. Place on parchment-lined shallow-rimmed baking sheet. Bake 20 to 24 minutes or until golden brown; rotating after 12 minutes. Remove from oven; keep warm.
3. Meanwhile, remove steak from marinade; discard marinade. Heat large nonstick skillet on medium heat until hot; coat with cooking spray. Place steak in skillet; cook 16 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Season beef with salt and pepper, as desired.



Cook's Tip: You may need to cut steak in half to fit in skillet.

4. To make Choron Sauce, add Béarnaise sauce, ketchup and hot sauce to small sauce pan; heat on low heat. Cook 5 minutes or until warm, mixing often. Season with salt and pepper, as needed.
5. Carve steak diagonally across the grain into 1/4-inch slices. Open biscuits; top with steak, egg and Choron Sauce. Serve with mixed greens, as desired.

Nutrition information per serving: 587 Calories; 38.5 Calories from fat; 38.5g Total Fat (19.2 g Saturated Fat; 0.7 g Trans Fat; 3 g Polyunsaturated Fat; 12.9 g Monounsaturated Fat;) 393 mg Cholesterol; 750 mg Sodium; 29 g Total Carbohydrate; 0.9 g Dietary Fiber; 31 g Protein; 4.3 mg Iron; 373 mg Potassium; 6 mg Niacin; 0.5 mg Vitamin B₆; 2.6 mcg Vitamin B₁₂; 6.4 mg Zinc; 52.9 mcg Selenium; 255.1 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Potassium.

Peanut Butter, Chocolate-Hazelnut & Chocolate Chip Beef Jerky Cookies

This cookie is worth a try! Creamy peanut butter and chocolaty hazelnut spread and highlighted by the smoky and salty flavors of Beef Jerky.

Recipe time: 30 minutes – Makes 24 cookies

- 3/4 cup butter, softened (1-1/2 sticks)
- 1/2 cup sugar
- 1/2 cup brown sugar
- 1/2 cup creamy peanut butter
- 1/2 cup chocolate-hazelnut spread
- 1 egg
- 1 tablespoon vanilla extract
- 1-1/2 cups all-purpose flour
- 1 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 2/3 cup finely chopped beef jerky
- 1/4 cup bittersweet chocolate chips



1. Preheat oven to 350°F. Combine butter, sugars, peanut butter and hazelnut-chocolate spread in large bowl. Using hand or stand mixer, mix until and fluffy. Add egg and vanilla; mix until fully incorporated.
2. Combine flour, baking soda and salt in medium bowl; whisk together. Add flour mixture to butter mixture; mix until fully incorporated; do not over mix. Add in jerky and chocolate chips. Divide dough into 24 equal balls. Place on 2 ungreased shallow-rimmed baking sheets. Bake in 350°F oven 13 to 15 minutes or until tops are evenly cracked. Cool 10 minutes before serving.

Nutrition information per cookie: 208 Calories; 11.3 Calories from fat; 11.3g Total Fat (6.2 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 3.3 g Monounsaturated Fat;) 29 mg Cholesterol; 251 mg Sodium; 22 g Total Carbohydrate; 0.6 g Dietary Fiber; 5 g Protein; 1.1 mg Iron; 80 mg Potassium; 1.2 mg Niacin; 0 mg Vitamin B₆; 0.1 mcg Vitamin B₁₂; 0.3 mg Zinc; 4 mcg Selenium; 12.4 mg Choline. This recipe is a good source of Protein.

Beef Jerky Granola Bars

Mix store-bought Beef Jerky with a blend of nuts, seeds, and fruit to create a granola bar that will stick to your ribs longer than the rest. Make these to last all week or before an activity with family or friends.

Recipe time: 40 minutes – Makes 16 servings

- 16 ounces beef jerky, chopped
- 4 cups quick oats
- 1 can (14 ounces) fat-free sweetened condensed milk
- 1/2 cup slivered almonds
- 1/2 cup dried cranberries
- 1/2 cup shelled sunflower seeds
- 1/2 cup dark chocolate chips
- 1/3 cup honey



1. Preheat oven to 350°F. Coat 9 x 13-inch baking pan with cooking spray.
2. Combine all ingredients in large bowl; mix thoroughly. Pat into prepared baking pan. Bake in 350°F oven for 30 minutes. Refrigerate until cooled; slice into bars. Bars should be covered and stored in refrigerator.
Cook's Tip: *In place of almonds, cranberries, sunflower seeds and chocolate chips, you may substitute any of the following making sure the total amount is 2 cups: peanuts, cashews, walnuts, pistachios, pecans, pretzels, dried cherries, raisins, coconut flakes, pepitas, white chocolate chips, etc..*

Nutrition information per serving: 388 Calories; 17.2 Calories from fat; 17.2g Total Fat (6.5 g Saturated Fat; 0.1 g Trans Fat; 2.6 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 22 mg Cholesterol; 622 mg Sodium; 45 g Total Carbohydrate; 3.6 g Dietary Fiber; 16 g Protein; 3.2 mg Iron; 401 mg Potassium; 1 mg Niacin; 0.1 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 2.9 mg Zinc; 10.1 mcg Selenium; 57.6 mg Choline. This recipe is an excellent source of Protein, Iron, and Zinc; and a good source of Dietary Fiber, Potassium, Selenium, and Choline.

Beef Jerky Trail Mix

Looking for a convenient snack to fuel your day? Add store-bought Beef Jerky to a mix of nuts, seeds and fruit.

Recipe time: 5 Minutes – Makes 2 servings

- 1 cup chopped beef jerky
- 1/2 cup whole almonds
- 1/4 cup dried cranberries
- 1/4 cup sunflower seeds



1. Mix all ingredients in medium bowl. Store in an airtight container in the refrigerator.
Cook's Tip: *You may substitute any nut for almonds, any dried fruit for cranberries and any seed for sunflower seeds.*

Nutrition information per serving: 536 Calories; 36.9 Calories from fat; 36.9g Total Fat (6.8 g Saturated Fat; 0.01 g Trans Fat; 10.1 g Polyunsaturated Fat; 17.7 g Monounsaturated Fat;) 20 mg Cholesterol; 887 mg Sodium; 33 g Total Carbohydrate; 8.1 g Dietary Fiber; 24.8 g Protein; 4.3 mg Iron; 662 mg Potassium; 3.3 mg Niacin; 0.3 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 5.4 mg Zinc; 18.8 mcg Selenium; 75.5 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Zinc, and Selenium; and a good source of Niacin, Vitamin B₆, and Choline

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

