

June 2019 TV Recipes—BEEF AND CHEESE RECIPES FOR JUNE DAIRY MONTH

Fork and knife, salt and pepper, peanut butter and jelly... Beef and Cheese! Here are some tasty and tempting beef and cheese recipes for you to make to celebrate June Dairy Month.

Grilled Steak & Plum Pizzettes

Four of the tastiest little pizzas you can imagine! Juicy Strip Steaks are paired with grilled plums, crumbled blue cheese, a drizzle of honey and crunchy pistachios!

Recipe time: 30 minutes – Makes 4 servings

- 2 beef Strip Steaks Boneless, cut ¾-inch thick (8 ounces each)
- 1 pound refrigerated whole wheat pizza dough
- All-purpose flour
- 2 firm red plums, each cut into 12 wedges
- 1/2 teaspoon pepper
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons honey
- 1/2 cup crumbled blue cheese
- 2 tablespoons coarsely chopped roasted salted pistachio nuts



1. Soak four 8-inch bamboo skewers in water at least 10 minutes; drain. Meanwhile, divide pizza dough into 4 equal pieces; let stand at room temperature 10 minutes. Flatten or roll out each dough piece into 6 to 8-inch round, lightly dusting work surface with flour, if necessary. Set aside. Thread 6 plum wedges onto each skewer; set aside.
2. Press pepper evenly onto beef steaks. Place steaks in center of grid over medium, ash-covered coals; arrange plum skewers around steaks. Grill steaks, covered, 7 to 10 minutes (over medium heat on preheated gas grill, timings remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill plums 3 to 6 minutes (gas grill times remain the same) until softened and beginning to brown, turning once. Transfer steaks to carving board; set plums aside. Brush 1 side of dough rounds with half of oil. Place rounds, oiled-side down, on grid over medium, ash-covered coals. Brush second side of rounds with remaining oil. Grill, uncovered, 4 to 6 minutes (gas grill times remain the same) until grill marks appear, turning once.
3. Meanwhile, carve steaks into 1/4-inch slices; season with salt, as desired. Arrange 6 plum wedges on each crust; drizzle plums with honey. Top evenly with beef; sprinkle with cheese and nuts. Place pizzettes on grid and grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, covered, 2 to 4 minutes) until cheese starts to melt.

Nutrition information per serving: 563 Calories; 20 Calories from fat; 20g Total Fat (6 g Saturated Fat; 7 g Monounsaturated Fat;) 69 mg Cholesterol; 801 mg Sodium; 63 g Total Carbohydrate; 8.9 g Dietary Fiber; 38 g Protein; 4.8 mg Iron; 7.4 mg Niacin; 0.6 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 5.2 mg Zinc; 31.7 mcg Selenium. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.

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Beef Tenderloin Steaks with Blue Cheese Topping

Try a steakhouse classic at home. Garlic-rubbed Beef Tenderloin Steaks are topped with creamy blue cheese.

Recipe time: 25 minutes – Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 1 pound)
- 1 large clove garlic, halved
- 1/2 teaspoon salt
- 2 teaspoons chopped fresh parsley leaves

Topping:

- 2 tablespoons cream cheese
- 4 teaspoons crumbled blue cheese
- 4 teaspoons plain yogurt
- 2 teaspoons minced onion
- Dash ground white pepper



1. Combine topping ingredients in small bowl. Rub beef Tenderloin Steaks with garlic.
2. Place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. One to two minutes before steaks are done, top evenly with topping.

***Cook's Tip:** To grill, place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. One minute before steaks are done, top evenly with topping.*

3. Season with salt; sprinkle with parsley.

***Nutrition information per serving:** 206 Calories; 10 Calories from fat; 10g Total Fat (4 g Saturated Fat; 4 g Monounsaturated Fat;) 79 mg Cholesterol; 406 mg Sodium; 2 g Total Carbohydrate; 0.1 g Dietary Fiber; 26 g Protein; 1.8 mg Iron; 7.3 mg Niacin; 0.6 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.6 mg Zinc; 29.3 mcg Selenium; 95.9 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.*

Cheesehead Sliders

Thrill your tailgate crowd with these Wisconsin-inspired winning beer-infused Cheesehead Sliders.

Recipe time: 25 minutes – Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1/2 cup beer
- 1/4 cup soft breadcrumbs
- 2 cloves garlic, chopped
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 8 slider buns or small dinner rolls, split
- 1/4 cup Cheddar-flavored cheese spread



1. Combine Ground Beef, beer, breadcrumbs, garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini-patties.
2. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes (over medium heat on preheated gas grill, covered, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Color is not a reliable indicator of ground beef doneness.*

3. Place burger on bottom half of each slider bun. Evenly spread cheese over burgers. Close sandwiches.

Cook's Tip: *You may substitute pub cheese, Cheddar cheese curds, beer cheese sauce, Cheddar cheese slices or pimento cheese spread for Cheddar-flavored cheese spread.*

Nutrition information per serving: 374 Calories; 14 Calories from fat; 14g Total Fat (6 g Saturated Fat; 4 g Monounsaturated Fat;) 87 mg Cholesterol; 525 mg Sodium; 29 g Total Carbohydrate; 1.1 g Dietary Fiber; 29 g Protein; 4.4 mg Iron; 7.8 mg Niacin; 0.4 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 6 mg Zinc; 32.5 mcg Selenium; 80.2 mg Choline. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.*

Sonoma Steaks with Vegetables Bocconcini

Imagine a caprese salad on the grill. Then add juicy Strip Steaks, fresh zucchini and crunchy yellow bell peppers. Mind and taste buds blown!

Recipe time: 30 minutes – Makes 4 servings

- 2 beef Strip Steaks Boneless, cut ¾-inch thick (about 8 ounces each)
- 1 container (9 to 16 ounces) herb-marinated small fresh mozzarella balls (bocconcini)
- 3 tablespoons balsamic vinegar
- 1 medium zucchini, cut diagonally into 1/4-inch thick slices
- 1 large yellow bell pepper, cut into 3/4-inch wide strips
- 1 cup small red grape tomatoes
- Salt



1. Drain bocconcini, reserving 1/3 cup marinade. Combine reserved marinade and vinegar in small bowl. Toss zucchini and bell pepper with 2 tablespoons marinade mixture in large bowl; cover and refrigerate until ready to use. Place beef steaks and remaining marinade mixture in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Remove vegetables from marinade; place in grill basket. Place steaks on one half of grid over medium, ash-covered coals; place grill basket on other half of grid. Grill steaks, covered, 7 to 10 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm. Grill vegetables 10 to 13 minutes or until crisp-tender, stirring occasionally. Add tomatoes during last 2 minutes of grilling.
3. Combine grilled vegetables and bocconcini in large bowl; toss gently to combine. Carve steaks into slices; season with salt, as desired. Serve with vegetable mixture.

Nutrition information per serving: 380 Calories; 21 Calories from fat; 21g Total Fat (12 g Saturated Fat; 3 g Monounsaturated Fat;) 106 mg Cholesterol; 152 mg Sodium; 8 g Total Carbohydrate; 1.8 g Dietary Fiber; 38 g Protein; 2.4 mg Iron; 8 mg Niacin; 0.8 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.9 mg Zinc; 29 mcg Selenium. *This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.*

Brazilian Beef and Cheese Appetizer Sliders

Impress your guests with these super simple, delicious Roast Beef and mozzarella cheese appetizer sandwiches.

Recipe time: 15 minutes – Makes 6 servings

- 12 ounces deli Roast Beef, diced
- 2 teaspoons flour
- 2 teaspoons vegetable oil
- 1/4 cup water
- 1/2 cup shredded mozzarella cheese
- 1 cup diced tomato
- dill pickle slices (optional)
- 6 slider buns



1. Heat large nonstick skillet over medium heat until hot. Add flour and vegetable oil; cook for 2 to 3 minutes. Add water and stir until sauce thickens. Add cheese and cook for 1 to 2 minutes. Stir in beef.
2. Put 1/3 cup of meat and cheese mixture on bottom of each bun. Top with 2 tablespoons diced tomato and 1 or 2 dill pickle (if desired). Close sandwiches.

Nutrition information per serving: 280 Calories; 6 Calories from fat; 6g Total Fat (2 g Saturated Fat; 1 g Monounsaturated Fat;) 49 mg Cholesterol; 1253 mg Sodium; 32 g Total Carbohydrate; 0.7 g Dietary Fiber; 21 g Protein; 1.8 mg Iron; 0.3 mg Niacin; 0.1 mg Vitamin B₆; 0.1 mcg Vitamin B₁₂; 0.3 mg Zinc; 1 mcg Selenium; 4.5 mg Choline. *This recipe is an excellent source of Protein; and a good source of Iron.*