

August 2019 TV Recipes—SWEET, SWEET SUMMERTIME... RECIPES

Summer's not over yet! Savor every last minute of beautiful summertime weather and try these steak recipes that SCREAM summer.

Gazpacho Steak Salad

Add some summertime flavors to your steak salad. Spicy vegetable juice, tomatoes, cucumbers and peppers make for the perfect garden-fresh salad to serve over greens.

Recipe time: 35 minutes – Makes 4 servings

- 1 beef Shoulder Steak, Boneless, 1 inch thick (about 1 pound)
- 1 can (5-1/2 ounces) spicy 100% vegetable juice
- 8 cups mixed greens
- 1 cup cherry tomatoes, halved
- 1 cup cucumber, cut in half lengthwise, then into thin slices
- 1 cup chopped green bell pepper
- Salt and pepper
- Crunchy Tortilla Strips (recipe follows)

Gazpacho Dressing:

- 1 can (5-1/2 ounces) spicy 100% vegetable juice
- 1/2 cup chopped tomato
- 1/4 cup finely chopped green bell pepper
- 1 tablespoon red wine vinegar
- 1 tablespoon chopped cilantro
- 2 teaspoons olive oil
- 1 teaspoon minced garlic

1. Place beef steak and 1 can vegetable juice in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Combine dressing ingredients; refrigerate. Combine lettuce, cherry tomatoes, cucumber and 1 cup green bell pepper; refrigerate.
3. Remove steak from marinade; discard marinade. Pat steak dry with paper towel. Place steak on grid over medium, ash-covered coals. Grill shoulder steaks, covered, 12 to 17 minutes for medium rare (145°F) to medium (160°F) doneness (top round steak 15 to 19 minutes for medium rare(145°F) doneness; do not overcook), turning occasionally. Carve steak across the grain into thin slices. Season with salt and pepper, as desired.
4. Meanwhile prepare Crunchy Tortilla Strips. Add steak to salad mixture. Drizzle with dressing and top with tortilla strips.

Cook's Tip: Strips: Heat oven to 400°F. Cut 2 corn tortillas in half, then crosswise into 1/4-inch wide strips. Place strips in single layer on baking sheet. Bake 4 to 8 minutes or until crisp.

Nutrition information per serving: 255 Calories; 83.7 Calories from fat; 9.3g Total Fat (2.8 g Saturated Fat; 0.2 g Trans Fat; 0.7 g Polyunsaturated Fat; 4.3 g Monounsaturated Fat;) 66 mg Cholesterol; 295 mg Sodium; 17 g Total Carbohydrate; 4.8 g Dietary Fiber; 27 g Protein; 6.8 mg Iron; 801 mg Potassium; 5.2 mg Niacin; 0.7 mg Vitamin B₆; 4.3 mcg Vitamin B₁₂; 6.3 mg Zinc; 36 mcg Selenium; 93.7 mg Choline.



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Foil Packet Beef and Vegetable Meal

Build a packet with shredded beef, beef sausage and vegetables and cook on the grill. Super easy and fun for the whole family. And ... no clean up.

Recipe time: 30 minutes – Makes 4 servings

- 6 ounces refrigerated fully cooked beef Pot Roast, shredded
- 6 ounces prepared smoked Beef Sausage
- 1 cup butternut squash, diced
- 1 cup zucchini or yellow squash, sliced into ¾-inch pieces and halved
- 2 ears sweet corn, cut in half
- 4 teaspoons vegetable oil
- 2 teaspoons all-purpose seasoning blend, such as Old Bay



1. Combine beef and vegetables in large bowl. Add oil and seasoning; toss to coat.
2. Preheat grill to medium heat (approximately 350°F).
3. Place a 12" x 12" square of heavy-duty aluminum foil down on work surface. Add 1/4 of beef and vegetable mixture to center of foil. Fold right and left edges in and roll together to close. Fold top and bottom edges in and roll to close package. Repeat with remaining mixture for a total of 4 packets.
4. Grill for 10 to 12 minutes until vegetables are tender.

Cook's Tip: *Packets can also be prepared in a 350°F oven. Bake for 10 to 12 minutes.*

Nutrition information per serving, using Choice grade beef: 360 Calories; 216 Calories from fat; 24g Total Fat (8.6 g Saturated Fat; 0.3 g Trans Fat; 3.3 g Polyunsaturated Fat; 4.7 g Monounsaturated Fat;) 75 mg Cholesterol; 841 mg Sodium; 16.5 g Total Carbohydrate; 2.6 g Dietary Fiber; 20 g Protein; 0 mg Calcium; 2.4 mg Iron; 440 mg Potassium; 0.1 mg Riboflavin; 3.2 mg Niacin; 0.3 mg Vitamin B₆; 0.9 mcg Vitamin B₁₂; 143 mg Phosphorus; 3.2 mg Zinc; 12 mcg Selenium; 61.5 mg Choline.

Santa Fe Grilled Beef Steaks & Corn

A simple chili glaze is used as a spicy finishing touch for savory butter on grilled corn and steaks.

Recipe time: 40 minutes – Makes 4 servings

- 2 beef T-Bone Steaks, cut 1 inch thick (about 2 pounds)
- 4 ears sweet corn, in husks
- 3 tablespoons butter

Chili Glaze:

- 1/2 cup prepared steak sauce
- 2 teaspoons minced garlic
- 1-1/2 teaspoons chili powder
- 1/2 teaspoon ground cumin

1. Peel corn, leaving husks attached at base; remove silk. Rewrap corn in husks; tie closed. Soak in cold water 30 minutes. Combine glaze ingredients; remove and reserve 1/4 cup.
2. Drain corn. Place on grid over medium, ash-covered coals. Grill, covered, 20 to 30 minutes, turning frequently.
3. After 5 or 10 minutes, place beef T-Bone Steaks on grid with corn. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally and brushing with glaze during last 5 minutes.
4. Combine reserved 1/4 cup glaze and butter in 1-cup glass measure. Microwave on HIGH 1-1/2 to 2 minutes, stirring once. Carefully peel corn; brush with chili butter. Serve with steaks and remaining chili butter.



Nutrition information per serving: 369 Calories; 162 Calories from fat; 18g Total Fat (8.5 g Saturated Fat; 0.35 g Trans Fat; 1.2 g Polyunsaturated Fat; 6.6 g Monounsaturated Fat;) 72 mg Cholesterol; 670 mg Sodium; 26 g Total Carbohydrate; 2.5 g Dietary Fiber; 27 g Protein; 4.1 mg Iron; 595 mg Potassium; 6.1 mg Niacin; 0.5 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 5.1 mg Zinc; 10.1 mcg Selenium; 114.8 mg Choline.

Grilled Beef Flank Pinwheels on Rocket Salad

This hearty and peppery grilled steak salad recipe will keep you fueled all day, whatever your mission might be!

Recipe time: 45 minutes – Makes 8 servings

- 1 beef Flank Steak (about 1-1/2 pounds)
- 1 cup sun-dried tomatoes, drained
- 1/3 cup drained capers (one 3.5-ounce jar)
- 2 tablespoons coarse grain mustard, divided
- 1/2 cups fresh basil leaves
- 1/2 cup fresh parsley leaves
- 8 cups arugula leaves
- 1 cup roasted corn
- 1/4 cup diced roasted red peppers
- 1/4 cup balsamic syrup or glaze



1. Pound beef Flank Steak between 2 pieces of plastic wrap. Using smooth side of meat mallet, pound steak to 1/2-inch thickness.
2. Place tomatoes and 1 tablespoon of mustard in food processor; pulse on and off until smooth. Add basil and parsley. Pulse on and off until smooth, scraping sides of food processor container as needed.
3. Place steak on cutting board so grain is running top to bottom. Season steak with salt and pepper, as desired. Spread tomato mixture on steak, leaving one inch at top of steak. Starting from side closest to you, roll steak tightly to form log. Using 8 (8-inch long) pieces of kitchen string, tie log in even intervals. Cut steak into 1-inch slices in between kitchen string. You should end up with 8 steak pinwheels. *Cook's Tip: For a perfect roll, trim the edges of the beef to a perfect rectangle before filling & rolling.*
4. Place beef pinwheels on gas grill. Grill, uncovered, 13 to 15 minutes for medium rare (145° F) to medium (160° F) doneness, turning occasionally, basting with remaining 1 tablespoon mustard, as desired.
5. Remove string from pinwheels. Place arugula on serving platter. Sprinkle with roasted corn and bell pepper; top with pinwheels. Drizzle balsamic over pinwheels and arugula.

Cook's Tip: Cooked frozen or canned sweet corn may also be substituted for roasted corn.

Nutrition information per serving: 289 Calories; 98.1 Calories from fat; 10.9g Total Fat (3.5 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 4.7 g Monounsaturated Fat;) 73 mg Cholesterol; 444 mg Sodium; 17 g Total Carbohydrate; 3.2 g Dietary Fiber; 28 g Protein; 3 mg Iron; 738 mg Potassium; 7.7 mg Niacin; 0.6 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4.9 mg Zinc; 27.7 mcg Selenium; 102.4 mg Choline.

Grilled Steak and Watermelon Salad

Watermelon and steak are grilled and served with a bright and colorful salad. This recipe is perfect for summertime!

Recipe time: 30 minutes – Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 to 5 ounces each)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 slices seedless baby watermelon, 1-inch thick (about 1-pound each)
- Salt and pepper
- 8 cups baby arugula or spinach leaves
- 1/4 cup reduced-fat balsamic or Italian dressing
- 1 cup halved cherry tomatoes
- 1/2 cup thinly sliced red onion
- 1/4 cup crumbled reduced-fat feta cheese



1. Combine coriander and cumin; press evenly onto beef steaks.

- Place steaks in center of grid over medium, ash-covered coals; arrange watermelon slices around steak. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill watermelon 2 to 4 minutes or until grill marks form, turning once.
- Carve steaks into slices. Cut each watermelon slice into 6 wedges. Season beef and watermelon with salt and pepper, as desired. Combine arugula and dressing in large bowl; toss to coat. Divide arugula among four serving plates. Arrange beef and watermelon on salad; top evenly with tomatoes, onion and cheese.

Nutrition information per serving: 285 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 71 mg Cholesterol; 341 mg Sodium; 26 g Total Carbohydrate; 4.1 g Dietary Fiber; 29 g Protein; 3.9 mg Iron; 7.8 mg Niacin; 0.7 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.7 mg Zinc; 29 mcg Selenium.

Beef, Mango and Avocado Salad

Whip up a homemade Lime Vinaigrette to use as a quick marinade for Top Sirloin and as the dressing for this simple, yet delicious fresh salad.

Recipe time: 45 minutes – Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut 1-inch thick (about 1 pound)
- 6 cups mixed salad greens
- 1 medium mango, cut into 3/4-inch pieces
- 1 medium avocado, cut into 8 slices
- Red onion rings, separated
- 2 tablespoons crumbled queso fresco cheese
- Pepitas (pumpkin seeds) or sunflower seeds (optional)
- Salt and pepper

Lime Vinaigrette:

- 1/3 cup fresh lime juice
- 1 tablespoon finely chopped fresh cilantro
- 1/2 teaspoon ground cumin
- 1 tablespoon honey
- 2 tablespoons olive oil
- 1/4 teaspoon salt



- Combine Lime Vinaigrette ingredients in small bowl. Place beef steak and 1/4 cup marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in the refrigerator 15 minutes to 2 hours. Cover and refrigerate remaining vinaigrette for salad.
- Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 15 minutes (over medium heat on preheated gas grill 13 to 16 minutes) for medium rare (145°F) to medium doneness (160°F), turning occasionally.
- Divide salad greens among 4 plates. Top evenly with mango pieces, avocado slices and onion, as desired. Carve steak into slices. Divide steak slices evenly over salads. Sprinkle with cheese and pepitas, if desired. Drizzle remaining vinaigrette evenly over salads. Season with salt and pepper, as desired.

Nutrition information per serving: 352 Calories; 153 Calories from fat; 17g Total Fat (4 g Saturated Fat; 6 g Monounsaturated Fat;) 72 mg Cholesterol; 186 mg Sodium; 24 g Total Carbohydrate; 3.4 g Dietary Fiber; 30 g Protein; 2.7 mg Iron; 11.1 mg Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.1 mg Zinc; 31 mcg Selenium; 106.1 mg Choline.