

## February 2020 TV Recipes—Cajun Recipes

Enjoy the classic flavors of Bourbon Street with these Cajun-inspired Beef recipes. From Jambalaya to Beef Muffuletta you'll feel like you were born on the Bayou while eating these tasty dishes.

### Classic Cajun Beef Gumbo

Try this stew with all the flavors of New Orleans. Beef Shank Cross-Cut and Smoked Beef Sausage are the stars of our take on this classic dish.

**Total Recipe Time: 1 hour 30 minutes**

**Makes 6 servings**

- 2 pounds beef Shank Cross-Cut
- 1 quart + 1/2 cup beef stock
- 1/2 cup canola oil
- 1/2 cup all-purpose flour
- 1 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced green bell pepper
- 2 tablespoons minced garlic
- 2 teaspoons dried thyme leaves
- 2 tablespoons hot pepper sauce
- 2 tablespoons Worcestershire sauce
- 1 tablespoon tomato paste
- 1 package (12 ounces) smoked beef sausage, sliced
- 2 tablespoons Creole seasoning

#### Serving Suggestion:

- Hot cooked rice, sliced green onion, sliced pickled okra, sliced pickled jalapeño (optional)

1. Brown all sides of beef Shank Cross-Cut in 6-quart pressure cooker using sauté or browning setting, as desired. Add 1/2 cup stock to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 40 minutes on pressure cooker timer.
2. Meanwhile, heat oil in large heavy-bottom stock pot over medium-high heat until pot is almost smoking. Slowly whisk in flour until combined. Cook 2 to 3 minutes, whisking continuously until it turns a milk chocolate color. Reduce heat to medium; slowly add onions as oil mixture may splatter. Cook 1 to 2 minutes until oil mixture turns dark chocolate color. Add celery, bell pepper, garlic and thyme; cook 4 to 6 until vegetables are soft. Add hot sauce, Worcestershire and tomato paste; cook 1 to 2 minutes. Whisk in remaining quart of stock; bring to a boil. Reduce heat to medium, add sausage and Creole Seasoning; simmer 30 minutes.
3. Use quick-release feature to release pressure; carefully remove lid. Remove beef from pressure cooker; discard cooking liquid. Shred beef into bite-sized pieces. Add beef to vegetable mixture; stir to combine. Serve Gumbo with rice, onion, okra and jalapeños, as desired.

**Nutrition information per serving:** 596 Calories; 342 Calories from fat; 38g Total Fat (9.5 g Saturated Fat; 0.5 g Trans Fat; 5.5 g Polyunsaturated Fat; 14.4 g Monounsaturated Fat;) 101 mg Cholesterol; 1751 mg Sodium; 19 g Total Carbohydrate; 1.3 g Dietary Fiber; 41 g Protein; 6.2 mg Iron; 921 mg Potassium; 7.5 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 3.2 mcg Vitamin B<sub>12</sub>; 9.4 mg Zinc; 31.9 mcg Selenium; 14.9 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.



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## 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. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.*

**Total 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, using Choice grade beef: 338 Calories; 117 Calories from fat; 13g Total Fat (2.85 g Saturated Fat; 4.05 g Monounsaturated Fat;) 69 mg Cholesterol; 490 mg Sodium; 28 g Total Carbohydrate; 4.7 g Dietary Fiber; 29 g Protein; 3.4 mg Iron; 6.5 mg Niacin; 0.8 mg Vitamin B<sub>6</sub>; 3.2 mcg Vitamin B<sub>12</sub>; 6.9 mg Zinc; 29.6 mcg Selenium; 104.1 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline.*

## Beef Jambalaya

*Try a quick and easy all beef version of this Cajun classic. Beef Roast and smoked beef sausage are cooked in a peppery tomato sauce with vegetables and rice.*

**Total Recipe Time: 50 minutes**

**Makes 6 servings**

- 1 pound beef Blade Chuck Roast, cut into 1-inch pieces
- 2 tablespoons vegetable oil, divided
- 12 ounces smoked beef sausage, cut into 1/4-inch rounds
- 1 tablespoon Cajun seasoning
- 1 cup diced onion
- 1/2 cup diced green bell pepper
- 1/2 cup diced celery
- 1 tablespoon minced garlic
- 1 can (14 ounces) diced Italian tomatoes
- 1 cup reduced-sodium beef broth
- 2 teaspoons Worcestershire sauce
- 1 teaspoon salt
- 1 teaspoon gumbo file powder
- 1/2 teaspoon black pepper
- 1/2 teaspoon crushed red pepper
- 1 bay leaf



- 1/2 teaspoon hot pepper sauce
- 3 cups cooked white rice

**Garnish:**

- Chopped green onions, chopped parsley leaves

1. Heat 1 tablespoon oil in large stock pot or Dutch oven over medium high heat. Season beef Blade Chuck Roast pieces and beef sausage with Cajun seasoning. Brown beef pieces; set aside. Brown beef sausage; set aside.
2. Add remaining 1 tablespoon oil to same stock pot or Dutch oven. Add onion, bell pepper, celery and garlic; cook 7 to 10 minutes until vegetables are tender, stirring occasionally. Stir in tomatoes, broth, Worcestershire, salt, file powder, red pepper, black pepper and bay leaf. Add beef and sausage; bring to a boil. Reduce to a simmer; cover and cook 20 to 25 minutes, stirring occasionally. Discard bay leaf.
3. Stir in rice; bring to a boil. Reduce heat; simmer for 3 to 5 minutes or until liquid is absorbed and rice is heated through. Stir in hot sauce. Garnish with green onions and parsley, as desired.

**Nutrition information per serving:** 485 Calories; 227.7 Calories from fat; 25.3g Total Fat (9.3 g Saturated Fat; 0.4 g Trans Fat; 3 g Polyunsaturated Fat; 3.9 g Monounsaturated Fat;) 86 mg Cholesterol; 1462 mg Sodium; 35.2 g Total Carbohydrate; 1.8 g Dietary Fiber; 25.8 g Protein; 4.4 mg Iron; 276 mg Potassium; 2.8 mg Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.2 mcg Vitamin B<sub>12</sub>; 5.6 mg Zinc; 19.5 mcg Selenium; 64.2 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B12, Zinc, and Selenium; and a good source of Niacin, Vitamin B6, and Choline.

## Beef Muffuletta Dip

A muffuletta sandwich is a Cajun favorite. Try this version in a bread bowl with deli corned beef, pickled vegetables and cream cheese.

**Total Recipe Time: 40 Minutes**

**Makes 16 servings**

- 8 ounces deli corned beef, chopped
- 1 shepherd loaf, about 8 inches in diameter
- 1 package (8 ounces) cream cheese, softened
- 3/4 cup chopped green olives
- 4 ounces provolone cheese, chopped
- 1/2 cup drained, chopped giardinera
- 1/4 cup chopped roasted red peppers

**Serving Suggestion:**

- Carrot sticks, celery sticks, crackers (optional)



1. Cut top 1/3 off loaf. Scoop out middle of loaf base, reserve bread pieces. Place hallowed loaf on shallow-rimmed baking sheet.
2. Preheat oven to 350°F. Combine corned beef, cream cheese, olives, provolone, giardiniera and red peppers in large bowl; mix well. Place beef mixture in hallowed loaf. Bake in 350°F oven 35 to 40 minutes or until dip is bubbly. Serve with carrots, celery, crackers and bread pieces, as desired.

**Cook's Tip:** You may toast bread pieces by placing on shallow-rimmed baking sheet. Bake in 350°F oven for last 10 minutes of cook time.

**Cook's Tip:** You may bake this dip in 8 by 8-inch baking dish coated with cooking spray for 20 minutes until golden and bubbly.

**Nutrition information per serving:** 192 Calories; 99 Calories from fat; 11g Total Fat (4.7 g Saturated Fat; 0.15 g Trans Fat; 0.4 g Polyunsaturated Fat; 3 g Monounsaturated Fat;) 28 mg Cholesterol; 646 mg Sodium; 16 g Total Carbohydrate; 1 g Dietary Fiber; 8 g Protein; 1.4 mg Iron; 33 mg Potassium; 0.1 mg Niacin; 0 mg Vitamin B<sub>6</sub>; 0.1 mcg Vitamin B<sub>12</sub>; 0.3 mg Zinc; 2.3 mcg Selenium; 6.5 mg Choline. This recipe is a good source of Protein.

# Cajun Beef Po 'Boy Sandwiches with Red Eye Gravy

Get this Po'Boy recipe. Beef Top Sirloin Steak is served with Red Eye gravy and classic toppings.

**Total Recipe Time: 60 minutes**

**Makes 4 servings**

- 1 beef Top Sirloin Steak, cut 1 inch thick (1 pound)
- 6 teaspoons espresso coffee powder, divided
- 1/2 teaspoon pepper
- 4 large French bread rolls, split
- 8 slices tomato
- 1 cup shredded lettuce

## Redeye Gravy:

- 3 tablespoons butter, divided
- 2 tablespoons all-purpose flour
- 1/4 cup diced pancetta ham
- 1/4 cup diced onion
- 1 tablespoon Creole seasoning
- 1 tablespoon minced garlic
- 1/3 cup hot water
- 2 cups beef stock
- 1 - 2 tablespoons hot pepper sauce (Louisiana-style)
- 1 tablespoon Worcestershire sauce

1. Rub beef Top Sirloin Steak with 2 teaspoons espresso powder and pepper. Preheat broiler to HIGH. Place steak on rack on aluminum foil-lined broiler pan so surface of beef is 3 to 4 inches from heat. Broil 16 to 21 minutes for medium rare (145°F) doneness, turning once.
2. Meanwhile, melt 2 tablespoons butter in large skillet over medium heat; whisk in flour. Cook 8 to 10 minutes until caramel color, whisking often. Remove mixture from pan; set aside.
3. Melt remaining tablespoon butter in same skillet over medium heat; add tasso, onion, Creole Seasoning and garlic; cook 10 minutes until onion is translucent. Dissolve remaining 4 teaspoons espresso powder in hot water; add to skillet and cook 1 to 2 minutes until browned bits attached to skillet are dissolved and sauce is reduced almost completely. Whisk in butter mixture until smooth. Add beef stock, hot sauce and Worcestershire; bring to a boil. Reduce and simmer 15 to 20 minutes or until sauce is reduced to 1 cup.
4. Add roast beef to skillet. Cook 3 to 5 minutes until heated through, stirring often so sauce coats beef.
5. Divide beef mixture between rolls. Top beef with tomato and lettuce. Close sandwiches.

**Nutrition information per serving:** 411 Calories; 182.7 Calories from fat; 20.3g Total Fat (10.4 g Saturated Fat; 0.4 g Trans Fat; 0.9 g Polyunsaturated Fat; 5 g Monounsaturated Fat;) 87 mg Cholesterol; 1364 mg Sodium; 27.4 g Total Carbohydrate; 1.1 g Dietary Fiber; 29 g Protein; 3.6 mg Iron; 598 mg Potassium; 0.3 mg Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 4.4 mg Zinc; 37.7 mcg Selenium; 96.4 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Potassium.



# Beef Flat Iron Steak Salad with Remoulade Sauce

Enjoy a delicious surf and turf salad. Beef Flat Iron steak with Cajun seasoning is grilled and served with lump crab meat and vegetables on fresh greens with Cajun Remoulade sauce.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 beef Flat Iron Steak (about 1 pound)
  - 2 teaspoons Creole seasoning
  - 2 teaspoons minced garlic
  - 1 fresh chayote squash, peeled, pitted and diced
  - 2 Roma tomatoes, diced
  - 1/4 cup chopped fresh parsley leaves
  - 1 teaspoon unseasoned rice wine vinegar
  - 4 cups mixed salad greens
  - 1 cup jumbo lump crabmeat
  - 1/4 cup chopped red onion
1. 1 cup Cajun Remoulade Sauce, divided



1. Combine Creole Seasoning and garlic in small bowl; mix well. Evenly coat beef Flat Iron Steak with mixture. Place steak in center of grid over medium, ash-covered coals. Grill steak, covered, 10 to 14 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from grill; let rest.
2. Meanwhile, combine chayote, tomatoes, parsley and vinegar in large bowl; mix well. Season with salt and pepper, as desired. Add greens, crabmeat, onion and 1/2 cup Cajun Remoulade Sauce; mixing gently but thoroughly.

**Cajun Remoulade Sauce:** Combine 2/3 cup mayonnaise , 1/2 cup finely chopped roasted red bell pepper, 2 tablespoons thinly sliced green onion, 2 tablespoons Dijon-style mustard, 2 tablespoons fresh lemon juice, 2 tablespoons hot pepper sauce and 1 tablespoon chopped fresh parsley in small bowl and blend. This sauce may be made a day ahead, covered and refrigerated until ready to use.

*Cook's Tip:* You may substitute jicama for chayote.

3. Carve steak into bite-sized pieces; season with salt, as desired. Divide salad between 4 plates; top with steak and drizzle remaining Remoulade Sauce.

**Nutrition information per serving:** 538 Calories; 354.6 Calories from fat; 39.4g Total Fat (8.8 g Saturated Fat; 0.5 g Trans Fat; 17.1 g Polyunsaturated Fat; 10.9 g Monounsaturated Fat;) 147 mg Cholesterol; 1210 mg Sodium; 11 g Total Carbohydrate; 3.2 g Dietary Fiber; 33 g Protein; 4.1 mg Iron; 532 mg Potassium; 3.9 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 5.1 mcg Vitamin B<sub>12</sub>; 8.4 mg Zinc; 47.8 mcg Selenium; 113.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, and Potassium.