

## April 2020 TV Recipes—At Home With Beef

# Italian Beef Meatball Sandwich Rolls

Get this recipe. Ground Beef Italian-style sausage is stuffed with mozzarella cheese and baked in dough.

Recipe time: 1 hour 15 minutes

Makes 12 servings

- [1 recipe Italian-Style Beef Sausage](#)
- 2 eggs, divided
- 1/4 cup seasoned dry breadcrumbs
- 12 cherry-sized mozzarella balls (about 6 ounces)
- 12 ounces refrigerated pizza dough
- 2 tablespoons shredded Parmesan cheese
- Garnish: Marinara sauce, chopped basil leaves (optional)



1. Preheat oven to 400°F. Combine Italian-Style Beef Sausage mixture, 1 egg and breadcrumbs in large bowl; mixing thoroughly. Shape into 12, 2-inch meatballs. Place a mozzarella ball in the middle of each meatball, making sure the mozzarella ball is completely covered with the beef mixture. Place meatballs on aluminum-foiled lined broiler rack coated with cooking spray. Bake in 400°F oven 24 to 27 minutes.

*Italian-Style Beef Sausage: Combine 1 pound Ground Beef (93% lean or leaner), 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon ground coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly, but thoroughly.*

2. Cut dough into 12 pieces, about 1 ounce each. Stretch each piece to cover 1 meatball, pinching the edges to seal. Place on parchment-lined shallow-rimmed baking sheet, seam-side down. Place remaining 1 egg in small bowl, beat with a fork. Brush rolls with egg; top with Parmesan cheese.
3. Bake rolls in 400°F oven 10 to 12 minutes or until golden brown. Serve with marinara sauce and basil, as desired.

*Nutrition information per serving: 232 Calories; 104.4 Calories from fat; 11.6g Total Fat (5.7 g Saturated Fat; 0.1 g Trans Fat; 0.3 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat; ) 79 mg Cholesterol; 264 mg Sodium; 15 g Total Carbohydrate; 0.5 g Dietary Fiber; 17 g Protein; 2 mg Iron; 142 mg Potassium; 2.2 mg Niacin; 0.2 mg Vitamin B<sub>6</sub>; 1 mcg Vitamin B<sub>12</sub>; 2.3 mg Zinc; 10.4 mcg Selenium; 56.3 mg Choline. This recipe is an excellent source of Protein; and a good source of Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline.*

# Personal Beef Pizzas

Made exactly as you like it, these individual pizzas are fun to make together.

Recipe time: 30 minutes

Makes 4 servings

- [1 recipe Italian-Style Beef Sausage](#)
- 1-1/2 cups pizza sauce
- 4 round thin sandwich breads, any variety, split
- 1/2 cup shredded mozzarella cheese
- Toppings: Sliced black or green olives, sliced red or yellow bell peppers or sliced red onions (optional)



1. Prepare Italian-Style Beef Sausage. Stir in pizza sauce; cook 2 to 3 minutes or until heated through, stirring frequently. Keep warm and set aside.

**Italian-Style Beef Sausage:** Combine 1 pound Ground Beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

2. Place sandwich thins, cut sides up, on rack of broiler pan. Spoon equal amounts of sausage mixture on each bread half. Evenly sprinkle with cheese and toppings, as desired.
3. Place pizzas on rack of broiler pan so surface of cheese is 3 to 4 inches from heat. Broil 4 to 5 minutes or until cheese is melted and bubbly.

**Nutrition information per serving, using 80% lean ground beef:** 424 Calories; 171 Calories from fat; 19g Total Fat (7 g Saturated Fat; 8 g Monounsaturated Fat;) 85 mg Cholesterol; 848 mg Sodium; 31 g Total Carbohydrate; 7.3 g Dietary Fiber; 33 g Protein; 4.4 mg Iron; 9.4 mg Niacin; 0.5 mg Vitamin B<sub>6</sub>; 2.7 mcg Vitamin B<sub>12</sub>; 6 mg Zinc; 20.5 mcg Selenium; 74.4 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, and Selenium; and a good source of Choline.

## Slow-Cooker Pot Roast Soup

Enjoy all the satisfying flavors of beef Pot Roast in a soup. Take a short cut with frozen vegetables for an easy to make meal.

Recipe time: HIGH 6 Hours; LOW 9 Hours

Makes 6 servings

- 1 beef Shoulder Roast Boneless (2-1/2 pounds)
- 2 cups chopped onions
- 1 can (14-1/2 ounces) diced tomatoes with green peppers and onions
- 1 cup frozen hash brown potatoes (cubes)
- 1 cup reduced-sodium beef broth
- 1 tablespoon minced garlic
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 2 cups broccoli slaw
- 1/2 cup frozen peas



1. Cut beef Shoulder Roast into 12 equal pieces. Place in 4-1/2 to 5-1/2-quart slow cooker. Add onions, tomatoes, potatoes, broth, garlic, thyme, salt and pepper. Cover and cook on HIGH 5 to 6 hours or on LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Stir in broccoli slaw; continue cooking, covered, 30 minutes or until broccoli slaw is crisp-tender. Turn off slow cooker. Stir in peas; let stand, covered, 5 minutes.

### ALTERNATE COOKING METHOD:

1. This recipe can be made in a 6-quart electric pressure cooker. Cut Beef Roast into 1-inch pieces. Place beef roast in pressure cooker; top with onions, tomatoes, broth, garlic, thyme, salt and pepper. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 15 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add broccoli slaw and frozen potatoes. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 3 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add peas and return pressure cooker lid. Let stand 5 minutes. (This recipe variation was tested in an electric pressure cooker at

high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

**Nutrition information per serving:** 305 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 0 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 111 mg Cholesterol; 539 mg Sodium; 17 g Total Carbohydrate; 3.8 g Dietary Fiber; 6 g Total Sugars; 39 g Protein; 0 g Added Sugars; 61 mg Calcium; 5.1 mg Iron; 684 mg Potassium; 5.7 IU Vitamin D; 0.4 mg Riboflavin; 5.8 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 3.8 mcg Vitamin B<sub>12</sub>; 296 mg Phosphorus; 11 mg Zinc; 62.9 mcg Selenium; 87.7 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.

## Lazy Day Beef & Vegetable Soup

A lazy day needn't mean time off from a healthy meal. Beef up your zinc levels for a healthy immune system with this smart-but-satisfying soup of Stew Meat, chickpeas, veggies and pasta.

Recipe time: HIGH 5-6 Hours; LOW 8-9 Hours

Makes 6-8 servings

- 2-1/2 pounds beef Stew Meat, cut into 3/4-inch pieces
- 2 cans (14 to 14-1/2 ounces each) reduced-sodium beef broth
- 1 can (15 ounces) chickpeas, rinsed, drained
- 1 can (14-1/2 ounces) no-salt added diced tomatoes, undrained
- 1 cup water
- 1 teaspoon dried Italian seasoning
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups frozen mixed vegetables
- 1 cup uncooked ditalini or other small pasta
- Shredded Romano cheese (optional)



1. Combine beef, broth, chickpeas, tomatoes, water, Italian seasoning, salt and pepper in 4-1/2 to 5-1/2-quart slow cooker; toss to coat well. Cover and cook on HIGH 5 hours or on LOW 8 hours. (No stirring is necessary during cooking.)
2. Stir in mixed vegetables and pasta. Continue cooking, covered, 1 hour or until beef and pasta are tender. Season with salt and pepper, as desired. Stir well before serving. Serve with cheese, if desired.

**Nutrition information per serving:** 453 Calories; 11g Total Fat; 4g Saturated Fat; 5g Monounsaturated Fat; 143mg Cholesterol; 763mg Sodium; 33g Total carbohydrate; 55g Protein; 5.8mg Iron; 6.9mg Niacin; 1.1mg Vitamin B<sub>6</sub>; 168.6mg Choline; 3.9mcg Vitamin B<sub>12</sub>; 12.5mg Zinc; 50.5mcg Selenium; 5.9g Fiber. 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.

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

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
  - ½-pound asparagus, trimmed, cut into 1-inch pieces
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; 54 Calories from fat; 6g Total Fat (2.2 g Saturated Fat; 0.14 g Trans Fat; 0.3 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 302 mg Sodium; 29 g Total Carbohydrate; 2.6 g Dietary Fiber; 31.6 g Protein; 3.7 mg Iron; 617.7 mg Potassium; 9.9 mg Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.8 mg Zinc; 31.6 mcg Selenium; 108.4 mg Choline. This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

## Slow-Cooked Beef Risotto

*Who doesn't love an easy one-pot meal? Use a stockpot to slowly simmer Stew Meat, then add in a package of risotto mix, frozen peas and a little parmesan cheese.*

Recipe time: 2 hours and 30 minutes

Makes 6 servings

- 2 pounds beef Stew Meat, cut into 1 to 1-1/2-inch pieces
- 2 cups water
- 2 teaspoons minced garlic
- 1 package (5.5 to 8 ounces) mushroom or cheese risotto mix
- 1 cup frozen peas
- 1/3 cup shredded Parmesan cheese
- Shredded Parmesan cheese (optional)



1. Combine beef Stew Meat, water and garlic in stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-3/4 hours.
2. Stir in contents of risotto mix package omitting butter or oil; continue simmering, covered, 18 to 20 minutes or until rice is tender and beef is fork-tender. Stir in peas; remove from heat. Let stand 5 minutes.
3. Stir in cheese. Garnish with additional cheese, if desired.

**Nutrition information per serving:** 415 Calories; 108 Calories from fat; 12g Total Fat (5 g Saturated Fat; 5 g Monounsaturated Fat;) 96 mg Cholesterol; 835 mg Sodium; 35 g Total Carbohydrate; 1.9 g Dietary Fiber; 39 g Protein; 4 mg Iron; 4.9 mg Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.9 mcg Vitamin B<sub>12</sub>; 7.7 mg Zinc; 25.1 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium.

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