

September 2020 TV Recipes—Fast Family Favorites

With a few common ingredients and a little kitchen know-how, you've got a nutritious meal on the table in 30-minutes or less. Try these recipes when time is tight and the family is hungry!

Easy Roast Beef Rolls

Get this recipe. Thinly sliced Deli Roast Beef is sandwiched between rolls and baked with cheese 'til golden and delicious.

Recipe Time: 30 minutes

Makes 12 servings

- 1 pound thinly sliced Deli Roast Beef
- 1 package Hawaiian rolls (12 count)
- 1/4 cup cream-style prepared horseradish
- 6 slices reduced-fat provolone cheese
- 1/3 cup butter, melted
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried parsley leaves
- 2 teaspoons packed light brown sugar
- 1/4 teaspoon onion powder

1. Preheat oven to 350°F.
2. Coat 9 x 13-inch baking dish with cooking spray. Cut rolls in half, horizontally. Place bottom half in prepared baking dish; spread horseradish on cut side. Top with Deli Roast Beef and cheese. Close sandwiches. Using a paring knife, cut into 12 sandwiches.

***Cook's Tip:** You may substitute Dijon mustard for prepared horseradish.*

3. Combine butter, Worcestershire sauce, parsley, sugar and onion powder in small bowl; mix to combine. Pour butter mixture evenly over prepared sandwiches. Cover and refrigerate 1 hour to overnight.
4. Bake sandwiches, uncovered, in 350°F oven 15 to 20 minutes or until cheese is melted and rolls are golden brown.



Nutrition information per serving: 453 Calories; 164.7 Calories from fat; 18.3g Total Fat (9 g Saturated Fat; 3.7 g Trans Fat; 1 g Polyunsaturated Fat; 3.7 g Monounsaturated Fat;) 86 mg Cholesterol; 426 mg Sodium; 51 g Total Carbohydrate; 2.8 g Dietary Fiber; 21 g Protein; 3.5 mg Iron; 182 mg Potassium; 3.5 mg NE Niacin; 0.1 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 1.2 mg Zinc; 9.8 mcg Selenium; 16.3 mg Choline. This recipe is an excellent source of Protein, and Niacin; and a good source of Dietary Fiber, Iron, Vitamin B₁₂, Zinc, and Selenium.

Crazy Beef Quesadillas

Take an average cheese quesadilla to a more satisfying place! Crumbled Ground Beef, black beans, corn and salsa join melted cheese inside these hearty handhelds.

Recipe Time: 30 minutes

Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1 jar (16 ounces) prepared salsa with black beans and corn
- 1-1/2 cups shredded reduced-fat Mexican cheese blend
- 1/4 cup chopped fresh cilantro
- 4 large flour tortillas (10-inch diameter)
- Chopped fresh cilantro (optional)



1. Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings, as necessary.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Reserve 1/2 cup salsa. Add remaining salsa, cheese and 1/4 cup cilantro to beef; mix well. Spoon 1/4 of beef mixture onto half of each tortilla. Fold tortillas in half to close. Place on baking sheet.

Cook's Tip: *Prepared thick-and-chunky salsa may be substituted for the black bean and corn salsa.*

3. Bake in 350°F oven 10 to 11 minutes or until filling is heated through and edges of tortillas are lightly browned and crisp. Garnish with cilantro, as desired; serve with reserved salsa.

Nutrition information per serving using 93% lean ground beef: 571 Calories; 197.1 Calories from fat; 21.9g Total Fat (10.3 g Saturated Fat; 0.2 g Trans Fat; 2.3 g Polyunsaturated Fat; 6.7 g Monounsaturated Fat;) 110 mg Cholesterol; 1571 mg Sodium; 48 g Total Carbohydrate; 6.3 g Dietary Fiber; 6.7 g Total Sugars; 46 g Protein; 0 g Added Sugars; 598.1 mg Calcium; 6.9 mg Iron; 505 mg Potassium; 0.2 mcg Vitamin D; 0.5 mg Riboflavin; 9.4 mg NE Niacin; 0.5 mg Vitamin B₆; 3.5 mcg Vitamin B₁₂; 614 mg Phosphorus; 8.6 mg Zinc; 43.5 mcg Selenium; 105.4 mg Choline.

This recipe is an excellent source of Dietary Fiber, Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.

Easy Beef Stroganoff

Looking for a faster and easier beef stroganoff recipe? This classic recipe has been tested and perfected just for you!

Recipe Time: 25 minutes

Makes 4 servings

- 1-pound beef Sirloin Tip Steaks, cut 1/8 to 1/4-inch thick
- 1 teaspoon minced garlic
- 4 teaspoons vegetable oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/2-pound mushrooms, sliced (1/2-inch)
- 1 package (3/4 ounce) brown gravy mix
- 4 cups cooked wide egg noodles
- 1/4 cup dairy sour cream



1. Stack beef Sirloin Tip Steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Toss with garlic.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Season with salt and pepper.
3. Heat remaining 2 teaspoons oil in same skillet over medium-high heat until hot. Add mushrooms; cook and stir 2 minutes or until tender. Remove from heat. Add gravy mix and 1 cup cold water; blend well. Bring to a boil. Reduce heat; simmer 1 minute or until sauce is thickened, stirring frequently. Stir in beef; heat through. Serve over noodles. Pass sour cream.

Nutrition information per serving: 383 Calories; 144 Calories from fat; 16g Total Fat (5 g Saturated Fat; 5 g Monounsaturated Fat;) 109 mg Cholesterol; 420 mg Sodium; 30 g Total Carbohydrate; 2 g Dietary Fiber; 31 g Protein; 3.7 mg Iron; 6.2 mg NE Niacin; 0.4 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.7 mg Zinc; 48.7 mcg Selenium. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.*

Ground Beef & Pasta Primavera

This Italian-inspired recipe is a one-pot, fun to make and eat dish that combines ground beef, pasta, fresh zucchini and yellow squash. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (96% lean)
- 1 (14-1/2 ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into 1/2-inch slices
- 1 can (14-1/2 ounces) no-salt added diced tomatoes
- 1-1/2 teaspoons Italian seasoning



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

Nutrition information per serving: 296 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat;) 76 mg Cholesterol; 338 mg Sodium; 28.2 g Total Carbohydrate; 3.1 g Dietary Fiber; 31.7 g Protein; 5 mg Iron; 614 mg Potassium; 8.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium; 82.3 mg Choline. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.*

Fresh Tomato, Beef & Penne Pasta

This recipe offers lots of flavor with little time. Penne pasta is tossed with Ground Beef and fresh tomatoes for a meal that's perfect for any night of the week.

Total Recipe Time: 25 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 3 teaspoons fresh minced garlic
- 2 cups chopped tomatoes
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1-1/2 cups uncooked penne pasta, cooked
- 2 tablespoons sliced fresh basil leaves
- 3 tablespoons grated Parmesan cheese



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Pour off drippings.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.*

2. Stir in tomatoes, salt and pepper; cook over medium heat 5 minutes, stirring occasionally. Add pasta and basil; toss. Sprinkle with cheese.

Nutrition information per serving: 342 Calories; 88.2 Calories from fat; 9.8g Total Fat (4 g Saturated Fat; 0.03 g Trans Fat; 0.7 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 87 mg Cholesterol; 583 mg Sodium; 31 g Total Carbohydrate; 2.3 g Dietary Fiber; 32 g Protein; 4.6 mg Iron; 685 mg Potassium; 9.3 mg NE Niacin; 0.5 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 7.3 mg Zinc; 45 mcg Selenium; 106.6 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, and Choline.

Beef & Pasta with Asian Peanut Sauce

Thin strips of Top Round Steak are quickly cooked in teriyaki sauce before joining thin spaghetti noodles and cucumbers in a flavorful peanut butter sauce.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1-1/4 pound beef Top Round Steak
- 5 tablespoons teriyaki sauce, divided
- 2 tablespoons creamy peanut butter
- 1 tablespoon water
- 1/8 to 1/4 teaspoon crushed red pepper
- 1/8 to 1/4 teaspoon ground ginger
- 6 ounces uncooked vermicelli or thin spaghetti
- 2 tablespoons vegetable oil
- 1/2 cup seeded and chopped cucumber



1. Combine 3 tablespoons teriyaki sauce, peanut butter, water, red pepper and ginger. Cook vermicelli in salted boiling water according to package directions; drain and rinse. Toss vermicelli with peanut butter mixture to coat well.
2. Cut steak into 1/8-inch thick strips. Add remaining 2 tablespoons teriyaki sauce to beef strips; toss to coat evenly.
3. In a large nonstick skillet or wok, heat oil over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Add to noodles; toss lightly. Sprinkle with chopped cucumber.

Nutrition information per serving: 444 Calories; 151.2 Calories from fat; 16.8g Total Fat (3.7 g Saturated Fat; 0.4 g Trans Fat; 5.2 g Polyunsaturated Fat; 5.6 g Monounsaturated Fat;) 70 mg Cholesterol; 952 mg Sodium; 37.2 g Total Carbohydrate; 2.1 g Dietary Fiber; 34.5 g Protein; 3.6 mg Iron; 455 mg Potassium; 11.1 mg NE Niacin; 0.6 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.1 mg Zinc; 31.2 mcg Selenium; 109.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

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