

## **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 B<sub>6</sub>; 0.4 mcg Vitamin B<sub>12</sub>; 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 B<sub>12</sub>, 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 B<sub>6</sub>; 3.5 mcg Vitamin B<sub>12</sub>; 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 B<sub>6</sub>, Vitamin B<sub>12</sub>, 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 B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.7 mg Zinc; 48.7 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.*

## 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 B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 7 mg Zinc; 18.4 mcg Selenium; 82.3 mg Choline. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, 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 B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 7.3 mg Zinc; 45 mcg Selenium; 106.6 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, 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 B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.1 mg Zinc; 31.2 mcg Selenium; 109.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.

Wisconsin Beef Council  
632 Grand Canyon Dr.  
Madison, WI 53179  
Beetips.com

