

October 2020 TV Recipes—Fall Comfort Foods

Treat yourself to an easy dinner tonight with these slow cooker recipes. A few ingredients and some patience are all you need for a delicious, comforting meal.

Slow-Cooked Beef and Mushroom Braciolo

An Italian favorite, this Flank Steak is rolled up with a savory mushroom mixture and slow cooked in crushed tomatoes.

Total Recipe Time: 6 hours

Makes 6 servings

- 1 beef Flank Steak (1-1/2 to 2 pounds)
- 1 cup finely diced mushrooms
- 1/2 cup finely diced onion
- 1/2 cup grated Parmesan cheese
- 2 slices bacon or prosciutto, chopped (about 1 ounce)
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon Italian seasoning blend
- 1 teaspoon salt, divided
- 1 teaspoon pepper, divided
- 2 cups cooked polenta, warmed



1. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside.
2. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick.
Cook's Tip: For a larger flank steak, cut it in half horizontally. Pound the two halves, top evenly with mushroom mixture and roll up each to make two smaller, more manageable rolls.
3. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine.
4. Place tomatoes in slow cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add beef roll to sauce, turning once to coat. Cooked, covered, on HIGH 4 hours or on LOW 6 hours or until beef is tender.
5. Cut braciolo diagonally into 1/2" thick slices. Serve over pasta or polenta topped with sauce, as desired.

ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butchers twine. Place tomatoes in pressure cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add Braciolo to pressure cooker, turning once to coat. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 5. (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: 327 Calories; 90.9 Calories from fat; 10.1g Total Fat (4.1 g Saturated Fat; 0.1 g Trans Fat; 0.8 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 75 mg Cholesterol; 1027 mg Sodium; 28.6 g Total Carbohydrate; 3.8 g Dietary Fiber; 30.8 g Protein; 4.3 mg Iron; 823 mg Potassium; 10.1 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.3 mg Zinc; 35.2 mcg Selenium; 116.2 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, and Potassium.

Slow-Cooker Beef Meatloaf & Vegetables

Use your slow-cooker to create a delicious meatloaf meal with carrots and potatoes. Everyone's favorite dinner just got easier to make.

Recipe Time: 8 hours 30 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 3/4 cup Panko breadcrumbs
- 3/4 cup ketchup, divided
- 1/2 cup minced onion
- 1 large egg
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 1 teaspoon salt, divided
- 1 teaspoon dried thyme leaves
- 1 teaspoon pepper, divided
- 12 ounces baby red potatoes, cut in half
- 12 ounces baby carrots
- 2 tablespoons unsalted beef broth
- 2 tablespoons packed light brown sugar

1. Combine Ground Beef, breadcrumbs, 1/2 cup ketchup, onion, egg, Worcestershire sauce, garlic, 1/2 teaspoon salt, thyme, 3/4 teaspoon pepper, mixing lightly but thoroughly. Form 8 x 4 x 2-inch loaf. Place loaf into 3-1/2 to 5-1/2-quart slow cooker.

Cook's Tip: You may substitute old fashioned oats, ground or quick oats for Panko breadcrumbs.

2. Toss potatoes and carrots with remaining 1/2 teaspoon salt and remaining 1/4 teaspoon pepper. Arrange potatoes and carrots around meatloaf in slow cooker. Add broth; cover and cook on HIGH 4 hours or LOW 8 hours until instant-read thermometer inserted into center registers 160°F.

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.

3. Skim 2 tablespoons of liquid from bottom of slow cooker, if available. Combine remaining 1/4 cup of ketchup, brown sugar and liquid from bottom of meatloaf in small bowl. Spread onto meatloaf. Cover and cook 15 minutes. Remove meatloaf from slow cooker. Cut into slices. Season with salt and pepper as desired. Serve meatloaf with potatoes and carrots.



ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. Prepare meatloaf as directed above. To make a foil sling, cut a 28-inch piece of heavy-duty aluminum foil (or layer two pieces of regular foil) and punch 6 to 8 holes in it using a kitchen fork or small knife. Form beef mixture into an 8 x 4-inch loaf on the foil sling over the holes. Toss potatoes and carrots with salt and remaining 1/4 teaspoon pepper. Add vegetables to pressure cooker, pour broth over vegetables, add meatloaf sling on pressure cooker rack on vegetables. Close and lock pressure cooker lid. Use beef, stew or high pressure setting on pressure cooker; program 25 minutes on pressure cooker time. Once complete, use quick-release feature to release pressure; carefully remove lid. Remove sling from pressure cooker and remove meatloaf to foil-lined broiler rack. Make sauce as directed in step 3; spread on meatloaf. Broil on high in oven for 2 to 3 minutes, 4 inches from heat source. Rest before slicing. Serve with potatoes and carrots. (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: 366 Calories; 81 Calories from fat; 9g Total Fat (3.6 g Saturated Fat; 0.1 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 115 mg Cholesterol; 883 mg Sodium; 38 g Total Carbohydrate; 3.1 g Dietary Fiber; 16.3 g Total Sugars; 30 g Protein; 10.5 g Added Sugars; 61.3 mg Calcium; 4.5 mg Iron; 929 mg Potassium; 8.8 mcg Vitamin D; 0.3 mg Riboflavin; 7.7 mg NE Niacin; 0.6 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 304 mg Phosphorus; 6.9 mg Zinc; 24.8 mcg Selenium; 137.6 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, and Potassium.

Four-Way Slow Cooker Shredded Beef

Got a hankering for delicious shredded beef? Try one of these four recipe varieties, sure to please any crowd.

Recipe Time: 10 ½ hours

Makes 6 servings

- 1 beef Shoulder Roast (2 to 2-1/2 pounds)
- 1 tablespoon vegetable oil (optional)
- 1 large onion, chopped
- 2 tablespoons minced garlic
- Salt and pepper
- Recipe Variations (recipes follow)

1. For optional browning, heat oil in large nonstick skillet over medium heat until hot. Brown beef Shoulder Roast on all sides.
Cook's Tip: You may substitute Arm Chuck Roast Boneless or Blade Chuck Roast Boneless for Shoulder Roast.
2. Place onion and garlic in 3-1/2 to 5 quart slow cooker; place roast on top. Cover and cook on HIGH 5 to 6 hours or LOW 9 to 10 hours or until roast is fork-tender.
3. Remove roast from slow cooker. Skim fat from cooking liquid, if necessary and reserve 1 cup onion mixture. Shred beef with 2 forks. Combine shredded beef and reserved onion mixture. Season with salt and pepper, as desired. Continue as directed in Recipe Variations below, as desired.



Mexican Shredded Beef: Combine tomato or tomatillo salsa and beef mixture, as desired. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in warmed flour or corn tortillas topped with pico de gallo, sliced avocados, shredded cheese, chopped cilantro and/or chopped white or green onions, as desired.

BBQ Shredded Beef: Combine prepared barbecue sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve on whole wheat rolls topped with creamy horseradish sauce, coleslaw, Cheddar cheese slices, chopped green bell pepper and/or canned French fried onions, as desired.

Asian Shredded Beef: Combine prepared hoisin or teriyaki sauce and beef mixture. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in lettuce or cabbage cups topped with shredded carrots, sliced cucumbers, chopped fresh cilantro or mint, sriracha or crushed red pepper flakes and/or chopped peanuts, as desired.

Indian Shredded Beef: Combine prepared Indian cooking sauce, such as Tikka Masala or Vindaloo. Place in large microwave-safe bowl. Cover, vent and microwave until heated through, stirring occasionally. Serve in naan or pita bread topped with toasted chopped pistachios or coconut, raisins, Greek yogurt or mango chutney, chopped fresh mint or cilantro and/or sliced cucumbers or green onion, as desired.

ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. Place beef roast, onion, garlic and 1/2 cup beef broth in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 90 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 3. (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, (no serving size): 202 Calories; 73.8 Calories from fat; 8.2g Total Fat (2.9 g Saturated Fat; 0.4 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 90 mg Cholesterol; 58 mg Sodium; 3 g Total Carbohydrate; 0.5 g Dietary Fiber; 1 g Total Sugars; 29 g Protein; 0 g Added Sugars; 23 mg Calcium; 3.3 mg Iron; 371 mg Potassium; 5.5 mcg Vitamin D; 0.3 mg Riboflavin; 4.3 mg NE Niacin; 0.6 mg Vitamin B₆; 3.1 mcg Vitamin B₁₂; 223 mg Phosphorus; 8.6 mg Zinc; 35 mcg Selenium; 93.5 mg Choline. This recipe is an excellent source of Protein, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Phosphorus, and Choline.

Sweet Onion & Pepper Beef Sandwiches with Au Jus

Top your favorite French bread with the tasty flavors of slow cooked beef, sweet onions and bell peppers in this hearty and satisfying sandwich.

Recipe Time: 9 ¼ hours

Makes 10 servings

- 3 to 3-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2 inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red bell pepper, cut lengthwise into 1-inch wide strips
- 1 cup reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup no-salt added tomato paste
- 2 tablespoons minced garlic
- 8 to 10 French bread rolls, split, warmed

Toppings: Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives (optional)



1. Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Skim fat from cooking liquid, if necessary.
2. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.

ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. In small bowl add 1/2 cup broth, soy sauce and tomato paste; mix well. Place onions in pressure cooker; top with beef Stew Meat, onions, peppers, broth mixture and garlic. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (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, 1/8 of recipe: 403 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 100 mg Cholesterol; 730 mg Sodium; 33 g Total Carbohydrate; 3.2 g Dietary Fiber; 41 g Protein; 5.6 mg Iron; 7.5 mg NE Niacin; 0.7 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 8.2 mg Zinc; 26.3 mcg Selenium; 147.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Chilly Day Beef Chili

This super-simple hearty chili will warm you up combining beef Stew Meat, black beans, onions, salsa and Tex-Mex spices.

Recipe Time: 9 ½ hours

Makes 9 servings

- 1 boneless beef Chuck Roast, cut into 1/2-inch pieces (about 2-1/2 pounds)
- 2 cans (15-1/2 ounces each) black beans, rinsed, drained
- 1 can (15-1/2 ounces) diced tomatoes (chili or zest-style)
- 1 medium onion, chopped
- 2 teaspoons chile powder
- 1 teaspoon salt
- 1 teaspoon ground cumin
- 1/2 teaspoon pepper
- 1 cup prepared thick-and-chunky salsa



- **Toppings:** Shredded Cheddar cheese, diced red onion, diced green onion, diced avocado and dairy sour cream (optional)

1. Combine Boneless Beef Chuck Roast and all other ingredients except salsa and toppings in 4-1/2 to 5-1/2-quart slow cooker; mix well. Cover and cook on HIGH 5-1/2 to 6 hours or on LOW 8 to 9 hours or until beef is tender. (No stirring is necessary during cooking.)
2. Just before serving, stir in salsa; cook 2 to 3 minutes or until heated through. Serve with toppings, as desired.

ALTERNATE COOKING METHOD: This recipe can be made in a 6-quart electric pressure cooker. Place Boneless Beef Chuck Roast and all other ingredients except salsa and toppings plus 1/2 cup water in pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 22 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add salsa and stir together. Serve with toppings, as desired. (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:** 470 Calories; 180 Calories from fat; 20g Total Fat (7.8 g Saturated Fat; 0.1 g Trans Fat; 1 g Polyunsaturated Fat; 8.3 g Monounsaturated Fat;) 117 mg Cholesterol; 930 mg Sodium; 31 g Total Carbohydrate; 10.9 g Dietary Fiber; 3 g Total Sugars; 40 g Protein; 0 g Added Sugars; 62.8 mg Calcium; 5.1 mg Iron; 747 mg Potassium; 8.1 mcg Vitamin D; 0.3 mg Riboflavin; 4.8 mg NE Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 334 mg Phosphorus; 8 mg Zinc; 44 mcg Selenium; 147.8 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Vitamin D, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.*

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