

November 2020 TV Recipes—Favorite Fall Recipes

As the days get shorter and the weather turns colder, it is time to fall in love with these Fall recipes!

Beefy Harvest Soup

Looking for a fantastic fall soup recipe? Try this recipe with Ground Beef, smoked beef sausage, vegetables and macaroni.

Total Recipe Time: 25 minutes

Makes 4 servings

- 1-pound Ground Beef (93% or leaner)
- 2 cups water
- 1 can (14-1/2 ounces) Italian-style stewed tomatoes, undrained
- 1-1/2 cups frozen mixed vegetables
- 4 cups reduced-sodium beef broth
- 1 cup uncooked large elbow macaroni
- 4 ounces smoked Beef Sausage, sliced



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. Remove from skillet with slotted spoon. Remove 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. Meanwhile, combine water, tomatoes, vegetables and broth in large saucepan; bring to a boil. Stir in macaroni and beef; return to a boil. Reduce heat; simmer, uncovered, 8 minutes, stirring occasionally. Stir in sausage; continue simmering 2 to 4 minutes or until macaroni is tender and beef sausage is cooked through. Season with salt and pepper, as desired.

***Cook's Tip:** Other pasta shapes, such as rotini, bow ties, medium shells or ditalini, may be substituted for large elbow macaroni; adjust cooking time as needed.*

***Nutrition information per serving:** 470 Calories; 144 Calories from fat; 16g Total Fat (6 g Saturated Fat; 0 g Trans Fat; 0.8 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 100 mg Cholesterol; 560 mg Sodium; 40 g Total Carbohydrate; 2 g Dietary Fiber; 39 g Protein; 5 mg Iron; 820 mg Potassium; 2.2 mg NE Niacin; 0.5 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 7.3 mg Zinc; 47.4 mcg Selenium; 94 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, Niacin, and Choline.*

Beef Picadillo-Stuffed Acorn Squash

A nutrient-rich alternative to the brown-sugar-and-butter treatment for squash. Top it instead with a spicy-sweet blend of Ground Beef, onion, cinnamon and raisins.

Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 medium onion, chopped
- 1 tablespoon Mexican Seasoning Mix (see below)
- 1/4 teaspoon ground cinnamon
- 1 can (8 ounces) tomato sauce
- 1/3 cup raisins
- 1 acorn squash, quartered, cooked



- 1 tablespoon slivered almonds (optional)

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and onion; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; pour off drippings. Return beef mixture to skillet.

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. Sprinkle seasoning mix and cinnamon over beef; mix well. Stir in tomato sauce and raisins; bring to a boil. Reduce heat; cover and simmer 15 minutes, stirring occasionally. Serve over squash. Garnish with almonds, if desired.

Cook's Tip: Mexican Seasoning Mix: *Combine 1/3 cup chili powder, 1 tablespoon salt, 1-1/2 teaspoons ground cumin and 3/4 teaspoon garlic powder. Store in airtight container. Shake before using to blend.*

Nutrition information per serving: 288 Calories; 79.2 Calories from fat; 8.8g Total Fat (3.4 g Saturated Fat; 0.27 g Trans Fat; 0.7 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 84 mg Cholesterol; 834 mg Sodium; 28 g Total Carbohydrate; 4.3 g Dietary Fiber; 28 g Protein; 5 mg Iron; 1098 mg Potassium; 7.9 mg NE Niacin; 0.7 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 6.9 mg Zinc; 22.5 mcg Selenium; 104.3 mg Choline. *This recipe is an excellent source of Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, and Choline.*

Harvest Steak & Quinoa Salad

Enjoy a great tasting harvest salad using Skirt Steak, quinoa, squash, apple and almonds.

Recipe Time: 40 minutes

Makes 4 servings

- 1 beef skirt steak, (about 1 pound), cut into 4 pieces
- 1/2 cup lite (58% less fat, 41% fewer calories) raspberry & walnut salad dressing
- 4 teaspoons stone ground mustard
- 1/2 cup uncooked quinoa
- 2 1/2 cups (about 10 ounces) cubed butternut squash (1/2-inch cubes)
- 5 cups spring salad greens
- 1 large red apple, unpeeled, coarsely chopped
- 1 cup fat-free crumbled feta cheese (about 4 ounces)
- 1/4 cup sliced almonds, toasted



1. Combine salad dressing and mustard in small bowl. Place beef Skirt Steak and half of dressing mixture in food-safe plastic bag; turn to coat steak. Close bag securely; marinate in refrigerator 6 to 24 hours, turning occasionally. Cover remaining dressing; refrigerate.
2. Cook quinoa according to package directions; set aside.
3. Meanwhile, place squash in 2-quart microwave-safe bowl; cover. Microwave on HIGH 5 minutes. Remove from microwave. Cool; set aside.
4. Remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 8 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Carve steak diagonally across the grain into thin slices.

Cook's Tip: *To grill, pat steak dry with paper towel. Place steak over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Adjust heat to prevent burning, as needed.*

5. Meanwhile, combine greens, squash, apple, feta cheese and remaining dressing mixture; toss to coat. Place salad on plates. Spoon scant 1/2 cup quinoa in center of salad; top with beef slices. Sprinkle with toasted almonds.

Nutrition information per serving: 787 Calories; 180 Calories from fat; 20g Total Fat (6 g Saturated Fat; 8 g Monounsaturated Fat;) 82 mg Cholesterol; 520 mg Sodium; 41 g Total Carbohydrate; 5.9 g Dietary Fiber; 34 g Protein; 6.4 mg Iron; 5.3 mg NE Niacin; 0.7 mg Vitamin B₆; 3.7 mcg Vitamin B₁₂; 5.9 mg Zinc; 18.3 mcg Selenium; 98.1 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Tuscan Beef Meatball and White Bean Soup

Enjoy this hearty Tuscan-Style Ground Beef meatball soup chock-full of vegetables, beans and grains.

Recipe Time: 40 minutes

Makes 8 servings

Meatballs:

- 1-pound Ground Beef (80% lean or leaner)
- 1/2 cup minced onion
- 1/3 cup seasoned dry breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 egg, beaten
- 2 tablespoons chopped fresh parsley leaves
- 1 teaspoon minced garlic
- 1/2 teaspoon salt

Soup:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 medium carrots, diced
- 2 tablespoons minced garlic
- 8 cups beef broth
- 1 Parmesan cheese rind (3 to 4 inches)
- 2 small sprigs fresh rosemary
- 2 small sprigs fresh thyme
- 1 cup dry farro
- 2 cans (15 ounces each) cannellini beans, drained and rinsed
- 2 cups fresh chopped kale, ribs removed

Serving Suggestion:

- 1/2 French baguette, cut into 16 slices, 1/4 inch thick
- 1/3 cup finely grated Parmesan cheese, additional for garnish

1. Combine all Meatball ingredients in a large bowl; mixing lightly but thoroughly. Roll beef mixture into 48 small meatballs, about 1/2 ounce each. Cover and refrigerate.
2. Preheat oven to 350°F. Place baguette slices on shallow-rimmed baking sheet. Sprinkle slices with Parmesan cheese. Bake 8 to 9 minutes until cheese is melted and begins to brown. Set aside to cool.
3. Heat oil in 5-quart stockpot over medium heat until hot. Add onion, carrots and garlic; cook 5 minutes or until vegetables are soft. Add broth, rind, rosemary and thyme and bring to a boil. Gently add prepared meatballs, farro and beans to stockpot. Reduce heat to simmer; cook 20 to 25 minutes or until farro is soft and meatballs are cooked through, stirring occasionally. Remove herb sprigs and rind. Skim fat, if desired. Stir in kale and cook 5 minutes. Season with salt and pepper, as desired. Serve with Parmesan baguette slices and additional Parmesan cheese, as desired.



Nutrition information per serving, 1-2/3 cups: 431 Calories; 86.4 Calories from fat; 9.6g Total Fat (3.5 g Saturated Fat; 0.1 g Trans Fat; 1 g Polyunsaturated Fat; 3.9 g Monounsaturated Fat;) 71 mg Cholesterol; 1732 mg Sodium; 55 g Total Carbohydrate; 7.5 g Dietary Fiber; 32.1 g Protein; 194 mg Calcium; 5.4 mg Iron; 498 mg Potassium; 0.4 mg Riboflavin; 6.9 mg NE Niacin; 0.4 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 251 mg Phosphorus; 4 mg Zinc; 25.9 mcg Selenium; 79.7 mg Choline. This recipe is an excellent source of

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

Beef Barley Soup

Try this classic recipe today. Beef Chuck Roast is simmered with barley and vegetables for a delicious soup that will feed a crowd.

Recipe Time: 3 hours 30 minutes

Makes 8 servings

- 1 boneless Beef Chuck Roast, cut into 1/2-inch pieces (about 2-1/2 pounds)
- 2 tablespoons olive oil
- 1 whole large onion, diced
- 2 whole carrots, smaller ends cut into rounds, larger ends diced
- 2 whole potatoes, chunked
- 1 ½ teaspoons seasoned salt
- 1 teaspoon Kosher salt
- Ground black pepper to taste
- 6 cups beef stock
- 2 cups water, or as needed
- 1/2 cup pearl barley
- 1/2 teaspoon thyme
- 1 whole bay leaf
- 1 (14 oz.) can diced tomatoes



1. Heat oil in stockpot over medium heat until hot. Brown half of beef Chuck Roast; remove from stockpot. Repeat with remaining beef; remove from stockpot. Add the onions and garlic. Lower the heat to medium-low and cook until the onions are cooked and just start to caramelize. Drizzle in more oil if needed.

Cook's Tip: Beef Stew Meat may be substituted for beef Chuck Roast.

2. Add rest of the ingredients, except diced tomatoes; stir well. Increase the heat and bring the soup to a boil. Turn heat to low, cover and simmer for two hours, stirring occasionally. Adjust heat as necessary to keep soup at a low simmer. If the soup thickens too much, add a little more water or beef broth.
3. Add tomatoes and simmer for one more hour. Remove bay leaf before serving.

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

