

December 2020 TV Recipes—Holidays at Home

The holidays may look a little different this year—but one thing remains the same and that is that Beef. It's What's for Holiday Dinner. Whether friends and family are visiting in person or virtually, make beef the center of your holiday celebration this year!

Pistachio-Crusted Beef Rib Roast with Holiday Wine Sauce

This show-stopper recipe will impress any guest lucky enough to sit at your table! The crunchy, salty crust pairs perfectly with the rich sauce made with mushrooms, shallots and red wine.

Total Recipe Time: 3 hours 30 minutes

Makes 10 servings

- 1 beef Ribeye Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)

Seasoning:

- 1/2 cup unsalted shelled pistachios, finely chopped
- 1/4 cup coarsely crushed coriander seeds
- 2 tablespoons finely chopped fresh thyme
- 2 tablespoons extra virgin olive oil
- 1 teaspoon coarse grind black pepper

Holiday Wine Sauce:

- 2 tablespoons extra virgin olive oil
- 4 ounces cremini or button mushrooms, sliced
- 1/4 cup finely chopped shallots
- 1 cup beef broth, divided
- 1 cup cabernet sauvignon
- 1 tablespoon cornstarch
- 1/8 teaspoon black pepper
- 1 teaspoon fresh thyme
- Salt



1. Heat oven to 350°F. Combine seasoning ingredients; press evenly onto all surfaces of beef roast.

***Cook's Tip:** To coarsely crush coriander seeds, place seeds in food-safe plastic bag; seal well. Crush seeds with rolling pin, using a back and forth rolling motion.*

2. Place roast, fat side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.
3. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare Holiday Wine Sauce. Heat olive oil in large nonstick skillet over medium heat until hot. Add mushrooms and shallots; cook and stir 6 to 9 minutes or until mushrooms are tender and browned. Remove from skillet; keep warm. Add 3/4 cup broth and wine to skillet; cook and stir over medium heat 12 to 16 minutes or until reduced to 1 cup. Combine remaining 1/4 cup broth and cornstarch in small bowl. Whisk cornstarch mixture and pepper into wine mixture; bring to a boil. Cook 1 minute or until sauce thickens, stirring occasionally. Remove from heat; add thyme and mushroom mixture. Season with salt, as desired.
5. Carve roast into slices; season with salt, as desired. Serve with Holiday Wine Sauce.

***Nutrition information per serving, (1/8 of recipe):** 471 Calories; 216 Calories from fat; 24g Total Fat (6 g Saturated Fat; 12 g Monounsaturated Fat;) 113 mg Cholesterol; 213 mg Sodium; 7 g Total Carbohydrate; 2.6 g Dietary Fiber; 50 g Protein; 3.7 mg Iron; 13.9 mg NE Niacin; 1.1 mg Vitamin B₆; 2.7 mcg Vitamin B₁₂; 9 mg Zinc; 57 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.*

Individual Beef Wellingtons

Cooking for a small crowd this year? Or, just curious on how to make a Beef Wellington? Try our individual version. Mushrooms, onions, and thyme coat Beef Tenderloin filets, then baked in a crispy dough.

Recipe Time: 1 hour

Makes 4 servings

- 4 beef Tenderloin Steaks, 1 inch thick (4 ounces each)
- 2 teaspoons olive oil
- 1/2 pound mushrooms, finely chopped
- 3 tablespoons dry red wine
- 3 tablespoons finely chopped green onions
- 1/4 teaspoon dried thyme leaves
- salt and pepper
- 12 sheets phyllo dough

Garnish:

- Dijon-style mustard (optional)



1. Heat oven to 425°F. In large nonstick skillet, heat oil over medium-high heat until hot. Add mushrooms; cook and stir until tender. Add wine; cook 2 to 3 minutes or until liquid is evaporated. Stir in green onions, thyme, 1/4 teaspoon salt and 1/8 teaspoon pepper. Remove from skillet; cool thoroughly.
2. Heat same skillet over medium-high heat until hot. Place steaks in skillet; cook 3 minutes, turning once. (Steaks will be partially cooked. Do not overcook.) Season with salt and pepper, as desired.
3. On flat surface, layer half the phyllo dough, spraying each sheet thoroughly with cooking spray. Cut stacked layers lengthwise in half to make 2 equal portions. Place about 2 tablespoons mushroom mixture in center of each portion; spread mixture to diameter of each steak. Place steaks on mushroom mixture. Bring together all 4 corners of phyllo dough; twist tightly to close. Lightly spray each with cooking spray; place on greased baking sheet. Repeat this process for the remaining half of phyllo dough and two steaks.
4. Immediately bake in 425°F oven 9 to 11 minutes or until golden brown. Let stand 5 minutes.

Nutrition information per serving: 359 Calories; 108 Calories from fat; 12g Total Fat (3.6 g Saturated Fat; 0.3 g Trans Fat; 1.3 g Polyunsaturated Fat; 6.2 g Monounsaturated Fat;) 68 mg Cholesterol; 323 mg Sodium; 33 g Total Carbohydrate; 0.8 g Dietary Fiber; 1.4 g Total Sugars; 28 g Protein; 23.9 mg Calcium; 4.9 mg Iron; 521 mg Potassium; 0.2 mcg Vitamin D; 0.7 mg Riboflavin; 14.3 mg NE Niacin; 0.6 mg Vitamin B₆; 3.4 mcg Vitamin B₁₂; 300 mg Phosphorus; 4 mg Zinc; 39 mcg Selenium; 67.7 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.

Herb-Crusted Beef Tenderloin Roast

Fresh basil, thyme and parsley enhance the flavorful beef roast served with fingerling potatoes, new potatoes and shallots.

Recipe Time: 1 hour 45 minutes

Makes 8 servings

- 1 beef Tenderloin Roast, Center Cut (2 pounds)
- 2 tablespoons chopped fresh basil
- 2 tablespoons chopped fresh thyme
- 1 tablespoon chopped fresh parsley
- 1 teaspoon coarsely grind black pepper
- 3 tablespoons olive oil, divided
- 12 ounces fingerling potatoes, cut lengthwise in half
- 12 ounces new potatoes, cut in half
- 4 large shallots, peeled, cut lengthwise into quarters



- Coarse salt, as needed
1. Preheat oven to 425°F. Combine basil, thyme, parsley and pepper; stir in 1 tablespoon oil. Press evenly onto all surfaces of beef roast.
 2. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Set aside.
 3. Toss potatoes and shallots with remaining 2 tablespoons oil on rimmed baking sheet; season with salt and ground black pepper, as desired. Turn vegetables, cut-side down. Roast beef in 425°F oven 35 to 45 minutes for medium rare to medium doneness; roast vegetables 55 to 60 minutes or until potatoes are almost tender.
 4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Stir vegetables; continue roasting 8 to 10 minutes or until potatoes are tender and browned.
 5. Carve roast into slices, season with coarse salt, as desired. Serve with roasted vegetables.

Nutrition information per serving: 250 Calories; 90 Calories from fat; 10g Total Fat (3 g Saturated Fat; 0 g Trans Fat; 1 g Polyunsaturated Fat; 6 g Monounsaturated Fat;) 55 mg Cholesterol; 45 mg Sodium; 21 g Total Carbohydrate; 2 g Dietary Fiber; 20 g Protein; 3 mg Iron; 688 mg Potassium; 8.4 mg NE Niacin; 0.7 mg Vitamin B₆; 2.6 mcg Vitamin B₁₂; 3 mg Zinc; 16 mcg Selenium; 41.3 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Potassium.

Beef Breakfast Sausage and Goat Cheese Egg Bake

This egg and goat cheese bake is like a smooth and savory cheese cake.

Recipe Time: 1 hour 45 minutes

Makes 10 servings

- 1 recipe *Basic Country Beef Breakfast Sausage*
- 1-pound frozen hash brown potatoes, thawed
- 8 eggs
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1-1/2 cups reduced-fat dairy sour cream
- 1/2 cup 2% reduced-fat milk
- 4 ounces crumbled goat cheese
- 1/2 cup thinly sliced green onions



1. Preheat oven to 425°F. Spray 9-inch springform pan with cooking spray. Squeeze excess moisture from potatoes. Combine potatoes, 1 egg, 1/2 teaspoon salt and 1/4 teaspoon pepper in medium bowl, tossing gently to coat. Press potato mixture onto bottom and up side of prepared pan. Do not place springform pan on baking sheet. Bake in 425°F oven 20 to 30 minutes until potatoes are crispy and brown. Reduce oven temperature to 375°F
2. Meanwhile, prepare *Basic Country Beef Breakfast Sausage*. Set aside.

Basic Country Beef Breakfast Sausage: Combine 1-pound ground beef (93% or leaner), 2 teaspoons chopped fresh sage (or 1/2 teaspoon rubbed sage), 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon salt and 1/4 to 1/2 teaspoon crushed red pepper in large bowl, mixing lightly, but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

- Whisk together remaining 7 eggs, remaining 1/2 teaspoon salt, 1/4 teaspoon remaining pepper, sour cream and milk in large bowl. Stir in cheese, green onions and sausage; pour mixture into hash-brown crust. Bake in 375°F oven 40 to 50 minutes or until eggs are set. Cool 10 to 15 minutes. Remove from pan; cut into wedges.

Nutrition information per serving: 252 Calories; 126 Calories from fat; 14g Total Fat (7 g Saturated Fat; 5 g Monounsaturated Fat;) 203 mg Cholesterol; 537 mg Sodium; 12 g Total Carbohydrate; 0.9 g Dietary Fiber; 20 g Protein; 2.2 mg Iron; 2.6 mg NE Niacin; 0.3 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 3.4 mg Zinc; 22 mcg Selenium; 165.8 mg Choline. This recipe is an excellent source of Protein, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Iron, Niacin, and Vitamin B₆.

Beefy Sweet Potato Hash

The perfect way to give leftover holiday roast a new life! This hash is made with sweet potatoes and taco seasoning.

Recipe Time: 40 minutes

Makes 4 servings

- 12 ounces cooked beef (such as steak, roast or pot roast), cut into 1/2-inch cubes (about 2-1/2 cups)
- 1 large sweet potato, unpeeled, cut into 1/2-inch cubes
- 1 medium yellow onion, chopped
- 1 tablespoon taco seasoning mix
- 1/4 cup water
- 1 tablespoon vegetable oil
- 2 tablespoons reduced-fat or regular dairy sour cream
- 1 teaspoon hot pepper sauce
- Chopped fresh cilantro



- Combine sweet potatoes, onion and taco seasoning in large nonstick skillet over medium heat. Add water. Cover and cook 8 to 10 minutes or until crisp-tender and water has almost evaporated, stirring once. Stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring occasionally.

Cook's Tip: 1-1/2 teaspoons each cumin and chili powder may be substituted for taco seasoning.

- Meanwhile, combine sour cream and hot sauce in small bowl. Set aside.
- Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through, stirring occasionally, adding 1 to 2 tablespoons water, if needed to avoid sticking.
- Garnish with cilantro, as desired. Serve with sour cream mixture.

Nutrition information per serving, using chuck shoulder pot roast: 329 Calories; 90 Calories from fat; 10g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 63 mg Cholesterol; 387 mg Sodium; 33 g Total Carbohydrate; 5.4 g Dietary Fiber; 26 g Protein; 3.7 mg Iron; 3 mg NE Niacin; 0.3 mg Vitamin B₆; 2.6 mcg Vitamin B₁₂; 5.6 mg Zinc; 26.1 mcg Selenium; 4.7 mg Choline. This recipe is an excellent source of Protein, Iron, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, Niacin, and Vitamin B₆.

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Beef Rib Roast with Red Wine Cherry Sauce

Impress your dinner guests with this French-inspired recipe using Rib Roast. Perfect for a special occasion or just a sit-down family dinner.

Recipe Time: 3 hours 30 minutes

Makes 8 servings

- 1 beef Rib Roast Bone-In (2 to 4 ribs), small end, chine (back) bone removed (6 to 8 pounds)
- 1/4 cup plus 2 tablespoons minced shallots, divided
- 2 tablespoons plus 1 teaspoon minced fresh thyme
- 1-1/8 teaspoons coarse grind black pepper, divided
- 1 tablespoon unsalted butter
- 1 cup reduced-sodium beef broth, divided
- 1 cup dry red wine
- 1/2 cup dried cherries or cranberries
- 2 teaspoons cornstarch



1. Preheat oven to 350°F. Combine 2 tablespoons shallots, 2 tablespoons thyme and 1 teaspoon pepper; press evenly onto all surfaces of beef Rib Roast.
2. Place roast, fat-side up, in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat or touching bone. Do not add water or cover. Roast in 350°F oven 2-1/4 to 2-1/2 hours for medium rare; 2-1/2 to 3 hours for medium doneness.
3. Meanwhile, heat butter in large nonstick skillet over medium heat until melted. Add remaining 1/4 cup shallots and 1 teaspoon thyme; cook and stir 3 to 5 minutes or until shallots are tender and begin to turn golden. Add 3/4 cup broth, wine and cherries to skillet; bring to boil. Reduce heat; cook, uncovered, over medium heat 6 to 8 minutes or until reduced to 1-1/2 cups. Combine remaining 1/4 cup broth and cornstarch; whisk into wine mixture. Stir in remaining 1/8 teaspoon pepper; bring to a boil. Cook 1 to 2 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.
4. Remove roast when meat thermometer registers 135°F for medium rare; 145°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to 15°F to reach 145°F for medium rare; 160°F for medium.)
5. Carve roast into slices; season with salt, as desired. Serve with Red Wine-Cherry Sauce.

Nutrition information per serving, 1/8 of recipe: 386 Calories; 126 Calories from fat; 14g Total Fat (6 g Saturated Fat; 5 g Monounsaturated Fat;) 143 mg Cholesterol; 155 mg Sodium; 9 g Total Carbohydrate; 2.5 g Dietary Fiber; 48 g Protein; 3.5 mg Iron; 18.7 mg NE Niacin; 1 mg Vitamin B₆; 2.7 mcg Vitamin B₁₂; 8.8 mg Zinc; 55 mcg Selenium; 180.9 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Iron.