

## **January 2021 TV Recipes—Easy Beef Recipes**

*After the holiday season, do you craving some easy, economical, tasty recipes to get your family through the week? These recipes feature not many ingredients, not many dirty dishes and are an EASY weeknight meal your family will enjoy.*

### **Easy Asian Stir-Fry**

*Try this quick and easy stir-fry recipe. Beef steaks with vegetables in your favorite store-brand stir-fry sauce.*

Total Recipe Time: 30 minutes

Makes 8 servings

- 1-pound beef Top Round or Top Sirloin Steak Boneless, cut 3/4 inch thick or Flank Steak
- 3/4 cup prepared stir-fry sauce
- 1 package (16 ounces) frozen Asian vegetable blend (such as broccoli, carrots and sugar snap peas)
- 1/4 cup water
- 2 teaspoons vegetable oil
- 3 cloves garlic, minced
- 2 teaspoons sesame seeds (optional)



1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch-thick strips. Place beef and 1/4 cup stir-fry sauce in food-safe plastic bag; turn beef to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium heat until hot; add vegetables and water. Cover and cook 7 to 8 minutes or until crisp-tender, stirring occasionally. Remove vegetables; keep warm.
3. Remove beef from marinade; discard marinade. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add 1/2 of beef and garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining oil, beef and garlic.
4. Return vegetables and beef to skillet. Stir in remaining 1/2 cup stir-fry sauce; cook and stir 1 to 2 minutes or until heated through. Garnish with sesame seeds, if desired.

**Nutrition information per serving:** 305 Calories; 72 Calories from fat; 8g Total Fat (2 g Saturated Fat; 3 g Monounsaturated Fat;) 61 mg Cholesterol; 1952 mg Sodium; 22 g Total Carbohydrate; 0.7 g Dietary Fiber; 33 g Protein; 2.9 mg Iron; 5 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 4.8 mg Zinc; 33.1 mcg Selenium.

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

### **Easy Baked Beef, Bean and Corn Quesadillas**

*It's hard to go wrong with a cheesy, beefy, crispy quesadilla. Adding some black beans and your favorite salsa to Ground Beef quesadillas makes this a no-brainer for your next Mexican night.*

Recipe Time: 40 minutes

Makes 4 servings

- 1-pound Ground Beef (95% lean)
- Salt and pepper
- 1 cup prepared salsa
- 1/2 cup canned black beans, rinsed, drained
- 1/2 cup frozen corn, defrosted, drained well
- 8 small flour tortillas (6 to 7-inch diameter)
- 3/4 cup shredded reduced fat Cheddar cheese or Mexican cheese blend



1. Heat oven to 400°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; season with salt and pepper, as desired.

**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 salsa, beans and corn; cook and stir 4 to 5 minutes or until thickened and heated through.
3. Spray baking sheet with cooking spray. Arrange 4 tortillas on baking sheet, overlapping slightly, if necessary. Sprinkle 1/2 of cheese evenly over tortillas. Spoon beef mixture evenly over cheese; top with remaining cheese and tortillas. Spray top tortillas with cooking spray.
4. Bake in 400°F oven 11 to 13 minutes or until quesadillas are lightly browned and edges are crisp. Cut into wedges to serve.

**Cook's Tip:** *Serve with a simple Mexican-style coleslaw or packaged coleslaw tossed with sliced green onions, olive oil, lime juice, salt and pepper.*

**Nutrition information per serving:** 465 Calories; 144 Calories from fat; 16g Total Fat (7 g Saturated Fat; 6 g Monounsaturated Fat; 97 mg Cholesterol; 1072 mg Sodium; 42 g Total Carbohydrate; 3.3 g Dietary Fiber; 39 g Protein; 5.4 mg Iron; 8.4 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 3.1 mcg Vitamin B<sub>12</sub>; 7.6 mg Zinc; 38.6 mcg Selenium; 101.5 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, and Choline.*

## Easy Sheet Pan Meatloaf and Potatoes

*Make dinnertime less hectic with this easy sheet pan meatloaf and vegetable dish. A satisfying dinner on the table and clean-up is a snap!*

Recipe Time: 1 hour 30 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef (93% or leaner)
- 1 can (8 ounces) tomato sauce, divided
- 1 cup dry breadcrumbs
- 1 small onion, finely chopped
- 1 egg
- 2 teaspoons Worcestershire sauce
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 3/4 teaspoon pepper, divided
- 2 pounds red potatoes, cubed (3/4 inch)
- 1/2 teaspoon garlic salt
- 1 tablespoon packed brown sugar
- 1 teaspoon dry mustard



1. Preheat oven to 400°F. Reserve 1/4 cup of tomato sauce; set aside.
2. Combine Ground Beef, remaining tomato sauce, breadcrumbs, onion, egg, Worcestershire, thyme, salt and 1/4 teaspoon pepper in large bowl; mixing lightly but thoroughly. Shape beef mixture into 8 x 4 x 2-inch loaf on parchment-lined sheet pan.
3. Toss potatoes with cooking spray, garlic salt and remaining 1/2 teaspoon pepper. Spread potatoes evenly around the meatloaf on the sheet pan.
4. Place sheet pan on the center rack of oven, bake in preheated 400°F oven for 40 minutes. Meanwhile, combine reserved tomato sauce with brown sugar and mustard. Spread sauce evenly over top of meatloaf, stir potatoes and continue cooking another 20 minutes or until instant-read thermometer inserted into center of meatloaf 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.

5. Remove meatloaf; let stand 10 minutes before slicing. Test potatoes for doneness and return to oven if needed while meatloaf rests. Cut meatloaf into slices. Serve with potatoes.

**Four-Pepper Meatloaf Variation:** Prepare meatloaf as above, adding 1/3 cup finely chopped green bell pepper, 1/4 teaspoon ground red pepper and 1/4 teaspoon ground white pepper to ground beef mixture.

**Picadillo-Style Meatloaf Variation:** Prepare meatloaf as above, omitting thyme and adding 1/3 cup finely chopped green bell pepper, 1/4 cup raisins, 1 teaspoon ground cumin and 1/2 teaspoon dried oregano to ground beef mixture.

**Nutrition information per serving:** 383 Calories; 92.7 Calories from fat; 10.3g Total Fat (3.8 g Saturated Fat; 0.1 g Trans Fat; 1.2 g Polyunsaturated Fat; 3.8 g Monounsaturated Fat;) 107 mg Cholesterol; 763 mg Sodium; 44 g Total Carbohydrate; 3.8 g Dietary Fiber; 7.9 g Total Sugars; 29.4 g Protein; 2.8 g Added Sugars; 82 mg Calcium; 5.2 mg Iron; 1189 mg Potassium; 8.5 mcg Vitamin D; 0.3 mg Riboflavin; 9.4 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 2.3 mcg Vitamin B<sub>12</sub>; 334 mg Phosphorus; 6.5 mg Zinc; 27.5 mcg Selenium; 130.5 mg Choline.

*This recipe is an excellent source of Protein, Iron, Potassium, Vitamin D, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.*

## Easy Skillet Chili Mac

*Enjoy the goodness of this fast and kid-friendly skillet meal combining Ground Beef, chili beans, salsa and fresh cilantro.*

Recipe Time: 30 minutes

Makes 4 servings

- 1-pound Ground Beef (93% lean or leaner)
- 1 can (15 to 16 ounces) chili beans in chili sauce
- 1-1/2 cups prepared thick-and-chunky salsa
- 1/2 cup water
- 1/2 cup chopped fresh cilantro
- 2 cups cooked elbow macaroni, warmed

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef cook 8 to 10 minutes, breaking up 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. Stir in beans, salsa and water; bring to a boil. Reduce heat; simmer 5 minutes or until slightly thickened, stirring frequently. Stir in cilantro.
3. Serve beef mixture over macaroni.

**Nutrition information per serving using 93% lean ground beef:** 422 Calories; 89.1 Calories from fat; 9.9g Total Fat (3.4 g Saturated Fat; 0.2 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 84 mg Cholesterol; 1092 mg Sodium; 46 g Total Carbohydrate; 0 g Dietary Fiber; 5.9 g Total Sugars; 35 g Protein; 0 g Added Sugars; 67.2 mg Calcium; 5.2 mg Iron; 813 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 7.4 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.8 mcg Vitamin B<sub>12</sub>; 262 mg Phosphorus; 6.8 mg Zinc; 39.4 mcg Selenium; 98.7 mg Choline.

*This recipe is an excellent source of Protein, 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 Mexican-Style Beef Sausage Cornbread Skillet

Cornbread with a spicy beef sausage that is equally at home at breakfast, lunch or dinner. Serve as a main dish with a side salad, fruit or a fried egg topper.

Recipe Time: 45 minutes

Makes 4 servings

- 1 recipe Mexican-Style Beef Sausage, below
- 12 ounces frozen onion and pepper blend (diced or sliced), thawed, drained
- 1/2 cup no-salt added canned diced tomatoes with green chilies
- 1 package (8-1/2 ounces) cornbread mix
- 1/3 cup 2% reduced-fat milk
- 1 egg
- 3/4 cup frozen corn, thawed, drained

## Toppings: (optional)

- Sour cream, diced seeded tomatoes, sliced green onions and honey



1. Preheat oven according to directions on cornbread mix for cast-iron baking. Prepare Mexican-Style Beef Sausage.

**Mexican-Style Beef Sausage:** Combine 1-pound Ground Beef (93% or leaner), 2 tablespoons red wine vinegar, 1-1/2 teaspoons dried oregano leaves, 1-1/2 teaspoons smoked paprika, 1-1/2 teaspoons chili powder, 1 teaspoon garlic powder, 1/2 teaspoon salt and 1/2 teaspoon chipotle chili powder in large mixing bowl mixing lightly but thoroughly. Heat 9-inch cast iron skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.

**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. Add onion and pepper mix and tomatoes to beef sausage; cook 3 minutes, stirring occasionally.
3. Meanwhile, prepare cornbread mix according to package directions, using milk and egg; fold corn into batter. Quickly pour batter over sausage mixture in cast-iron skillet, completely covering sausage mixture. Bake according to package directions or until cornbread is cooked through and golden brown.

**Nutrition information per serving:** 427 Calories; 117 Calories from fat; 13g Total Fat (4 g Saturated Fat; 6 g Monounsaturated Fat;) 91 mg Cholesterol; 715 mg Sodium; 56 g Total Carbohydrate; 6.4 g Dietary Fiber; 21 g Protein; 3.9 mg Iron; 5.6 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.7 mcg Vitamin B<sub>12</sub>; 4 mg Zinc; 18.5 mcg Selenium; 98.6 mg Choline.

*This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Choline.*

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