

February 2021 TV Recipes—Air Fryer Beef Recipes

Got an air fryer during the holidays?? Air fryer recipes are everywhere on the internet, but so many of them just seem to be variations of the same types of recipes. While nothing is wrong with that, it's nice to have a few more recipes in your repertoire to justify keeping another appliance in your kitchen!

Air Fryer Ginger Sesame Beef with Green Beans

You'll want to try this perfectly marinated ginger sesame beef recipe. Just one serving of this flavorful beef recipe packs in 36 grams of protein! Pair this ginger sesame beef and crunchy green beans with brown rice for the perfect balanced meal.

Total Recipe Time: 50 minutes

Makes 4 servings

- 1-1 ½ pounds Top Sirloin or Skirt Steak, sliced into ¼-inch slices
- 2 tablespoons lite rice vinegar
- ¾ cup low sodium soy sauce
- 3 tablespoons brown sugar
- 2 tablespoons sesame oil
- 1 tablespoon ginger, grated
- 1 tablespoon garlic powder
- 2 tablespoons vegetable oil
- 1 teaspoon red chili flakes
- 2 tablespoons sesame seeds, divided
- 1 pound fresh green beans, washed and trimmed
- 1 carrot, grated



1. In a medium-sized bowl, whisk to combine rice vinegar, soy sauce, brown sugar, sesame oil, ginger, garlic powder, and vegetable oil.
2. Place steak strips and green beans in 2 separate food-safe plastic bags. Split the marinade in half between the beef and green beans.
3. Add 1 tablespoon of sesame seeds to the bag of beef. Add red chili flakes to the bag of green beans. Close both bags securely then ensure contents are well coated with marinade by massaging or lightly shaking bags. Marinate in the refrigerator for 10 to 30 minutes.
4. Remove beef and green beans from bags. Discard the marinade from the beef bag. Reserve marinade from green beans, as desired for additional sauce after cooking.

INSTRUCTIONS FOR 5-7 QUART AIR FRYER

1. Preheat the air fryer to 400°F, according to manufacturer's instructions.
2. Spray the inside of the air fryer basket with cooking spray. Start by cooking the green beans. Cook for 8-12 minutes, until crispy and slightly brown, flipping halfway through. Remove cooked green beans from the air fryer. Set aside and keep warm.
3. Next, place beef in the air fryer, being careful to not overcrowd the basket, cooking in batches if necessary. Cook for 8-10 minutes per batch, flipping halfway through. Cook until outside of beef is browned, no longer pink, and reaches a minimum internal temperature of 145°F. Remove beef from the air fryer.

INSTRUCTIONS FOR A LARGE, MULTI-RACK AIR FRYER

1. Preheat the air fryer to 400°F, according to manufacturer's instructions.
2. Place green beans on the top rack of the air fryer and beef on the lower roasting rack. Cook beef and green beans for 8 to 12 minutes, flipping halfway through, or until green beans are crispy and beef is browned, no longer pink, and reaches a minimum internal temperature of 145°F. Remove beef and green beans from the air fryer.

Serve with grated carrot, remaining sesame seeds and sauce, as desired.

Recipe courtesy of [Beef Loving Texans](#).

Air Fryer Popcorn Steak Bites

Kid-friendly recipe alert! Covered in a tasty potato chip crust and crisped to perfection in the air fryer, these popcorn steak bites are cooked up in the air fryer and are the ultimate finger food. These bite-sized steak bites are a great meal for kids, especially picky eaters, or an amazing game-day appetizer for family and friends.

Total Recipe Time: 15 minutes

Makes 4 servings

- 1-pound Cubed Steak, cut into 1-inch chunks
 - 6 cups ridged potato chips (we recommend regular flavor)
 - 1/3 cup all-purpose flour
 - 1 teaspoon pepper
 - 2 large eggs, slightly beaten
 - Cooking spray
1. Cut beef steaks into squares.
 2. Place chips in food processor; pulse on and off to form fine crumbs. If you don't have a food processor, use a rolling pin and place chips in a resealable plastic bag.
 3. Combine pepper and flour in shallow bowl. Place chips and eggs in two additional shallow bowls. Dip steak pieces in flour, then in egg, then in crushed chips, turning to coat all sides and pressing chips onto steak pieces. If the chip mixture is too coarse or loose, it will fall off the steak bite from the force of the air fryer.
 4. Pre-heat air fryer to 400 degrees.
 5. Place on rack, making sure not to overcrowd. Cook 7-9 minutes until outside is golden brown and beef has reached an internal temperature of 160 degrees F. Open halfway through and shake the basket for crispier steak bites.



Cook's Tip: Individual models of air fryers will vary on time and temperature. We tested this recipe on two different air fryers for cooking time and temperature. Check throughout cooking to make sure it doesn't burn. Additionally, you do not need to spray the steak bite coating with cooking oil. There are enough oils in the potato chips to create a beautiful crispy crust.

Recipe created by the [Kansas Beef Council](#).

Air Fryer Carne Asada Fries

A classic comfort food dish without the dirty dishes. While the concept of carne asada fries originated in San Diego, the surfside classic is right at home in the Midwest. Savory pieces of finely chopped steak are added to a pile of fries and combined with guacamole and your favorite cheese to make a comfort food dish that will steal your heart and reward your taste buds.

Recipe Time: 30 minutes

Makes 4 servings

- 8-12 ounces Top Sirloin Steak
 - Frozen French fries
 - Shredded cheese or cotija cheese
 - Steak seasoning
 - Toppings (optional): Guacamole, sour cream, salsa, hot sauce, diced tomato, green onion, cilantro, lime wedges
1. Pre-heat air fryer to 360 degrees.
 2. Dry steak with paper towel and season liberally with your favorite steak rub. Spray a small amount of cooking spray on both sides of steak.
 3. Cook steak at 360° F steak setting for 4 minutes; flip steak; cook additional 4 minutes or until 140° F for medium-rare. Remove from tray and let rest for 10 minutes on foil-covered plate.



4. Wipe tray clean with a paper towel and add French fries. Cook at air fryer recommended setting, stopping halfway through to shake the basket.
5. Top French fries with shredded cheese. If using cotija cheese, wait until after step 8 to add cheese.
6. Dice steak into small pieces and place on top of cheese.
7. Cook for 30-60 seconds on air fry setting to melt cheese.
8. Remove from basket and add your favorite toppings.

Recipe created by the [Kansas Beef Council](#).

Air Fryer Cheese Steak Taquitos

Seasoned strips of tender beef, diced vegetables and melted pepper jack cheese are wrapped in a crispy tortilla. How could it get better than that? Easy! Use an air fryer to reduce the need for excess oil and eliminate the dirty pots and pans. This recipe is a flavorful blending of two comfort food classics into one bite-sized and convenient dish that combines a lean shaved beef steak with whole-grain corn tortillas.

Recipe Time: 20 minutes

Makes 4 servings

- 1 package of shaved Beef Steak or 1 pound Top Sirloin, finely sliced
- Steak seasoning, to taste
- 1 green bell pepper, cut into strips
- 1 yellow pepper, cut into strips
- 1 small yellow onion, cut into strips
- 12 small corn tortillas
- 12 slices Pepper jack cheese



1. Pre-heat air fryer to 400° F
2. Season beef with steak seasoning, spray with olive oil, and place in tray. Cook on air fry setting for 3 minutes; stir; cook an additional 3 minutes, checking for doneness halfway through. Remove from tray and dice.
3. Add pepper and onion slices to tray, spray with olive oil and cook at 400° F for 3 minutes; stir; cook additional 3 minutes. Set aside.
4. Warm tortillas
5. Lightly spray both sides of warmed tortilla with olive oil.
6. To assemble taquitos, add 1/2 or 1 slice of pepper jack cheese. Add diced beef, pepper and onion mix on top of cheese. Roll and place seam-side down in tray. Continue making taquitos until tray is full. Cook at 350° F for 4 minutes; flip; cook additional 3-4 minutes.

Assembly Tips:

- Start with a warm tortilla before you assemble.
- Spray both sides of the tortilla with cooking spray. This not only helps with a crisp taquito, but it also helps the taquito hold its shape before being placed in the air fryer.
- Place the cheese, vegetables and beef to one side of the tortilla and roll with a small amount of pressure. The tortilla will break open if you try to roll it too tightly.
- If you're finding your tortillas are breaking, your vegetable or cheese slices may be too big. Consider dicing the vegetables and mixing them in a bowl with the chopped steak. Then combine this mixture with shredded pepper jack cheese on the tortilla.
- Give a firm press to the taquito when you're done rolling to flatten slightly and place seam-side-down. This will prevent them from unrolling during cooking

Recipe created by the [Kansas Beef Council](#).

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Air Fryer Frittata

This recipe is a perfect solution to those busy mornings we are all bound to encounter. Make this up on Sunday evening and you'll have slices of protein-rich breakfast that will keep you and the kids fueled throughout your morning.

Recipe Time: 30 minutes

Makes 4 servings.

- 1/2 pound Ground Beef (90% lean/10% fat)
- 1 cup shredded hash browns, thawed
- 1/2 cup diced yellow onion
- 1 small zucchini
- 8 eggs
- Fresh basil
- 1/2 cup shredded Italian cheese
- Salt and pepper
- Optional: Top with diced tomatoes and serve with fresh berries



1. Crumble the ground beef in the air fryer tray and season with salt and pepper. Top with diced onion. Spray with olive oil and cook on steak setting 375° F for 3 minutes; break up big pieces, stir; cook at 375° F for 2 minutes or until beef reaches an internal temperature of 160° F. Remove beef from tray and clean off grease.
2. Quarter zucchini lengthwise and cut into 1/8" slices. Place in tray and spray with olive oil. Cook at 375° F for 3 minutes. Add to beef mix.
3. Mix eggs, fresh basil, hash browns and cheese. Add ground beef and zucchini. Add salt and pepper to taste. Mix together. Spray 6" round cake pan with non-stick cooking spray. Pour mixture into pan. Cook on 350° F BAKE setting for 8 minutes; cut slits in top and gently stir middle; cook an additional 8 minutes on 350° F bake setting.
4. Top with extra shredded cheese and diced tomatoes.

Cook's Tip: Individual times may vary depending upon your model of air fryer.

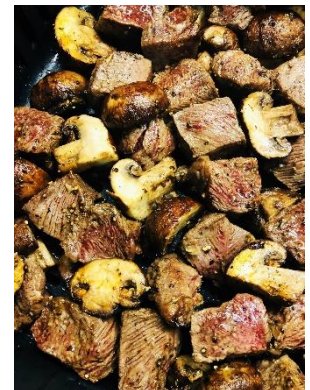
Recipe created by the [Kansas Beef Council](#).

Air Fryer Steak Bites & Mushrooms

Recipe Time: 15 minutes

Makes 4 servings

- 1 to 1-1/2 pounds Flat Iron Steak
- 8 oz baby portobello mushrooms
- 1 ½ teaspoons olive oil
- 1 ½ tablespoons Worcestershire sauce
- 3/4 tablespoon garlic powder
- Kosher salt and pepper



1. Cut the steak into 1-inch cubes and place in a bowl.
2. Cut the mushrooms in half, or for bigger mushrooms into thirds. Add them to the bowl with the steak.
3. Add the olive oil, Worcestershire sauce, garlic powder, kosher salt, and pepper. Toss until evenly mixed.
4. Place the steak and mushrooms in the air fryer basket. Set the air fryer at 390 degrees for 10 minutes for medium doneness, shake the basket halfway through.

Note: Depending on the size of your air fryer you may need to do two smaller batches.

Recipe courtesy of [Cooks Well With Others](#).