

March 2021 TV Recipes—Irish Inspired Beef Recipes

With Corned Beef recipes this good, there's no reason to wait for St. Patrick's Day. Make the classic with cabbage and potatoes or use it to make a Reuben, hash, soup or appetizers, the possibilities are endless.

Corned Beef Brisket with Roasted Vegetables & Lemon-Mustard Sauce

Enjoy Corned Beef Brisket with roasted carrots, parsnips, cabbage and a lemony sauce.

Total Recipe Time: 4 hours

Makes 10 servings

- 1 Corned Beef Brisket Boneless with seasoning packet (3-1/2 to 4 pounds)
- 6 medium cloves garlic, peeled
- 2 teaspoons black peppercorns
- 2 cups water
- 1 pound carrots, cut into 2-1/2 x 1/2-inch pieces
- 1 pound parsnips, cut into 2-1/2 x 1/2-inch pieces
- 1 pound Savoy cabbage, cut into 4 wedges
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- **Lemon-Mustard Sauce**, recipe below



1. Position oven racks in upper and lower thirds of oven. Heat oven to 350°F.
2. Place Corned Beef Brisket in roasting pan; sprinkle garlic, contents of seasoning packet and peppercorns around brisket. Add water; cover tightly with aluminum foil. Braise in upper third of 350°F oven 3 to 3-1/2 hours or until brisket is fork-tender.

Cook's Tip: If seasoning packet is not included with Corned Beef Brisket, substitute 1-1/4 teaspoons pickling spice.

3. Meanwhile, place carrots, parsnips and cabbage on rimmed baking sheet. Drizzle with oil and toss gently to coat. Season with salt and ground pepper. Cover with aluminum foil. Roast in lower third of 350°F oven with brisket 55 minutes. Uncover; continue roasting 10 to 15 minutes or until vegetables are tender and begin to brown.

Cook's Tip: Regular green cabbage may be substituted for Savoy cabbage.

4. Remove brisket from roasting pan. Carve diagonally across the grain into thin slices. Serve with roasted vegetables and Lemon-Mustard Sauce.

Lemon-Mustard Sauce: Heat 1 tablespoon olive oil in small saucepan over medium heat. Add 2 tablespoons finely chopped shallot; cook and stir about 2 minutes or until tender. Remove from heat; cool 1 minute. Stir in 2/3 cup dairy sour cream, 1/3 cup Dijon-style mustard, 1 tablespoon lemon juice, 1 tablespoon chopped fresh dill and 1 teaspoon honey. Season with 1/4 teaspoon each salt and pepper. Cover; set aside.

Nutrition information per serving: 441 Calories; 266.4 Calories from fat; 29.6g Total Fat (9.6 g Saturated Fat; 0.2 g Trans Fat; 1.4 g Polyunsaturated Fat; 14.6 g Monounsaturated Fat;) 125 mg Cholesterol; 1561 mg Sodium; 18 g Total Carbohydrate; 5 g Dietary Fiber; 6.6 g Total Sugars; 24 g Protein; 0.6 g Added Sugars; 77 mg Calcium; 2.9 mg Iron; 628 mg Potassium; 4.8 mcg Vitamin D; 0.3 mg Riboflavin; 4.5 mg NE Niacin; 0.5 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 231 mg Phosphorus; 6 mg Zinc; 41.1 mcg Selenium; 95.4 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 Dietary Fiber, Iron, Potassium, Phosphorus, and Choline.

Corned Beef Reuben Soup

Combine a classic deli favorite and a cozy meal with the Corned Beef Reuben Soup. Use leftover Corned Beef Brisket and complete the combination with rye bread on the side.

Total Recipe Time: 40 minutes

Makes 4 servings

- 2 cups pre-cooked Corned Beef Brisket, shredded
- 2 tablespoons butter
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1/2 cup chopped carrot
- 1-1/2 cups beef broth
- 1 tablespoon cornstarch
- 2 cups half-and-half
- 1 cup sauerkraut, chopped
- 1 cup shredded Swiss cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 slices rye bread, toasted



1. Heat butter in a large saucepan on medium until hot. Add Corned Beef, onion, celery and carrot; sauté 5 to 7 minutes or until vegetables are crisp-tender. Combine broth and cornstarch in small bowl; whisk until smooth; slowly add to saucepan. Bring to a boil; cook 2 minutes or until thickened, stirring often.
2. Reduce heat. Add half-and-half and sauerkraut; simmer 15 minutes, stirring often. Add cheese, salt and pepper, as desired; stir until melted. Garnish with rye bread, as desired.

Cook's Tip: *Serving Suggestion: Serve in a rye bread bowl, top with additional sauerkraut, celery leaves and Thousand Island dressing.*

Nutrition information per serving, 1-1/4 cup: 544 Calories; 333 Calories from fat; 37g Total Fat (21 g Saturated Fat; 1.1 g Trans Fat; 1.8 g Polyunsaturated Fat; 11.9 g Monounsaturated Fat;) 140 mg Cholesterol; 1542 mg Sodium; 20 g Total Carbohydrate; 2 g Dietary Fiber; 7.8 g Total Sugars; 32 g Protein; 0 g Added Sugars; 420 mg Calcium; 2.7 mg Iron; 517 mg Potassium; 0.1 mcg Vitamin D; 0.5 mg Riboflavin; 6.6 mg NE Niacin; 0.3 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 395 mg Phosphorus; 4.4 mg Zinc; 45.9 mcg Selenium; 99.4 mg Choline.

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

Irish Beef and Beer Stew

This classic pairing can transport you to Ireland. Slow roasted beef and vegetables are cooked in a rich, dark beer.

Recipe Time: 4 hours

Makes 5 servings

- 2 pounds beef Chuck Roast, cut into 1-inch cubes
- 2 teaspoons vegetable oil
- 1 onion, diced
- 1/2 pound button mushrooms, sliced
- 2 teaspoons minced garlic
- 1-12 ounce can dark beer
- 1 parsnip, diced
- 1 turnip, diced
- 1 pound red-skinned potatoes, diced



- 1 tablespoon tomato paste
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 2 teaspoon dried thyme leaves
- 3 cups beef stock

1. Season beef Chuck Roast cubes with salt and black pepper to taste. Heat oil in a large stockpot over high heat. Sear cubes until brown, about 5 to 6 minutes. Remove cubes from pan and set aside.
2. Turn heat down to medium; add onions, mushrooms, and garlic to the pot and cook until lightly browned, about 4 to 5 minutes.
3. Pour beer into the pot and stir, scraping up and dissolving any browned bits of food into the liquid. Stir in tomato paste, thyme, turnips, parsnips, potatoes, salt and pepper. Add back in beef cubes and add enough beef broth to cover all ingredients, about 3 cups.
4. Bring stew to a gentle simmer, stirring to combine; reduce heat to low and cover pot. Simmer stew until beef is fork-tender, about 2 hours, stirring occasionally.
5. Remove cover and raise heat to medium-high. Bring stew to a low boil and cook until stew has slightly thickened, 5 to 6 minutes. Remove from heat and adjust salt and pepper to taste. Garnish with parsley, if desired.

Nutrition information per serving, 1.5 cups: 469 Calories; 162 Calories from fat; 18g Total Fat (6.4 g Saturated Fat; 0.2 g Trans Fat; 1.4 g Polyunsaturated Fat; 7.6 g Monounsaturated Fat;) 125 mg Cholesterol; 833 mg Sodium; 29.5 g Total Carbohydrate; 4.6 g Dietary Fiber; 6.6 g Total Sugars; 43 g Protein; 63 mg Calcium; 6.4 mg Iron; 1110 mg Potassium; 0.3 mcg Vitamin D; 0.6 mg Riboflavin; 11 mg NE Niacin; 0.7 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 413 mg Phosphorus; 13 mg Zinc; 37.4 mcg Selenium; 168.5 mg Choline.

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

Reuben Wonton Cups

All the flavors of a Reuben sandwich in a delicious, crispy wonton cup! Stuffed with corned beef, sauerkraut, Swiss cheese, Thousand Island dressing, and crumbled rye chips, they're the perfect appetizer for parties, game days, or St. Patrick's Day!

Recipe Time: 25 minutes

Makes 12 wontons

- 12 wonton wrappers
- 6 ounces cooked Corned Beef, finely chopped or sliced deli Corned Beef
- 1 cup shredded Swiss cheese
- ½ cup sauerkraut
- ⅓ cup Thousand Island dressing
- ½ cup rye chips, crushed
- Fresh parsley, for garnish



1. Preheat oven to 350° F. Press the wonton shells into greased muffin tins to form cups. Bake for 6-8 minutes or until light golden brown.
2. In a medium mixing bowl, combine the corned beef, sauerkraut, half of the cheese, and Thousand Island dressing
3. Fill the pre-baked shells with the mixture, dividing evenly among the 12 cups. Sprinkle with remaining cheese and top with crushed rye chips.
4. Bake at 350° for an additional 8-10 minutes, until cheese is melted and wontons are golden brown. Remove from oven and garnish with parsley.

Recipe courtesy of [Lemon Tree Dwelling](#).

Irish Inspired Pot Roast

A Bottom Round Roast (or Round Rump) makes this meal affordable, the packaged gravy mix makes it easy to prep, and all those hours in the slow cooker make it fall-apart tender.

Recipe Time: 7 hours

Makes 8 servings

- 1 beef Bottom Round Roast (3 to 3-1/4 pounds)
- 2 packages (24 ounces each) fresh pot roast vegetables (potatoes, onions, carrots, celery)
- 2 packages (.75 to .88 ounces each) mushroom or brown gravy mix
- 1/3 cup all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup beer
- Chopped fresh parsley (optional)



1. Prepare pot roast vegetables: cut potatoes in half (or into quarters if large), onions into 1/2-inch wedges, and carrots and celery into 2-inch pieces; set aside.

***Cook's Tip:** Packaged pot roast vegetables may also be referred to as stew or soup vegetables. One and one quarter pounds carrots, 1-pound small red potatoes, 2 small onions and 4 small ribs celery may be substituted for packaged pot roast vegetables. Prepare as directed above.*

2. Combine gravy mixes, flour, salt and pepper in large bowl. Add vegetables to bowl; toss to coat well. Remove vegetables from flour mixture; set aside. Place vegetables in 5 to 6-quart slow cooker. Add beef Bottom Round Roast to bowl, turning to coat evenly with flour mixture. Remove pot roast and place in slow cooker in center of vegetables.
3. Whisk beer into remaining flour mixture until smooth; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 9 to 10 hours or until beef and vegetables are fork-tender. (No stirring is necessary during cooking.)
4. Remove pot roast and vegetables. Skim fat from gravy. Carve roast into thin slices. Serve with vegetables and gravy. Sprinkle with parsley, if desired.

Nutrition information per serving: 382 Calories; 104.4 Calories from fat; 11.6g Total Fat (4.1 g Saturated Fat; 0.1 g Trans Fat; 0.6 g Polyunsaturated Fat; 4.8 g Monounsaturated Fat;) 110 mg Cholesterol; 527 mg Sodium; 24 g Total Carbohydrate; 3.5 g Dietary Fiber; 5 g Total Sugars; 41 g Protein; 0 g Added Sugars; 64.5 mg Calcium; 4.1 mg Iron; 842 mg Potassium; 0 mcg Vitamin D; 0.3 mg Riboflavin; 8.4 mg NE Niacin; 0.7 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 322 mg Phosphorus; 6.9 mg Zinc; 41.9 mcg Selenium; 164.7 mg Choline.

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

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