

February 2022 TV —Valentine’s Day Recipes

If you’re planning to treat your sweetie (or your family) to an “at-home” Valentine’s dinner we’ve got the recipes for you!

Ribeye Steaks & Sauteed Brussel Sprouts for Two

A meal that’s sure to impress. Tender, delicious Ribeye Steak takes center stage in this flavorful dish that’s made for two.

Total Recipe Time: 35 minutes

Makes 2 servings

- 1 beef Ribeye Steak Boneless, cut 1 inch thick (about 12 to 14 ounces)
- 3/4 pound Brussels sprouts, quartered
- 1 teaspoon olive oil
- 1/2 teaspoon pepper, divided
- 2 teaspoons chopped fresh parsley
- 3/4 teaspoon adobo all-purpose seasoning
- 1/4 cup shredded Manchego cheese
- 1 tablespoon fresh lemon juice

1. Toss Brussels sprouts with oil and 1/4 teaspoon pepper; set aside. Combine parsley, adobo seasoning, and remaining 1/4 teaspoon pepper; press evenly onto beef Steak.
2. Heat large nonstick skillet over medium heat until hot. Place steak in skillet; place Brussels sprouts around steak. Cook steak 14 to 16 minutes for medium rare (145°F) to medium (160°F) doneness, turning steak and stirring sprouts occasionally. Remove steak from skillet; keep warm.
3. Cover skillet and continue cooking sprouts 3 to 5 minutes or until crisp-tender. Add cheese and lemon juice to skillet; toss to coat. Season with salt, as desired. Carve steak into slices; serve with Brussels sprouts.

***Nutrition information per serving:** 327 Calories; 126 Calories from fat; 14g Total Fat (6 g Saturated Fat; 5 g Monounsaturated Fat;) 99 mg Cholesterol; 742 mg Sodium; 16 g Total Carbohydrate; 6.7 g Dietary Fiber; 38 g Protein; 4.4 mg Iron; 13.7 mg NE Niacin; 1 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 6 mg Zinc; 36.7 mcg Selenium; 33.1 mg Choline.*



Two Steppin’ Tenderloin

Let your oven do the hard work in this easy and elegant preparation of juicy beef Tenderloin Steaks served with cherry, almond and spinach brown rice.

Total Recipe Time: 35 minutes

Makes 2 servings

- 2 beef Tenderloin Steaks, cut 1-1/2 inches thick (about 5 to 6 ounces each)
- 3 cups fresh baby spinach, divided
- 2 tablespoons toasted sliced almonds
- 2 tablespoons shredded Parmesan cheese
- 1 clove garlic, coarsely chopped
- 1 cup plus 2 tablespoons water, divided
- 1 tablespoon olive oil
- 1/2 cup uncooked brown rice
- 1/2 teaspoon salt (optional)
- 2 tablespoons chopped dried cherries
- Toasted sliced almonds (optional)



1. Place 2 cups spinach, almonds, cheese and garlic in food processor container. Cover; process until coarse paste forms. With motor running, slowly add 2 tablespoons water and oil until smooth. Season with salt, as desired. Set aside.
2. Preheat oven to 350°F. Heat ovenproof, nonstick skillet over medium heat. Place beef Tenderloin Steaks in skillet and brown 2 minutes. Turn steaks over and place skillet into preheated oven; cook 13 to 18 minutes for medium rare to medium doneness, turning once.
3. Meanwhile, combine rice, remaining 1 cup water and salt, if desired, in medium saucepan; cook according to package directions. Chop remaining 1 cup spinach. During last 5 minutes of cooking, add chopped spinach to pan and continue to cook. Remove from heat, add cherries and 1 tablespoon pesto to rice; stir to combine.
4. Remove steaks from oven when internal temperature reaches 135°F for medium rare; 150°F for medium doneness. Remove steaks from pan; tent loosely with aluminum foil. Let stand 5 to 10 minutes. Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium doneness.
5. Serve steaks over brown rice with remaining pesto. Garnish rice with additional almonds, if desired.

Nutrition information per serving, 1/2 of recipe: 584 Calories; 207 Calories from fat; 23g Total Fat (6 g Saturated Fat; 12 g Monounsaturated Fat;) 104 mg Cholesterol; 227 mg Sodium; 48 g Total Carbohydrate; 6.2 g Dietary Fiber; 45 g Protein; 4.7 mg Iron; 13.2 mg NE Niacin; 1.1 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 8.2 mg Zinc; 55.4 mcg Selenium; 158.7 mg Choline.

Wine Braised Short Ribs

A classic restaurant favorite can be mastered at home! This recipe features fork-tender Short Ribs braised in a flavorful red wine sauce. Serve with polenta, pasta or mashed potatoes for a hearty meal.

Total Recipe Time: 3 hours

Makes 6 servings

- 2 pounds beef Short Ribs, cut into 3 x 2-inch pieces
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 medium onion, chopped
- 1 can (28 ounces) crushed tomatoes with Italian seasonings
- 1 cup dry red wine
- Cooked soft polenta or pasta (optional)
- Salt and pepper



1. Heat oil in large stockpot over medium heat until hot. Place beef short ribs in stockpot; brown evenly. Remove from stockpot. Season with 1/2 teaspoon each salt and pepper.
2. Add onion to stockpot; cook and stir 5 to 8 minutes or until onion is tender. Stir in tomatoes and wine. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil. Cook, uncovered, 5 to 7 minutes or until slightly thickened, stirring occasionally. Season with salt and pepper, as desired.
4. Serve short ribs with sauce and polenta or pasta, if desired.

Nutrition information per serving: 422 Calories; 18 Calories from fat; 2g Total Fat (8 g Saturated Fat; 9 g Monounsaturated Fat;) 99 mg Cholesterol; 843 mg Sodium; 13 g Total Carbohydrate; 2.9 g Dietary Fiber; 36 g Protein; 5 mg Iron; 3.5 mg NE Niacin; 0.4 mg Vitamin B₆; 3.7 mcg Vitamin B₁₂; 8.4 mg Zinc; 23.7 mcg Selenium.

Wisconsin Beef Council
957 Liberty Dr, Ste 201
Verona, WI 53593
1-800-728-BEEF



Porcini-Dusted Steaks with Horseradish Crust

Looking for a top-notch meal by staying in? Look no further than the Porcini-Dusted Flat Iron Steaks. Complete with a horseradish crust and fresh seasonings, this recipe will not disappoint.

Total Recipe Time: 45 minutes

Makes 4 servings

- 4 beef Flat Iron Steaks (about 8 ounces each)
- 2 tablespoons minced fresh chives
- 2 tablespoons prepared cream-style horseradish
- 2 tablespoons prepared Dijon-style mustard
- 1/2 cup dried porcini mushrooms (about 1/2 ounce)
- Pepper
- Salt
- 4 tablespoons roasted garlic-flavored olive oil, divided
- 2 cups soft breadcrumbs
- 1 tablespoon minced fresh thyme
- 1 tablespoon minced fresh chives
- Fresh thyme sprigs (optional)

1. Heat oven to 425°F. Combine 2 tablespoons chives, horseradish and mustard in small bowl. Set aside.
2. Place mushrooms in mini food chopper container. Cover and process until finely ground.
3. Combine ground mushrooms and pepper, as desired, in small bowl; press evenly onto beef steaks. Heat 2 tablespoons oil in large nonstick skillet over medium-high heat. Place steaks in skillet; cook 4 to 6 minutes or until surface of beef is browned, turning once. Remove to a rimmed metal baking sheet. Season with salt, as desired. Keep warm.
4. Heat remaining 2 tablespoons oil in same skillet. Add breadcrumbs; cook and stir 2 to 4 minutes or until crisp and golden brown. Remove from heat; stir in minced thyme.
5. Meanwhile spread horseradish mixture over tops of steaks. Top with breadcrumbs, pressing gently to adhere. Roast in 425°F oven 9 to 13 minutes for medium rare to medium doneness. Tent loosely with aluminum foil. Let stand 4 minutes.
6. Sprinkle steaks with remaining 1 tablespoon chives. Garnish with thyme sprigs, if desired.



Nutrition information per serving: 548 Calories; 288 Calories from fat; 32g Total Fat (8 g Saturated Fat; 18 g Monounsaturated Fat;) 102 mg Cholesterol; 534 mg Sodium; 14 g Total Carbohydrate; 1.7 g Dietary Fiber; 34 g Protein; 3.9 mg Iron; 10.1 mg NE Niacin; 0.7 mg Vitamin B₆; 1.8 mcg Vitamin B₁₂; 6.1 mg Zinc; 40 mcg Selenium.

Dijon Beef Rolls

This expertly tested meal is sure to impress. Steak pinwheels are filled with parmesan, lemon and herbs. Prepare yourself for a tender, juicy and different kind of meal.

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Round Steak, sliced thin, pounded 1/4 inch thick (about 1 pound)
- 2 tablespoons all-purpose flour
- 1 tablespoon olive oil
- 1 tablespoon butter

Seasoning Mixture

- 1/3 cup grated Parmesan cheese
- 1/3 cup sliced green onions
- 1/3 cup chopped fresh parsley leaves
- 1 teaspoon freshly grated lemon peel
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Sauce

- 1 cup dry white wine



- 1 tablespoon Dijon-style mustard
 - 1/3 cup half-and-half
 - 1 tablespoon chopped fresh parsley leaves
 - 1 teaspoon grated lemon peel
 - 1/4 teaspoon sugar
 - 1/4 teaspoon pepper
1. Combine Seasoning Mixture in small bowl; mixing thoroughly. Cover beef Top Round with parmesan mixture. Roll beef, jelly roll-style starting at narrow end, to enclose filling. Tie at 1/2-inch intervals. Cut between string into pieces. You should have 8 pieces of rolled beef.
 2. Place flour in shallow baking pan. Coat each beef roll in flour. Heat oil and butter in medium nonstick skillet over medium heat. Brown beef rolls evenly on both sides, cooking 4 to 5 minutes until instant-read thermometer inserted horizontally into center reaches 145°F. Remove rolls from skillet and remove butcher's twine. Keep warm.
 3. Add wine to same skillet; cook 1 to 2 minutes until browned bits attached to skillet are dissolved. Whisk in mustard, let cook 1 minute. Whisk in half-and-half and blend thoroughly. Stir in parsley, lemon peel, sugar and pepper. Serve Beef Rolls with sauce, as desired.

Nutrition information per serving: 314 Calories; 117.9 Calories from fat; 13.1g Total Fat (5.7 g Saturated Fat; 0.4 g Trans Fat; 0.9 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 92 mg Cholesterol; 571 mg Sodium; 7.4 g Total Carbohydrate; 0.8 g Dietary Fiber; 28.6 g Protein; 3.5 mg Iron; 468 mg Potassium; 8 mg NE Niacin; 0.8 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 4.8 mg Zinc; 30.3 mcg Selenium; 83 mg Choline.

Ribeye Steaks & Sun-Dried Tomato Mushroom Sauce

Try this rich and flavorful sun-dried tomato and mushroom sauce with your steak dinner tonight.

Total Recipe Time: 30 minutes

Makes 4 servings

- 2 beef Ribeye Steaks Boneless, cut 1 inch thick (about 8 ounces each)
- 1 tablespoon butter
- 4 ounces mixed wild mushrooms, sliced
- 1 teaspoon minced garlic
- 1 can (14 to 14-1/2 ounces) beef broth
- 1/3 cup dry red wine
- 1 tablespoon cornstarch
- 1 tablespoon sun-dried tomato spread
- 1/2 teaspoon fresh ground black pepper
- 2 teaspoons chopped fresh thyme (optional)



1. For sauce, heat butter in saucepan over medium heat until melted. Add mushrooms and garlic; cook and stir 2 to 3 minutes or until mushrooms begin to soften. Remove mushroom mixture from pan; set aside.
2. Combine broth, wine and cornstarch; add to same pan. Bring to a boil. Cook and stir 1 minute or until slightly thickened. Reduce heat and simmer about 10 minutes or until mixture is reduced to 1-1/2 cups. Stir in mushroom mixture, sun dried tomato spread, pepper and salt, as desired.
3. Meanwhile press 1/2 teaspoon pepper evenly onto beef Ribeye Steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 12 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm. Add mushroom sauce to skillet; increase heat to medium-high. Cook and stir, 1 to 2 minutes or until browned bits attached to skillet are dissolved. Spoon sauce over steaks; sprinkle with thyme, if desired.

Nutrition information per serving: 316 Calories; 185.4 Calories from fat; 20.6g Total Fat (9.4 g Saturated Fat; 0.1 g Trans Fat; 1 g Polyunsaturated Fat; 9 g Monounsaturated Fat;) 77 mg Cholesterol; 532 mg Sodium; 5 g Total Carbohydrate; 1 g Dietary Fiber; 1.2 g Total Sugars; 25 g Protein; 0 g Added Sugars; 24 mg Calcium; 2.7 mg Iron; 403 mg Potassium; 7.3 mcg Vitamin D; 0.4 mg Riboflavin; 6.4 mg NE Niacin; 0.5 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 185 mg Phosphorus; 5.8 mg Zinc; 31.7 mcg Selenium; 88.9 mg Choline.