

January 2023 TV Recipes—New Kitchen Gadgets Beef Recipes

One of the many resolutions we might set for the new year is to try new things, and what better way than with new recipes for that holiday gift you've been eager to use. We have some recipes to help you take the guesswork out of cooking beef with some of the most popular kitchen items from the holiday season—air fryer, sous vide wand and electric pressure cooker.

Beef Tri-Tip Roast with Rosemary-Garlic Vegetables

Still a rising star among beef cuts, the versatile Tri-Tip Roast is at its best here—seasoned with garlic and rosemary and served with potatoes, peppers and onions.

Total Recipe Time: 1 hour

Makes 6 servings

- 1 beef Tri-Tip Roast (1-1/2 to 2 pounds)
- 1 tablespoon olive oil
- 12 small red-skinned potatoes, halved
- 2 medium red, yellow or green bell peppers, cut into eighths
- 2 medium sweet onions, cut into 1-inch wedges

Seasoning:

- 2 teaspoons minced garlic
- 1 teaspoon dried rosemary leaves
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper



1. Combine seasoning ingredients; press ½ onto beef Tri-Tip Roast. Combine remaining seasoning with oil and toss 1/4 with potatoes and 1/4 with peppers and sweet onions in two separate bowls.
2. Heat 8-quart Air Fryer to 350°F. Place roast in Air Fryer basket and roast at 350°F for 20 minutes.
3. Once the timer goes off flip the roast, add in your potatoes, and continue to cook for 20 minutes. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer to board; tent with foil. Let stand 10-15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Add peppers and onions to the Air Fryer with the potatoes and continue to cook for another 10 minutes or until potatoes are soft. Carve roast across the grain. Serve with potatoes, peppers and onions.

***Nutrition information per serving:** 330 Calories; 90 Calories from fat; 10g Total Fat (3 g Saturated Fat; 5 g Monounsaturated Fat;) 66 mg Cholesterol; 269 mg Sodium; 29 g Total Carbohydrate; 4 g Dietary Fiber; 26 g Protein; 2.8 mg Iron; 8.6 mg NE Niacin; 0.9 mg Vitamin B₆; 1.3 mcg Vitamin B₁₂; 4.8 mg Zinc; 27.4 mcg Selenium; 114.6 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, and Iron.*

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

- 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](#).

Asian Sweet & Spicy Ribs

The right balance of sweet and spicy, these Asian beef ribs, using Country Style Ribs, garlic sauce, ginger and honey, will be sure to take your taste buds on a journey.

Total Recipe Time: 1 hours 15 minutes

Makes 4 servings

- 1-1/2 to 2 pounds beef Country Style Ribs
- 1 cup mirin
- 1/2 cup sweet chili garlic sauce
- 1/2 cup water
- 1/4 cup agave nectar or honey
- 1/4 cup light brown sugar
- 1 teaspoon minced fresh ginger
- 1 tablespoon fresh lime juice
- 1 tablespoon reduced-sodium soy sauce
- Hot cooked rice (optional)



1. Place beef ribs in 6-quart electric pressure cooker. Add 1/2 cup water. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer.
2. Meanwhile, combine mirin, chili garlic sauce, agave nectar, brown sugar, ginger, lime juice and soy sauce in large saucepan. Simmer 20 minutes.
3. Use quick release to release pressure; carefully remove lid. Transfer beef ribs to sauce in saucepan; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired.

Cook's Tip: *This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)*

Cook's Tip: *Mirin is a low-alcohol, sweet wine made from glutinous rice and is essential in Japanese cooking. It's available in Japanese markets and the ethnic section of most supermarkets. Sweet chili garlic sauce, an Asian condiment made from red chilies, garlic and vinegar, imparts a tangy, spicy heat to dishes. Chili garlic sauce is available in Asian markets and the Asian section of most supermarkets.*

Nutrition information per serving: 432 Calories; 90 Calories from fat; 10g Total Fat (4 g Saturated Fat; 0 g Monounsaturated Fat; 81 mg Cholesterol; 903 mg Sodium; 55 g Total Carbohydrate; 0.1 g Dietary Fiber; 25 g Protein; 2.7 mg Iron; 2.9 mg NE Niacin; 0.2 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 8.6 mg Zinc; 26.8 mcg Selenium; 79.3 mg Choline. This recipe is an excellent source of Protein, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Niacin, Vitamin B6, and Choline.

Sweet Onion & Pepper Beef Sandwiches with Au Jus

Top your favorite French bread with the tasty flavors of slow cooked beef, sweet onions and bell peppers in this hearty and satisfying sandwich.

Recipe Time: 55 minutes

Makes 10 servings

- 3 to 3-1/2 pounds beef Stew Meat, cut into 1-inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red bell pepper, cut lengthwise into 1-inch-wide strips
- 2 tablespoons minced garlic
- 1/2 cup reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup no-salt added tomato paste
- 8 to 10 French bread rolls, split, warmed

Toppings:

- Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives (optional)



1. Place onions in 6-quart pressure cooker; top with beef Stew Meat, peppers, and garlic. In a small bowl mix together beef broth, soy sauce and tomato paste. Add to pressure cooker. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer.
2. Use quick-release feature to release pressure; carefully remove lid.
3. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.

Cook's Tip: *This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)*

Nutrition information per serving, 1/8 of recipe: 403 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 100 mg Cholesterol; 730 mg Sodium; 33 g Total Carbohydrate; 3.2 g Dietary Fiber; 41 g Protein; 5.6 mg Iron; 7.5 mg NE Niacin; 0.7 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 8.2 mg Zinc; 26.3 mcg Selenium; 147.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Sous Vide Teriyaki Beef Noodle Bowl

Top Round Steak is the star in this teriyaki bowl with marinated zucchini and radishes. This recipe is as delicious as it is colorful.

Sous vide time: 1 hour and 30 minutes

Total Recipe time: 2 hours

Makes 4 servings

- 1 lb. Beef Top Round Steak, cut into bite-sized strips or cubes
- 1/4 cup teriyaki sauce, divided
- 1 teaspoon sesame oil
- 2 cups cooked soba noodles
- 4 sliced radishes, refrigerated in water
- 1 green onion trimmed, cut into 1/8-inch by 2-inch strips, in cold water, refrigerated
- 1/2 teaspoon toasted sesame seeds

Green Beans (optional):

- 2 cups trimmed green beans
- 1 to 2 teaspoons hot chile sauce (Sriracha)
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

Truffle Orange Zucchini (optional):

- 1 medium zucchini, sliced across into 1/8 - 1/4-inch discs
- zest and juice of 1 orange
- 2 tablespoons soy or tamari sauce
- 1 teaspoon minced garlic
- 2 teaspoons grapeseed oil
- 1 teaspoon White truffle oil



1. Attach sous vide wand to stock pot. Fill pot with water according to manufacturer's instructions.
2. Preheat wand to 141°F.
3. Place steak pieces and 2 tablespoons teriyaki sauce in a food-safe plastic bag; toss to coat. Seal bag, removing as much air as possible.

Cook's Tip: For best results use a vacuum sealer.

4. Submerge bag in water. Set timer for 1 to 1-1/2 hours.
5. At end of cooking time, carefully remove bag from pot.
6. Preheat large skillet over medium heat. Remove steak pieces from the bag; discard bag and teriyaki sauce. Toss steak in reserved teriyaki sauce. Cook 2 to 3 minutes until internal temperature reaches 145°F.
7. Divide noodles evenly into bowls. Top with beef, radishes, onions, sesame seeds. Green beans and zucchini may be added as desired.

Cook's Tip: Green beans and zucchini can be made ahead and held, refrigerated, until ready to use for up to 1 week. Green beans may be served warm or cold.

GREEN BEANS (OPTIONAL): Place green beans, chili sauce, garlic powder, onion powder and salt in plastic bag; seal. Submerge in sous vide vessel set at 183°F for 45 minutes to 1 hour to desired tenderness.

TRUFFLE ORANGE ZUCCHINI (OPTIONAL): Place zucchini (in single layer), soy sauce, zest, juice, garlic and oils in plastic bag; seal. Refrigerate for 1 hour or overnight.

Nutrition information per serving, 3/4 cups beef and noodles: 263 Calories; 42.3 Calories from fat; 4.7g Total Fat (1.5 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 73 mg Cholesterol; 772 mg Sodium; 24 g Total Carbohydrate; 1.1 g Dietary Fiber; 28.5 g Protein; 0 mg Calcium; 3.6 mg Iron; 428 mg Potassium; 0.3 mg Riboflavin; 8 mg Niacin; 0.8 mg Vitamin B₆; 2 mcg Vitamin B₁₂; 308 mg Phosphorus; 4.7 mg Zinc; 30.7 mcg Selenium; 82.1 mg Choline.

Sous Vide Flank Steak Fajitas

Try this classic beef Flank Steak Fajita recipe with colorful peppers and onions cooked to perfection.

Marinate time: 1 hour

Sous vide time: 1 hour 15 minutes

Makes 4 servings

- 1-pound beef Flank Steak
- 2 red bell peppers, trimmed, seeded, thinly sliced
- 1 green bell pepper, trimmed, seeded, thinly sliced
- 1 Vidalia onion, halved and sliced thin
- 1 clove minced garlic
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 2 teaspoons freshly ground black pepper
- 4 6-inch corn tortillas
- prepared guacamole (optional)



Marinade

- 1/2 cup water
- 1/3 cup fresh lime juice
- 1/2 tablespoon fajita seasoning
- 1/2 tablespoon garlic powder

1. Attach sous vide wand to stock pot. Fill pot with water according to manufacturer's instructions.
2. Preheat sous vide wand to 141°F.
3. Combine marinade ingredients in small bowl. Place steak and marinade in food-safe plastic bag; turn to coat. Seal bag, removing as much air as possible, and marinate in refrigerator for 1 hour.

Cook's Tip: For best results use a vacuum sealer.

4. Meanwhile, add peppers, onions, garlic, olive oil, salt and pepper to a food-safe plastic bag; toss to coat. Seal bag, removing as much air as possible.
5. Remove steak from refrigerator and submerge both bags in water. Set timer for 90 minutes.
6. At end of cooking time, carefully remove bags from pot.
7. Preheat grill pan or grill and cook steak 2 to 3 minutes on each side or until internal temperature reaches 145°F. Carve steak diagonally across the grain into thin slices. Place steak slices on tortillas; top with vegetables. Season with salt and pepper, as desired. Serve with guacamole, if desired.

Nutrition information per serving: 317 Calories; 107.1 Calories from fat; 11.9g Total Fat (3.7 g Saturated Fat; 0.2 g Trans Fat; 1 g Polyunsaturated Fat; 5.7 g Monounsaturated Fat;) 73 mg Cholesterol; 348 mg Sodium; 24 g Total Carbohydrate; 4 g Dietary Fiber; 28.4 g Protein; 0 mg Calcium; 2.6 mg Iron; 623 mg Potassium; 0.2 mg Riboflavin; 8 mg Niacin; 0.9 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 314 mg Phosphorus; 5.1 mg Zinc; 27.7 mcg Selenium; 105.5 mg Choline.

Wisconsin Beef Council
957 Liberty Drive, Ste 201
Verona, WI 53593
Beeftips.com

