

## **February 2023 TV Recipes—American Heart Association Approved Recipes**

*Enjoying lean beef in a heart-healthy lifestyle is easier than you think with these recipes featuring lean beef, fresh vegetables, and whole grains.*

### **Athenian Beef Meatloaf with Cucumber- Yogurt Sauce**

*Meatloaf takes a turn towards Greece with this easy recipe! Add Greek seasoning to a standard meatloaf mixture and finish it off with a creamy cucumber sauce.*

Total Recipe time: 1 hour 40 minutes

Makes 8 servings

- 2 pounds Ground Beef (96% lean)
- 1 cup soft bread crumbs
- 3/4 cup finely chopped onion
- 1/2 cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus 1-1/2 teaspoons dried Greek seasoning, divided
- 1/2 teaspoon salt
- 1 cup plain, low-fat Greek-style yogurt
- 1/2 cup diced cucumber



1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.  
*Cook's Tip: To make soft bread crumbs, place torn bread in food processor or blender container. Cover; pulse on and off, to form fine crumbs. One and one-half slices make about 1 cup crumbs.*
2. Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1-1/4 to 1-1/2 hours, until instant-read thermometer inserted into center 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.*
3. Meanwhile, combine yogurt, cucumber and remaining 1-1/2 teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.
4. Let stand 10 minutes; cut into slices. Serve with cucumber-yogurt sauce.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. Combine ground beef, bread crumbs, onion, milk, egg, 1 tablespoon dried Greek seasoning and salt in a large bowl, mixing lightly but thoroughly. Pour 3/4 cup water into pressure cooker; set pressure cooker rack in water. To make a foil sling, cut a 28-inch piece of heavy-duty aluminum foil (or layer two pieces of regular foil) and punch 6 to 8 holes in it using a kitchen fork or small knife. Form beef mixture into an 8 x 4-inch loaf on the foil sling over the holes. Lower the meatloaf with the sling onto the pressure cooker rack. Close and lock pressure cooker lid. Use beef, stew or high pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Let the meatloaf stand in pressure cooker for 10 minutes. Continue as directed in Step 3 to prepare Cucumber-Yogurt Sauce. Use quick-release feature to release pressure; carefully remove lid. Using foil sling, transfer meatloaf to cutting board; remove foil and cut meatloaf into 8 slices. Serve with Cucumber-Yogurt Sauce. (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, using 96% lean Ground Beef:*** 198 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat;) 102 mg Cholesterol; 247 mg Sodium; 6.3 g Total Carbohydrate; 0.4 g Dietary Fiber; 28 g Protein; 3 mg Iron; 381 mg Potassium; 5.1 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 26.3 mcg Selenium; 104.7 mg Choline.

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

# Beef Pot Roast with Cider Gravy & Maple Sweet Potatoes

*This pot roast recipe is sure to warm you and your family on a cold day.*

Recipe Time: 3 hours 30 minutes

Makes 8 servings

- 1 beef Shoulder Roast Boneless (3 to 3-1/2 pounds)
- 2 teaspoons olive oil
- 1-1/2 teaspoons salt
- 3/4 teaspoon pepper, divided
- 1 cup chopped onion
- 1 tablespoon chopped fresh thyme
- 1 cup unsalted beef broth
- 3/4 cup apple cider
- 3 pounds sweet potatoes, peeled, cut crosswise into 1 to 1-1/2 inch pieces
- 2 teaspoons minced garlic
- 2 tablespoons maple syrup
- 1 teaspoon minced fresh ginger
- 2 tablespoon cornstarch dissolved in 2 tablespoons brandy or water



1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Remove roast; pour off drippings and season with 1 teaspoon salt and 1/2 teaspoon pepper.
2. Add onion and thyme to stockpot; cook and stir 3 to 5 minutes or until onion is tender. Add broth and cider; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Return roast to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 hours.

***Cook's Tip:** Fresh apple cider is sold filtered and unfiltered. Filtered cider looks clear and is lighter in color than unfiltered cider, which is deep brown and cloudy due to apple pulp particles. Unlike apple juice, fresh cider is perishable and must be refrigerated before opening. Always purchase pasteurized cider.*

3. Add sweet potatoes and garlic to stockpot; continue simmering, covered, 30 minutes or until sweet potatoes and pot roast are fork-tender.
4. Remove roast; keep warm. Remove sweet potatoes and garlic with slotted spoon to large bowl, leaving cooking liquid in stockpot.
5. Add maple syrup, ginger, remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to sweet potatoes. Beat until sweet potatoes and garlic are mashed and smooth; keep warm.

***Cook's Tip:** Sweet potatoes may also be mashed using a food processor.*

6. Skim fat from cooking liquid; stir in cornstarch mixture. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.

***Cook's Tip:** To easily skim fat from cooking liquids, use a fat or gravy separator. The spout on this special pitcher is positioned at the bottom so as fat rises to the surface the liquid below can be poured off separately.*

7. Carve roast into slices; serve with mashed sweet potatoes and gravy.

**ALTERNATE COOKING METHOD:** This recipe can be made in a 6-quart electric pressure cooker. For optional browning, select Sauté or Browning setting on pressure cooker. When pressure cooker insert is hot, brown beef roast on both sides; remove beef. Add oil and onions; cook 3 to 5 minutes. Add 1/2 cup broth, cider, 2 large thyme sprigs, salt and pepper; top with beef roast. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Add potatoes and garlic. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 10 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in Step 4, making sure to remove thyme sprigs from cooking liquid and placing liquid in medium sauce pan. (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:** 366 Calories; 72 Calories from fat; 8g Total Fat (2.4 g Saturated Fat; 0.19 g Trans Fat; 0.6 g Polyunsaturated Fat; 3.7 g Monounsaturated Fat;) 83.4 mg Cholesterol; 598.5 mg Sodium; 45 g Total Carbohydrate; 5.6 g Dietary Fiber; 30.2 g Protein; 4.3 mg Iron; 950 mg Potassium; 5 mg NE Niacin; 0.9 mg Vitamin B<sub>6</sub>; 2.9 mcg Vitamin B<sub>12</sub>; 8.7 mg Zinc; 33.8 mcg Selenium; 109.6 mg Choline.

## Beef Top Sirloin Steak with Asparagus & Tomato Orzo

*Try this juicy Top Sirloin Steak paired with a tomato-caper sauce served over a bed of orzo and asparagus.*

Total Recipe Time: 30 minutes

Makes 6 servings

- 1 beef Top Sirloin Steak, Boneless, cut 1-inch thick (about 1-1/2 pounds)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/3 cup unsalted beef broth
- 1/3 cup dry red wine
- 1-1/2 cups chopped Roma tomatoes
- 1/4 cup finely chopped capers
- 1 tablespoon minced garlic
- 1 cup cooked orzo pasta
- 1/2-pound asparagus, trimmed, cut into 1-inch pieces



1. Press salt and pepper evenly onto beef steak. Heat a large nonstick skillet over medium heat until hot. Place steak in skillet; cook 15 to 18 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove from skillet; keep warm.
2. Add broth and wine to skillet; increase heat to medium-high. Cook and stir 1 to 2 minutes or until brown bits attached to skillet are dissolved. Add tomatoes, capers, and garlic; cook and stir 6 to 7 minutes or until thickened.
3. Meanwhile, cook pasta according to package directions. Add asparagus during the last 3 minutes of cooking time. Drain; toss with half of the tomato mixture.

***Cook's Tip:** Nutritional analysis of this recipe is based on pasta cooked without the addition of salt.*

4. Carve steak crosswise into slices. Serve steak over pasta. Spoon remaining tomato mixture over steak.

**Nutrition information per serving:** 308 Calories; 54 Calories from fat; 6g Total Fat (2.2 g Saturated Fat; 0.14 g Trans Fat; 0.3 g Polyunsaturated Fat; 2 g Monounsaturated Fat;) 70 mg Cholesterol; 302 mg Sodium; 29 g Total Carbohydrate; 2.6 g Dietary Fiber; 31.6 g Protein; 3.7 mg Iron; 617.7 mg Potassium; 9.9 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.8 mg Zinc; 31.6 mcg Selenium; 108.4 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 Potassium, and Choline.*

## Spicy Korean Beef & Cucumber Appetizers

*Slices of cucumber are topped with beef Strip Steak, herbed cream cheese and a spicy Asian Sauce.*

Total Recipe Time: 25 minutes

Makes 10 servings

- 2 beef Strip Steaks Boneless, 1-inch thick (about 1 pound)
- 1/2 cup reduced-fat cream cheese, softened
- 1/4 cup sliced green onions
- 1/4 cup chopped fresh cilantro leaves
- 1 teaspoon reduced-sodium soy sauce
- 1 seedless cucumber, sliced 1/8 inch thick (18 to 24 slices)
- 1/4 cup Korean red chili sauce (Gochujang)
- 1/4 cup unseasoned rice vinegar
- 1 tablespoon honey
- 1/2 teaspoon garlic powder



- Toppings, optional: Micro greens, chopped kimchi, chopped roasted peanuts, toasted sesame seeds, shredded carrots, chopped cilantro, sliced scallions
1. Combine cream cheese, green onion, cilantro and soy sauce in small bowl. Cover and refrigerate.
  2. Combine gochujang, vinegar, honey and garlic powder in medium bowl; set aside.
  3. Place steak on grid over medium, ash-covered coals. Grill, covered 11 to 14 minutes (over medium heat on preheated gas grill, covered, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove steaks; keep warm.
  4. To assemble, top each cucumber slice with 1 teaspoon cream cheese mixture. Dice steak into bite-size pieces; toss in gochujang mixture. Top cream cheese mixture with steak. Garnish with micro greens, kimchi, peanuts, sesame seeds, carrot, cilantro and scallions, if desired.

**Nutrition information per serving:** 122 Calories; 44.1 Calories from fat; 4.9g Total Fat (2.3 g Saturated Fat; 0.15 g Trans Fat; 0.2 g Polyunsaturated Fat; 1.8 g Monounsaturated Fat;) 37.4 mg Cholesterol; 224.4 mg Sodium; 7.7 g Total Carbohydrate; 0.8 g Dietary Fiber; 11.8 g Protein; 1.4 mg Iron; 212 mg Potassium; 4.1 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 1.6 mcg Vitamin B<sub>12</sub>; 1.6 mg Zinc; 9.7 mcg Selenium; 27 mg Choline.

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

## Indian Beef Flank Steak & Rice

*This beef Flank Steak is served with rice, vegetables and seasoned yogurt sauce.*

Total Recipe Time: 30 minutes

Makes 8 servings

- 1 beef Flank Steak (about 2 pounds)
- 1 cup non-fat plain Greek-style yogurt
- 2 tablespoons garam masala
- 1 tablespoon garlic powder
- 1 tablespoon paprika
- 1 teaspoons salt
- 3 tablespoons water
- 2 red onions, cut into thick slices
- 3 cups hot cooked brown rice
- 2 cups frozen peas, cooked



1. Combine yogurt, garam masala, garlic powder, paprika and salt in a small bowl. Spread 1/3 cup yogurt mixture over beef Flank Steak. Reserve the remaining yogurt mixture for sauce. Place beef steak in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove steak from marinade, discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, covered, 16 to 21 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Meanwhile, grill onion slices, covered, 11 to 15 minutes. Remove steak from grill; let stand 3 to 5 minutes.
3. Meanwhile, heat remaining sauce and water in small saucepan over medium heat 2 to 3 minutes. Cut steak lengthwise in half, then across the grain into thin slices. Cut onions into bite-sized pieces. Combine rice and peas in large bowl. Divide rice mixture evenly among plates. Serve with beef, onions and sauce.

**Nutrition information per serving:** 300 Calories; 63 Calories from fat; 7g Total Fat (2.8 g Saturated Fat; 0.16 g Trans Fat; 0.6 g Polyunsaturated Fat; 2.8 g Monounsaturated Fat;) 67.7 mg Cholesterol; 3.7 mg Sodium; 30.7 g Total Carbohydrate; 8.5 g Dietary Fiber; 30.7 g Protein; 2.7 mg Iron; 520.2 mg Potassium; 8.5 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.6 mcg Vitamin B<sub>12</sub>; 5.3 mg Zinc; 31 mcg Selenium; 106.5 mg Choline.

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

# Roasted Sun-Dried Tomato Beef Tri-Tip with Peppers and Sweet Potatoes

*This beef Tri-Tip Roast is served with red peppers and sweet potatoes.*

Total recipe time: 1 hour 30 minutes

Makes 8 servings



- 1 beef Tri-tip Roast (1 1/2 - 2 pounds)
- 1/2 cup Italian dressing
- 1/4 cup sun-dried tomatoes
- 1/4 cup water
- 1 1/2 pounds sweet potatoes, cut into 2" pieces
- 2 red bell pepper, cut into 2" pieces
- 2 tablespoons grated Parmesan cheese
- 1 teaspoon salt

Optional

- 1 Tablespoon fresh parsley

1. Preheat oven to 425°F. Place Italian dressing, tomatoes and water in blender or food processor container. Cover; process until smooth. Divide mixture evenly into thirds; reserve 2/3 tomato mixture.
2. Combine potatoes and peppers and 1/3 tomato mixture in large bowl; toss to coat. Place on rimmed baking sheet lined with parchment. Set aside.
3. Spread 1/3 tomato mixture evenly onto all surfaces of beef roast. Place roast on vegetables. Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 - 50 minutes for medium doneness.
4. Remove roast when instant-read thermometer registers 135° for medium rare; 150° for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 20 - 25 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.) Meanwhile, increase oven temperature to 475°F. Stir vegetables and return to oven for 15 - 20 minutes or until desired doneness.
5. Carve roast across the grain into slices. Serve with vegetables. Coat all with remaining sauce. Sprinkle with parmesan. Sprinkle with parsley, if desired.

**Nutrition information per serving:** 265 Calories; 81.9 Calories from fat; 9.1g Total Fat (3.1 g Saturated Fat; 0.01 g Trans Fat; 0.8 g Polyunsaturated Fat; 4.2 g Monounsaturated Fat;) 67.4 mg Cholesterol; 551 mg Sodium; 21.4 g Total Carbohydrate; 3.4 g Dietary Fiber; 25 g Protein; 2.2 mg Iron; 708.2 mg Potassium; 10.5 mg NE Niacin; 0.8 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 4.6 mg Zinc; 27.6 mcg Selenium; 99.46 mg Choline.

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

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