

November 2024 TV Recipes—Favorite Fall Recipes!

As the days get shorter and the weather turns colder, it's time to fall in love with these Fall recipes. With Chili, Pot Roasts and much more, you'll find the perfect autumn meal.

Birria Tacos

Beef's take on a classic Mexican taco, made in the pressure cooker. Spiced braised beef served in crisped corn tortillas alongside a spicy consomme.

Recipe Time: 2 hours

Makes 8 servings

- 1 boneless beef Chuck Arm Roast (arm, shoulder, or blade), about 2-1/2 pounds
- 3 dried guajillo chiles, seeds removed
- 1 Spanish onion, diced
- 1 cup crushed tomatoes
- 1 cup low sodium beef broth
- 1/2 cup chipotle peppers in adobo sauce
- 1 tablespoon garlic
- 3 teaspoons chile powder
- 3 teaspoons smoked paprika
- 2 teaspoons Mexican oregano
- 2 teaspoons freshly ground black pepper
- 1/4 teaspoon ground cloves
- 1 bay leaf
- 1 cinnamon stick
- 1 tablespoon olive oil
- 8 corn tortillas
- 3 tablespoons Cotija cheese



1. In a 6-quart electric pressure cooker add in beef Chuck Arm Roast, guajillo chiles, onion, crushed tomatoes, beef broth, chipotle peppers, garlic, Chile powder, smoked paprika, oregano, pepper, cloves, bay leaf and cinnamon stick. Close and lock pressure cooker lid. Stew on high-pressure setting on the pressure cooker; program 80 minutes on pressure cooker timer. Once the timer goes off continue to cook for another 20 minutes to release the pressure naturally. Use quick-release feature to release any remaining pressure; carefully remove lid.
2. Remove Roast and set aside; remove chiles, bay leaf and cinnamon stick; discard. Next shred the roast and remove any unwanted fat.
3. Heat non-stick skillet over medium-high heat until hot; add olive oil. Dip both sides of the tortilla into the top of the braising liquid and add it to the skillet. Pan fry on one side for 30 seconds to 1 minute and then flip over. Add some of the shredded beef, and cheese. Fold over and cook until pan-fried on both sides, about 1 to 2 minutes. Transfer to a plate and serve alongside a small cup of braising liquid for dipping.

Nutrition information per serving, 4 oz: 379 Calories; 148.5 Calories from fat; 16.5g Total Fat (5.8 g Saturated Fat; 0.1 g Trans Fat; 1.1 g Polyunsaturated Fat; 7.1 g Monounsaturated Fat;) 101 mg Cholesterol; 372 mg Sodium; 23.5 g Total Carbohydrate; 2.1 g Dietary Fiber; 4.5 g Total Sugars; 34 g Protein; 0 g Added Sugars; 129.8 mg Calcium; 5.1 mg Iron; 485 mg Potassium; 0.2 mcg Vitamin D; 0.4 mg Riboflavin; 7.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 358 mg Phosphorus; 10.2 mg Zinc; 26.1 mcg Selenium; 117.3 mg Choline.

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



Beefy Harvest Soup

Looking for a fantastic fall soup recipe? Try this recipe with Ground Beef, smoked beef sausage, vegetables and macaroni.

Recipe Time: 25 minutes

Makes 4 servings

- 1 pound Ground Beef (93% or leaner)
- 2 cups water
- 1 can (14-1/2 ounces) Italian-style stewed tomatoes, undrained
- 1-1/2 cups frozen mixed vegetables
- 4 cups reduced-sodium beef broth
- 1 cup uncooked large elbow macaroni
- 4 ounces smoked Beef Sausage, sliced



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Remove drippings.

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.*

2. Meanwhile, combine water, tomatoes, vegetables and broth in large saucepan; bring to a boil. Stir in macaroni and beef; return to a boil. Reduce heat; simmer, uncovered, 8 minutes, stirring occasionally. Stir in sausage; continue simmering 2 to 4 minutes or until macaroni is tender and beef sausage is cooked through. Season with salt and pepper, as desired.

Cook's Tip: *Other pasta shapes, such as rotini, bow ties, medium shells or ditalini, may be substituted for large elbow macaroni; adjust cooking time as needed.*

Nutrition information per serving: 470 Calories; 144 Calories from fat; 16g Total Fat (6 g Saturated Fat; 0 g Trans Fat; 0.8 g Polyunsaturated Fat; 3.4 g Monounsaturated Fat;) 100 mg Cholesterol; 560 mg Sodium; 40 g Total Carbohydrate; 2 g Dietary Fiber; 39 g Protein; 5 mg Iron; 820 mg Potassium; 2.2 mg NE Niacin; 0.5 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 7.3 mg Zinc; 47.4 mcg Selenium; 94 mg Choline. *This recipe is an excellent source of Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, Niacin, and Choline.*

Enchilada Meatloaf

Corn flour makes this meatloaf gluten free and perfect for those with food intolerances. This delicious, Latin-inspired recipe is easy to make with minimal cleanup.

Recipe Time: 1 hour 15 minutes

Makes 18 servings

- 2 pounds Ground Beef (93% lean or leaner)
- 1 can (10 ounces each) red enchilada sauce, divided
- 1 egg
- 3/4 cup chopped bell pepper
- 1/2 cup chopped onion
- 1/2 cup ketchup
- 1/2 cup shredded Cheddar cheese
- 1/2 cup masa harina (corn flour)
- 1 tablespoon freshly ground black pepper



- 1-1/2 teaspoons ground cumin
- 1-1/2 teaspoons paprika
- 1-1/2 teaspoons ground ancho chilies
- 1-1/2 teaspoons ground guajillo chiles
- 1 teaspoon chili powder
- 1 teaspoon hot pepper sauce
- 1 teaspoon salt

1. Preheat oven to 350°F. Measure 3/4 cup enchilada sauce into small bowl; set aside. Add remaining enchilada sauce, Ground Beef, egg, bell pepper, onion, ketchup, cheese, masa, black pepper, remaining spices, pepper sauce and salt; mix thoroughly but lightly.

2. Shape beef mixture and place into 8 x 4-1/2-inch loaf pan. Bake in 350°F oven 40 minutes. Spread reserved enchilada sauce over meatloaf. Bake an additional 5 to 10 minutes or 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. Let stand 10 minutes before cutting. Cut into slices.

***Nutrition information per serving, 3 oz:** 293 Calories; 108 Calories from fat; 12g Total Fat (5 g Saturated Fat; 0.1 g Trans Fat; 0.8 g Polyunsaturated Fat; 4.2 g Monounsaturated Fat;) 114.3 mg Cholesterol; 776 mg Sodium; 17.5 g Total Carbohydrate; 2.3 g Dietary Fiber; 5.6 g Total Sugars; 29.7 g Protein; 3.2 g Added Sugars; 89.6 mg Calcium; 4.2 mg Iron; 617.3 mg Potassium; 0.2 mcg Vitamin D; 0.4 mg Riboflavin; 1.7 mg NE Niacin; 0.6 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 288 mg Phosphorus; 6.9 mg Zinc; 25.4 mcg Selenium; 118 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium, and Niacin.*

Chipotle Beef, Butternut & Pumpkin Chili

This easy slow cooker recipe is made with simple ingredients that are quintessentially fall – pumpkin, butternut squash and maple syrup. Fire-roasted tomatoes and chipotle chile powder add a deep and smoky vibe.

Total Recipe Time: 6 ½ to 8 ½ hours

Makes 4-6 servings

- 1 pound Beef Stew Meat, cut into bite-sized cubes (or Chuck, Round, or Rump Roast, cut into bite-sized cubes)
- 2 tablespoons grapeseed oil
- 1 tablespoon chipotle chile powder
- 1 medium yellow onion, chopped
- 10 oz. cubed butternut squash (fresh or frozen)
- 1 (15 oz.) can kidney beans, drained and rinsed
- 1 (15 oz.) can fire-roasted diced tomatoes (with juice)
- 7-8 oz. pumpkin puree (about half a 15 oz. can)
- 1 (15 oz.) can fire-roasted crushed tomatoes (with juice)
- 1 (15 oz.) can beef broth
- 2 tablespoons pure maple syrup
- ½ – 1 teaspoon red pepper flakes (optional, adjust for spice level)
- 1 teaspoon salt



1. In a large skillet, heat the oil over medium-high heat. Add the chipotle chile powder and stir constantly for about 1 minute to bloom the spices.
2. Add the stew meat and brown it on all sides, then transfer to a 4-6 quart slow cooker.

3. Add the onion, butternut squash, kidney beans, and pumpkin puree to the slow cooker.
4. Stir in the diced tomatoes, crushed tomatoes, beef broth, maple syrup, red pepper flakes (if using), and salt.
5. Cover and cook on low for 6-8 hours, or until the beef is tender.
6. Serve with your favorite toppings, such as sour cream, shredded cheese, and sliced green onions.

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

Harvest Steak & Quinoa Salad

Enjoy a great tasting harvest salad using Skirt Steak, quinoa, squash, apple and almonds.

Total Recipe Time: 40 minutes

Makes 4 servings

- 1 beef Skirt Steak, (about 1 pound), cut into 4 pieces
- 1/2 cup lite (58% less fat, 41% fewer calories) raspberry & walnut salad dressing
- 4 teaspoons stone ground mustard
- 1/2 cup uncooked quinoa
- 2 1/2 cups (about 10 ounces) cubed butternut squash (1/2-inch cubes)
- 5 cups spring salad greens
- 1 large red apple, unpeeled, coarsely chopped
- 1 cup fat-free crumbled feta cheese (about 4 ounces)
- 1/4 cup sliced almonds, toasted



1. Combine salad dressing and mustard in small bowl. Place beef Skirt Steak and half of dressing mixture in food-safe plastic bag; turn to coat steak. Close bag securely; marinate in refrigerator 6 to 24 hours, turning occasionally. Cover remaining dressing; refrigerate.
2. Cook quinoa according to package directions; set aside.
3. Meanwhile, place squash in 2-quart microwave-safe bowl; cover. Microwave on HIGH 5 minutes. Remove from microwave. Cool; set aside.
4. Remove steak from marinade; discard marinade. Place steak on rack of broiler pan so surface of beef is 2 to 3 inches from heat. Broil 8 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Carve steak diagonally across the grain into thin slices.

Cook's Tip: *To grill, pat steak dry with paper towel. Place steak over medium, ash-covered coals. Grill, covered, 7 to 12 minutes (over medium heat on preheated gas grill, 8 to 12 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Adjust heat to prevent burning, as needed.*

5. Meanwhile, combine greens, squash, apple, feta cheese and remaining dressing mixture; toss to coat. Place salad on plates. Spoon scant 1/2 cup quinoa in center of salad; top with beef slices. Sprinkle with toasted almonds.

Nutrition information per serving: 619 Calories; 225 Calories from fat; 25g Total Fat (10 g Saturated Fat; 6 g Monounsaturated Fat;) 99 mg Cholesterol; 1497 mg Sodium; 53 g Total Carbohydrate; 10.7 g Dietary Fiber; 46 g Protein; 6.4 mg Iron; 11.7 mg NE Niacin; 0.5 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 7.5 mg Zinc; 27.8 mcg Selenium; 91.2 mg Choline.

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