

December 2024 TV Recipes—Holiday Beef Recipes!

Celebrate the milestones in life – from your first promotion to holiday parties with friends and family – and make them more meaningful with beef. This holiday season, we celebrate moments with friends, family, and everyone in between. All curated with stories and recipes we are sure you will come back to, again and again. So, grab a plate and join us!

Mini Beef Wellingtons

Try our easy, mini version of Beef Wellington. Mushrooms, onion and thyme paired with Beef Tenderloin and baked in pastry cups until golden and crisp. These bite-sized appetizers quickly come together and are perfect for entertaining.

Total Recipe Time: 40 minutes

Makes 24 mini Wellingtons

- 1 pound beef Tenderloin Steak, cut into 3/4-inch pieces
- 2 tablespoons canola oil, divided
- 1 package (8 ounces) mushrooms, chopped
- 3 tablespoons minced onion
- 1-1/2 teaspoons chopped fresh thyme
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground black pepper, divided
- 1 (17.3 ounce) package frozen puff pastry, thawed
- 1/4 cup Dijon-style mustard
- Horseradish sauce and chopped parsley, optional



1. In large nonstick skillet, heat 1 tablespoon of oil over medium-high heat. Add mushrooms; cook 2 to 3 minutes until tender and all liquid is evaporated, stirring often. Stir in onion, thyme, 1/4 teaspoon salt and 1/4 teaspoon pepper; remove from heat and set aside.
2. Preheat oven to 425°F. Toss beef with the remaining 1 tablespoon oil, 1/2 teaspoon salt and 1/4 teaspoon pepper.
3. Spray 24 mini-muffin cups with cooking spray. Unfold puff pastries on a lightly floured cutting board; cut each sheet into 12 (1-inch) squares. Place squares into mini-muffin cups. Brush dough with mustard, then place one teaspoon of mushroom mixture in center of dough. Top with steak piece.
4. Bake 10 to 12 minutes or until golden brown and instant-read thermometer inserted in center registers 135°F for medium rare; 150°F for medium.
5. Serve warm topped with horseradish sauce and parsley, if desired.

Nutrition information per serving, 2 pieces: 229 Calories; 126 Calories from fat; 14g Total Fat (6 g Saturated Fat; 0.1 g Trans Fat; 0.8 g Polyunsaturated Fat; 2.4 g Monounsaturated Fat;) 23 mg Cholesterol; 421 mg Sodium; 14 g Total Carbohydrate; 1.3 g Dietary Fiber; 0.7 g Total Sugars; 9 g Protein; 1 g Added Sugars; 5.7 mg Calcium; 1.7 mg Iron; 171 mg Potassium; 0.06 mcg Vitamin D; 0.18 mg Riboflavin; 1.9 mg NE Niacin; 0.21 mg Vitamin B₆; 1.12 mcg Vitamin B₁₂; 87 mg Phosphorus; 1.3 mg Zinc; 9 mcg Selenium; 21.4 mg Choline. This recipe is an excellent source of Vitamin B₁₂; and a good source of Protein, Riboflavin, Niacin, Vitamin B₆, Zinc, and Selenium.

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Ribeye Roast with Dijon Crust and Roasted Green Beans

Change up the traditional Ribeye Roast. Croutons and Dijon mustard make for a tasty crust. Complete the meal by adding roasted green beans to the side.

Recipe Time: 3 hours

Makes 8 servings

- 1 beef Ribeye Roast, Boneless OR Bone-In (4 to 6 pounds)
- 1/2 cup Dijon-style mustard
- 2-1/3 cups cheese and garlic or Caesar croutons, finely crushed (about 1-1/4 cups crumbs), divided
- 1-1/2 pounds green beans, trimmed
- 1 tablespoon olive oil

1. Heat oven to 350°F. Spread mustard evenly over all surfaces of beef roast. Press 1 cup crouton crumbs evenly onto roast over mustard.
2. Place roast, fat side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 350°F oven 1-3/4 to 2 hours for medium rare; 2 to 2-1/4 hours for medium doneness.
3. Meanwhile toss green beans with oil on metal baking sheet. Add remaining 1/4 cup crouton crumbs; toss to coat. Roast in 350°F oven with beef roast 30 minutes.
4. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Increase oven temperature to 450°F; continue roasting green beans 10 to 20 minutes or until tender and starting to brown.
5. Transfer roast to carving board; tent loosely with aluminum foil. Let stand for 15 to 20 minutes. (Temperature will continue to rise about 10°-15°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices. Season beef and green beans with salt and pepper, as desired.



***Nutrition information per serving, (1/6 of recipe):** 463 Calories; 171 Calories from fat; 19g Total Fat (5 g Saturated Fat; 7 g Monounsaturated Fat;) 129 mg Cholesterol; 783 mg Sodium; 15 g Total Carbohydrate; 0.5 g Dietary Fiber; 54 g Protein; 4.8 mg Iron; 15 mg NE Niacin; 1.1 mg Vitamin B₆; 2.8 mcg Vitamin B₁₂; 9.6 mg Zinc; 60.3 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.*

Classic Beef Chateaubriand

Looking for a classic beef recipe to impress your guests? Serve a delicious Tenderloin Roast with the delicate flavors of white wine, mushrooms, and shallots.

Recipe Time: 55 minutes

Makes 10 servings

- 1 beef Tenderloin Roast, Center Cut (2 to 3 pounds)
- 4 tablespoons butter, divided
- 1/2 cup shallots
- 1-pound sliced mushrooms
- 1-1/2 tablespoon minced garlic
- 1-1/2 cup dry white wine
- 2-1/4 cups reduced-sodium beef broth
- 1-1/2 teaspoons dried tarragon leaves



1. Preheat oven to 425°F. Season beef roast with salt and pepper, as desired. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35 to 45 minutes for medium rare, 45 to 50 minutes for medium doneness.
2. Melt 2 tablespoons butter in skillet. Add shallots; cook 2 minutes until golden brown. Add mushrooms and garlic; cook 3 to 4 minutes until mushrooms are tender. Stir in wine; simmer 7 to 8 minutes. Add broth; bring to a boil. Simmer 15 to 20 minutes until liquid is reduced by half. Stir in the remaining 2 tablespoons butter until melted. Stir in tarragon leaves. Season with salt and pepper, as desired.
3. Remove roast when meat thermometer registers 135°F for medium rare, 150°F for medium doneness. Transfer roast to carving board; tent loosely with aluminum foil. Let stand for 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Carve roast into slices, season with salt, as desired. Spoon sauce over beef.

Nutrition information per serving, 8 servings: 290 Calories; 117 Calories from fat; 13g Total Fat (6 g Saturated Fat; 5 g Monounsaturated Fat;) 87 mg Cholesterol; 194 mg Sodium; 5 g Total Carbohydrate; 1 g Dietary Fiber; 26 g Protein; 3.3 mg Iron; 7.1 mg NE Niacin; 0.8 mg Vitamin B₆; 3.5 mcg Vitamin B₁₂; 4.1 mg Zinc; 26.9 mcg Selenium; 71.1 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, and Choline.

Mini Meatballs with Apricot Dipping Sauce

Bump up your meatball mojo. Gently form this tried-and-true blend into bite-sized balls, then broil and slather in a spicy, sweet and too-good-to-be-so-simple sauce.

Total Recipe Time: 45 minutes

Makes 24 servings

- 1 pound Ground Beef (96% lean)
- 1/4 cup seasoned dry breadcrumbs
- 2 egg whites or 1 egg, beaten
- 2 tablespoons water
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Apricot Dipping Sauce:

- 3/4 cup apricot preserves
- 3/4 cup barbecue sauce
- 2 tablespoons Dijon-style mustard



1. Heat oven to 400°F. Combine Ground Beef, breadcrumbs, egg whites, water, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 24 1-inch meatballs. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in a 400°F oven 18 to 20 minutes.

***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, heat preserves, barbecue sauce and mustard in medium saucepan over medium heat. Bring to a boil; reduce heat; simmer, uncovered, 3 to 5 minutes, stirring occasionally or until sauce thickens slightly.

***Cook's Tip:** Red or black raspberry, fig, peach, current or pineapple preserves, and orange marmalade may be substituted for apricot preserves.*

3. Add cooked meatballs and continue to cook for 2 to 3 minutes or until meatballs are heated through, stirring occasionally. Serve warm.

Cook's Tip: To keep meatballs warm, place in 2-1/2-quart slow cooker set on LOW. Keep covered to maintain heat. Meatballs can be held up to 2-1/2 hours, stirring occasionally.

Nutrition information per serving: 74 Calories; 11.7 Calories from fat; 1.3g Total Fat (0.5 g Saturated Fat; 0 g Trans Fat; 0.1 g Polyunsaturated Fat; 0.5 g Monounsaturated Fat;) 20 mg Cholesterol; 177 mg Sodium; 11 g Total Carbohydrate; 0 g Dietary Fiber; 7 g Total Sugars; 5 g Protein; 0 g Added Sugars; 10 mg Calcium; 0.7 mg Iron; 99 mg Potassium; 0 mcg Vitamin D; 0.1 mg Riboflavin; 1.2 mg NE Niacin; 0.1 mg Vitamin B₆; 0.4 mcg Vitamin B₁₂; 46 mg Phosphorus; 1.1 mg Zinc; 4.3 mcg Selenium; 20.2 mg Choline. This recipe is a good source of Protein, Vitamin B₁₂, and Zinc.

Ridiculously Tasty Roast Beef

Conceived by rancher and blogger, Terryn Drieling, this recipe is as good as it sounds. Green herbs provide more flavor to this roast that is sure to satisfy any hungry family.

Recipe Time: 2 hour 15 minutes

Makes 8 servings

- 1 beef Bottom Round Roast (about 3 pounds)
- 2 tablespoons olive oil
- 1 tablespoon finely chopped fresh rosemary
- 1 tablespoon minced garlic
- 1-1/2 teaspoons finely chopped fresh basil leaves
- 1 teaspoon salt
- 1 teaspoon dried thyme leaves
- 1 teaspoon freshly ground black pepper
- 3 cups reduced-sodium beef broth
- 1-1/2 cups water



1. Preheat oven to 325°F. Mix together oil, rosemary, garlic, basil, salt, thyme and pepper in small bowl. Set mixture aside for 5 to 10 minutes.
2. Place beef Bottom Round Roast on baking rack in tall-sided roasting pan. Rub oil mixture on roast, covering all sides. Pour broth and water in roasting pan. Insert oven-safe thermometer into center of roast. Place roasting pan in center of 325°F oven.
3. Roast 1-1/4 to 1-3/4 hours. Remove roast when meat thermometer registers 135°F. Transfer roast to carving board, tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise to reach 145°F for medium rare.)
4. Carve roast into slices; serve with cooking liquid or as a sandwich, topping with your favorite cheese.

Nutrition information per serving: 299 Calories; 127.8 Calories from fat; 14.2g Total Fat (4.4 g Saturated Fat; 7 g Monounsaturated Fat;) 110 mg Cholesterol; 527 mg Sodium; 1 g Total Carbohydrate; 0.2 g Dietary Fiber; 39.3 g Protein; 3.6 mg Iron; 7 mg NE Niacin; 0.6 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 6.7 mg Zinc; 39.4 mcg Selenium; 148.5 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline.