

January 2026 TV —Protein Packed Beef Recipes

No matter what your wellness looks like, beef provides the nutrition you need and the balance you crave. Incorporating beef's 10 essential nutrients - like protein, iron and zinc, as part of a balanced plate helps you stay fueled and energized throughout the journey. So, grab a plate and discover how beef is a delicious, nutritious powerhouse!

Blackened Cubed Steaks with Zoodles

This recipe is bursting with flavor and is a one pan dinner! Simply seasoned zucchini noodles and tomatoes served with blackened cubed steak.

Total Recipe Time: 40 minutes

Makes 4 servings

- 4 beef Cubed Steaks (about 4 ounces each)
- 1/4 teaspoon cooking spray
- 1 tablespoon no-salt blackening seasoning
- 1/4 teaspoon salt
- 1 teaspoon olive oil
- 1 teaspoon minced garlic
- 1 cup grape tomatoes, halved
- 1 pound zucchini, spiralized
- 1 pound yellow squash, spiralized
- 1 teaspoon freshly ground black pepper
- 1/4 cup thinly sliced fresh basil
- 1/4 cup lemon juice
- 1 teaspoon freshly grated lemon peel
- 2 tablespoons grated low-fat Parmesan cheese



1. Coat Cubed Steaks with cooking spray; season with blackening seasoning and salt.
2. Heat oil in large nonstick skillet over medium-high heat until hot. Place steaks in skillet; cook 6 to 8 minutes to medium (160°F) doneness, turning once. Remove steaks; keep warm.
3. Add garlic and tomatoes to skillet; cook 1 to 2 minutes or until garlic is fragrant. Add zucchini, squash and pepper; cook and stir 2 to 3 minutes or until just tender. Stir in basil, lemon juice and peel. Return steaks to skillet; cook another 1 to 2 minutes or until steaks are warmed through. Sprinkle with cheese before serving.

Nutrition information per serving, 1 steak with zoodles: 264 Calories; 88.2 Calories from fat; 9.8g Total Fat (2.7 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 1.1 g Monounsaturated Fat;) 72 mg Cholesterol; 583 mg Sodium; 14.7 g Total Carbohydrate; 3.1 g Dietary Fiber; 8.9 g Total Sugars; **28.7 g Protein**; 0 g Added Sugars; 81.5 mg Calcium; 4 mg Iron; 761 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 5.4 mg NE Niacin; 0.3 mg Vitamin B₆; 1.7 mcg Vitamin B₁₂; 178 mg Phosphorus; 4.9 mg Zinc; 32.1 mcg Selenium; 107 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, Riboflavin, Vitamin B₆, Phosphorus, and Choline.

Steak and Vegetables with Chimichurri

You don't have to sacrifice flavor for heart health. This recipe pairs lean beef with roasted sweet potatoes and beets topped with a delicious kale chimichurri.

Total Recipe Time: 45 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 ounces each)
- 1 pound sweet potatoes, peeled, sliced 1/4-inch thick
- 1 pound beets, peeled, sliced 1/4-inch thick
- 1/4 teaspoon cooking spray
- 1/2 teaspoon salt



Chimichurri:

- 1/2 cup kale
- 2 tablespoons unsalted pistachios
- 2 tablespoons chopped fresh parsley
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 1 tablespoon orange juice
- 1 tablespoon red wine vinegar
- 2 teaspoons minced garlic
- 1-1/2 teaspoons freshly ground black pepper, divided

1. Preheat oven to 400°F. Line baking sheet with parchment paper; place sweet potatoes and beets on baking sheet. Coat with cooking spray. Bake 20 to 25 minutes or until tender and browned, turning halfway through.
2. Meanwhile place kale, pistachios, parsley, oil, lemon juice, orange juice, vinegar, garlic and 1/2 teaspoon pepper in food processor or blender container. Cover; blend until smooth, stopping and scraping sides of container as needed.
3. Heat large nonstick skillet over medium-high heat until hot. Coat Tenderloin Steaks with cooking spray; season with salt and remaining pepper. Place steaks in skillet; cook 7 to 10 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Place roasted vegetables on bottom of large platter. Top with steaks. Drizzle each steak with 1 tablespoon chimichurri before serving.

Nutrition information per serving, 1 steak with 1 cup vegetables: 338 Calories; 97.2 Calories from fat; 10.8g Total Fat (3.1 g Saturated Fat; 0.3 g Trans Fat; 1.2 g Polyunsaturated Fat; 5.8 g Monounsaturated Fat;) 68 mg Cholesterol; 486 mg Sodium; 35.5 g Total Carbohydrate; 7 g Dietary Fiber; 12.8 g Total Sugars; **26.6 g Protein;** 0 g Added Sugars; 73 mg Calcium; 4.5 mg Iron; 1080 mg Potassium; 0.1 mcg Vitamin D; 0.5 mg Riboflavin; 10.9 mg NE Niacin; 0.9 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 319 mg Phosphorus; 4.2 mg Zinc; 22.3 mcg Selenium; 76.7 mg Choline.

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

Greek-Style Beef & Cheese Ravioli

Make a Mediterranean-style meal in minutes. Add cooked ground beef, vegetables, and a tomato sauce to store-bought pasta for a quick and easy weeknight meal.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 package (9 ounces) refrigerated cheese ravioli
- 2 cans (14-1/2 ounces each) diced tomatoes with basil, garlic and oregano
- 2 cups lightly packed fresh baby spinach
- 1/2 cup pitted ripe olives
- 1/2 cup crumbled feta cheese



1. Cook ravioli according to package directions; drain.
2. Meanwhile, heat deep 12-inch nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally.

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. Stir in tomatoes; bring to a boil. Reduce heat; simmer 10 minutes, stirring occasionally. Stir in ravioli; simmer 3 minutes. Stir in spinach and olives; cook just until spinach is wilted. Sprinkle with cheese before serving.

Nutrition information per serving: 555 Calories; 207.9 Calories from fat; 23.1g Total Fat (8.5 g Saturated Fat; 0.2 g Trans Fat; 0.4 g Polyunsaturated Fat; 4.1 g Monounsaturated Fat;) 134 mg Cholesterol; 1523 mg Sodium; 47.7 g Total Carbohydrate; 4.2 g Dietary Fiber; **39 g Protein;** 6.2 mg Iron; 383 mg Potassium; 6.4 mg NE Niacin; 0.5 mg Vitamin B₆; 3.1 mcg Vitamin B₁₂; 6.9 mg Zinc; 23.7 mcg Selenium; 96.8 mg Choline.

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

Provençal Beef Stew

A unique twist on classic stew, this dish features the flavors of herbs de Provence with potatoes, zucchini, squash and olives.

Total Recipe Time: 2 hours 15 minutes

Makes 6 servings

- 1 beef Cross Rib Roast, Chuck Arm Roast or Chuck Shoulder Roast, cut into 1-inch pieces (about 2 pounds)
- 1/3 cup all-purpose flour
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 4 teaspoons olive oil, divided
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 1 cup dry red wine
- 3 cups beef broth
- 1 can (14-1/2 ounces) diced tomatoes with garlic, undrained
- 1 tablespoon herbs de Provence
- 1 pound new potatoes, cut into quarters
- 2 small zucchini, cut lengthwise in half, then crosswise into 1/2-inch thick slices
- 2 small yellow squash, cut lengthwise in half, then crosswise into 1/2-inch thick slices
- 1/2 cup niçoise olives, pitted and halved
- 1/4 cup chopped fresh basil leaves
- Grated Parmesan cheese (optional)



1. Combine flour, salt and pepper. Reserve 1 tablespoon flour mixture. Lightly coat beef Cross Rib Roast pieces with remaining flour mixture.
2. Heat 2 teaspoons oil in stockpot over medium heat until hot. Brown half of beef; remove from stockpot. Repeat with remaining 2 teaspoons oil and remaining beef. Remove beef from stockpot.
3. Add onion and garlic to stockpot; cook and stir 3 to 5 minutes or until onions are tender. Add wine; increase heat to medium-high. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in broth, tomatoes, herbs de Provence and reserved flour mixture. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1-1/2 hours or until beef is fork-tender.

Cook's Tip: *Herbs de Provence is a dried herb blend used in the cooking of southern France. Often sold in small clay crocks in supermarkets, it's commonly a blend of basil, fennel seed, lavender, marjoram, rosemary, sage, summer savory and thyme.*

4. Add potatoes, zucchini and yellow squash to stockpot; continue simmering, covered, 15 minutes or until potatoes are tender. Add olives and basil; cook, uncovered, 2 to 3 minutes or until olives are heated through. Serve with cheese, if desired.

Cook's Tip: *Niçoise olives are from the Provence region of France. Small, oval and purplish-brown in color, they are packed in olive oil and have a nutty, mellow flavor. Greek Kalamata olives may be substituted for niçoise olives.*

Recipe adapted from the Healthy Beef Cookbook, published by Houghton Mifflin Harcourt

Nutrition information per serving: 358 Calories; 99 Calories from fat; 11g Total Fat (3 g Saturated Fat; 6 g Monounsaturated Fat;) 80 mg Cholesterol; 1179 mg Sodium; 31 g Total Carbohydrate; 4.1 g Dietary Fiber; **30 g Protein**; 6 mg Iron; 4.4 mg NE Niacin; 0.6 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 7.3 mg Zinc; 28.9 mcg Selenium. *This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber.*

Mediterranean Beef Meatball Kabobs

Lean Ground Beef, fresh parsley and cumin are formed into meatballs and served in flatbreads. Customize with your choice of chopped veggies and tzatziki sauce.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1/4 cup dry breadcrumbs
- 2 egg whites or 1 whole egg
- 2 tablespoons chopped fresh parsley
- 2 tablespoons water
- 2 teaspoons minced garlic
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 flatbreads (such as naan, lavash or pita bread)

Toppings (optional):

- Chopped tomatoes, chopped cucumber, chopped red onion, chopped fresh parsley, Tzatziki sauce

1. Heat oven to 400°F. Combine Ground Beef, breadcrumbs, egg whites, parsley, water, garlic, cumin, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 12, 2-inch meatballs.
2. Thread meatballs onto 4, 10-inch skewers. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400°F oven 24 to 27 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.

3. Remove meatballs from skewers. Serve in flatbreads. Garnish with Toppings, as desired.

Alternative Cooking Method

1. Recipe can be made in a 8-quart Air Fryer. Heat Air Fryer to 350°F. Place un-threaded meatballs into Air Fryer basket sprayed with cooking spray. Bake at 350°F for 24 to 27 minutes or until instant-read thermometer inserted into center registers 160°F.

Nutrition information per serving: 360 Calories; 117 Calories from fat; 13g Total Fat (4 g Saturated Fat; 7 g Monounsaturated Fat;) 76 mg Cholesterol; 763 mg Sodium; 26 g Total Carbohydrate; 1.6 g Dietary Fiber; **33 g Protein;** 5.2 mg Iron; 9.2 mg NE Niacin; 0.5 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.8 mg Zinc; 32.3 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium.



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