

February 2026 TV Recipes—Heart Healthy Beef 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.

Air Fryer Korean Beef

This quick and easy Asian inspired dish is gluten-free and a perfect post work out recipe to keep your wellness goals in line. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Total Recipe time: 45 minutes - Makes 4 servings

- 1 beef Flank Steak (about 1 pound)
- Fresh cilantro and sesame seeds (optional)

Rub:

- 2 tablespoons cornstarch
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon salt

Sauce:

- 1/4 cup unseasoned rice vinegar
- 1/4 cup sliced sweet onion
- 1/4 cup dates, pitted
- 3 tablespoons coconut aminos
- 1 tablespoon chopped fresh ginger
- 1 tablespoon minced garlic
- 2 teaspoons sesame oil
- 1/4 teaspoon Gochugaru chili flakes (Korean red pepper flakes)

Sweet Potatoes:

- 1-pound sweet potatoes, chopped
- 2 tablespoons water

Slaw:

- 2 cups thinly sliced napa cabbage
- 1/2 cup shredded carrots
- 1/2 cup kimchi, chopped
- 2 tablespoons lime juice

1. Combine rub ingredients. Spray Flank Steak with cooking spray; season with rub. Preheat air fryer to 390°F. Place steak in air fryer basket. Cook 20 minutes or for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
2. Meanwhile, combine rice vinegar, onion, dates, coconut aminos, ginger, garlic, oil and chili flakes in blender container. Cover; process until smooth, scraping sides of container as needed. Set aside.
3. Let steak rest 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium. Carve steak diagonally across the grain into thin slices.
4. Place sweet potatoes and water in microwave-safe container. Microwave, covered, on HIGH 6 minutes or until tender, stirring once.
5. Combine cabbage, carrots, kimchi and lime juice in large bowl. Toss gently to coat. Let stand or refrigerate, covered, up to 4 hours.
6. Place steak, sweet potatoes and half of sauce in large bowl. Toss gently to coat. Plate with slaw; sprinkle with cilantro and sesame seeds, as desired. Serve remaining sauce, as desired.



***Nutrition information per serving, 3 ounces meat, 1/2 cup sweet potato, 1/2 cup slaw:** 370 Calories; 90 Calories from fat; 10g Total Fat (3.49 g Saturated Fat; 0 g Trans Fat; 1.3 g Polyunsaturated Fat; 4 g Monounsaturated Fat;) 73 mg Cholesterol; 522 mg Sodium; 41 g Total Carbohydrate; 5.5 g Dietary Fiber; 14.6 g Total Sugars; 28.6 g Protein; 0 g Added Sugars; 122.3 mg Calcium; 3.5 mg Iron; 973 mg Potassium; 0 mcg Vitamin D; 0.24 mg Riboflavin; 11.4 mg NE Niacin; 0.9 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 269 mg Phosphorus; 5 mg Zinc; 28.6 mcg Selenium; 117.2 mg Choline. This recipe is an excellent source of Protein, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Phosphorus, Zinc, Selenium, and Choline; and a good source of Dietary Fiber, Iron, and Riboflavin.*

Beef and Kale Bolognese

Ground Beef, vegetables and tomato sauce slow simmered and served over pasta. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Recipe Time: 45 minutes

Makes 8 servings

- 1 pound Ground Beef (96% lean or leaner)
- 1 tablespoon olive oil
- 1 cup chopped onion
- 1 tablespoon minced garlic
- 1 cup chopped celery
- 1 cup chopped carrots
- 2 cups shredded kale
- 2 cans (6 ounces each) no-salt added tomato sauce
- 1/4 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon crushed red pepper
- 1 package (16 ounces) uncooked Pappardelle pasta
- 2 tablespoons reduced-fat grated Parmesan cheese
- 2 tablespoons thinly sliced fresh basil



1. Heat oil in stockpot over medium heat until hot. Add Ground Beef, onion and garlic; 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.

2. Stir in celery and carrots; cook 3 to 5 minutes. Add kale, tomato sauce, salt and peppers; simmer 10 minutes to develop flavors, stirring occasionally. Meanwhile, cook pasta according to package directions.
3. Serve sauce over pasta; garnish with Parmesan cheese and basil.

Nutrition information per serving, 1 cup sauce and 4 ounces pasta: 462 Calories; 72 Calories from fat; 8g Total Fat (2.3 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 3.2 g Monounsaturated Fat;) 52 mg Cholesterol; 216 mg Sodium; 73 g Total Carbohydrate; 6.2 g Dietary Fiber; 7.9 g Total Sugars; 28 g Protein; 0 g Added Sugars; 62 mg Calcium; 3.7 mg Iron; 755 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 0.6 mg NE Niacin; 0.4 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 188 mg Phosphorus; 4.3 mg Zinc; 12 mcg Selenium; 58.4 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Potassium, Riboflavin, Phosphorus, and Choline.

Spicy Beef Chipotle Salad

Smoky, citrus seasoned steak served over lettuce with a corn and black bean southwestern salsa. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Total Recipe Time: 40 minutes

Makes 4 servings

- 1 beef Top Sirloin Steak, boneless (about 1 pound)
- 1 head Boston or Bibb lettuce

Marinade:

- 1/4 cup orange juice
- 1 tablespoon Worcestershire sauce
- 1-1/2 teaspoons olive oil
- 1/2 teaspoon granulated garlic
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chipotle chile powder
- 1/4 teaspoon salt



Black Bean and Corn Salsa:

- 1 can (15 ounces) no-salt added black beans, drained and rinsed
- 1 cup frozen corn, thawed
- 1 avocado, chopped
- 1/2 cup cherry tomatoes, halved
- 2 tablespoons lime juice
- 2 tablespoons chopped fresh cilantro
- 1/4 teaspoon black pepper
- Jalapeno pepper slices (optional)

1. Combine orange juice, Worcestershire sauce, olive oil, garlic, cumin, Chile powder and salt in a large mixing bowl. Reserve half of marinade for dressing. Place remaining marinade in food-safe plastic bag; add Sirloin Steak, turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Meanwhile, combine salsa ingredients in medium bowl. Cover and refrigerate until ready to serve.
3. Preheat grill to medium heat. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 12 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
4. Let steak rest 5 to 10 minutes. (Temperature will continue to rise about 5°F to 10°F to reach 145°F for medium rare; 160°F for medium. Carve steak diagonally across the grain into thin slices.
5. To assemble, layer lettuce leaves on serving platter. Top with salsa and steak. Drizzle with reserved marinade and top with jalapenos, as desired.

***Nutrition information per serving, 1 salad:** 340 Calories; 105.3 Calories from fat; 11.7g Total Fat (2.4 g Saturated Fat; 0 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.9 g Monounsaturated Fat;) 56 mg Cholesterol; 200 mg Sodium; 31 g Total Carbohydrate; 10.2 g Dietary Fiber; 3.7 g Total Sugars; 30 g Protein; 0 g Added Sugars; 70.5 mg Calcium; 4 mg Iron; 1025 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 9.4 mg NE Niacin; 0.6 mg Vitamin B₆; 1.2 mcg Vitamin B₁₂; 214 mg Phosphorus; 4.2 mg Zinc; 25 mcg Selenium; 93.2 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Potassium, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Riboflavin, Phosphorus, and Choline.*

Ground Beef & Pasta Skillet Primavera

This Italian-inspired recipe is a one-pot, fun to make and eat dish that combines ground beef, pasta, fresh zucchini and yellow squash. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound Ground Beef (96% lean)
- 1 (14-1/2 ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 2 zucchini or yellow squash, cut in half lengthwise, then crosswise into 1/2-inch slices
- 1 can (14-1/2 ounces) no-salt added diced tomatoes
- 1-1/2 teaspoons Italian seasoning



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. Pour off 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. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally.

Nutrition information per serving: 296 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;) 76 mg Cholesterol; 338 mg Sodium; 28.2 g Total Carbohydrate; 3.1 g Dietary Fiber; 31.7 g Protein; 5 mg Iron; 614 mg Potassium; 8.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium; 82.3 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, Potassium, and Choline.

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

This beef Tri-Tip Roast is served with red peppers and sweet potatoes. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.

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
- 1 Tablespoon fresh parsley, optional



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 B₆; 1.3 mcg Vitamin B₁₂; 4.6 mg Zinc; 27.6 mcg Selenium; 99.46 mg Choline.

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

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