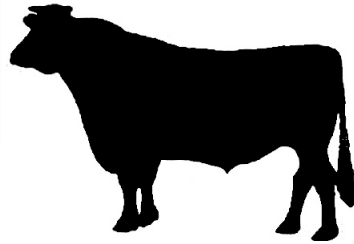


Cooking
with



BEEF

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KSU, COUNTY EXTENSION COUNCILS, EXTENSION DISTRICTS AND U.S. DEPARTMENT OF AGRICULTURE

Cooking with Beef

Families across the nation turn to beef as a main course on the dinner table. The meat cases today are brimming with exciting choices. In addition to the traditional variety of steaks, roasts and ground beef, there are several new steaks.

These new cuts include:

- Beef Shoulder Top Blade Steak (Flat Iron)
- Beef Shoulder Center Steak (Ranch)
- Beef Shoulder Petite Tender
- Beef Round Sirloin Tip Center Steak
- Beef Bottom Round Steak (Western Griller)

These new cuts are moderately priced and have been carefully selected for their palatability, tenderness and flavor. They are the result of an innovative cutting approach pioneered by the beef industry.

There are also many convenient beef products available such as fully cooked pot roast, barbecued beef, meatloaf and meatballs. These are microwavable and ready to heat and serve.

Most cooks know what cuts of meat they plan to prepare, but do they know the qualities of the cuts, where they're located on the carcass, their characteristics and how they're best prepared? This bulletin includes information for cooks looking for more information on meat quality, nutrition and safety, as well as great ways to add flavor, moisture and more.

The information provided is from the following resources:

- Cattlemen's Beef Board and National Cattlemen's Beef Association
- Kansas Beef Council, www.kansasbeef.org
- Texas Beef Council, www.txbeef.org
- www.BeefItsWhatsForDinner.com
- K-State Research and Extension
- USDA Food Safety and Inspection Service



Nutrition

Calorie-for-calorie, beef is one of the most nutrient-rich foods to fuel an active and healthy lifestyle. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet, yet it's an excellent source of protein, zinc, vitamin B-12, selenium and phosphorus; and a good source of choline, niacin, vitamin B-6, iron and riboflavin.

Beef Nutrients Hard at Work

- Research shows iron, zinc and B vitamins play an essential role in developing and maintaining cognitive ability across the lifecycle.
- Iron helps deliver oxygen to working muscles and is required for energy metabolism.
- Zinc is involved in energy metabolism during physical activity and plays a role in muscle building and recovery.
- B vitamins help convert foods that you eat into energy to fuel activity.

Beef Protein Helps Strengthen and Sustain Your Body

A substantial body of evidence shows protein can help in maintaining a healthy weight, building muscle and fueling physical activity—all of which play an important role in a healthful lifestyle and disease prevention.

It's easy to enjoy more high-quality protein in your diet and get all the essential nutrients you need for a healthy lifestyle. In fact, lean protein can make it even easier to enjoy more fruits, vegetables and whole grains in your diet.



Serving Sizes

A person requiring 2000 calories each day needs to eat 5.5 oz equivalents from the meat and beans group. In general, 1 ounce of meat, poultry or fish, 1/4 cup cooked dry beans, 1 egg, 1 tablespoon of peanut butter, or 1/2 ounce of nuts or seeds can be considered as 1 ounce equivalent from the meat and beans group.

- A small steak (eye of round, filet) is equal to 3 1/2 to 4 ounce equivalent.
- A small lean hamburger is equal to 2-3 ounce equivalent.
- In general a 3 ounce serving of meat is roughly the size of a deck of cards.



Lean Beef

There are 29 cuts of beef that meet government guidelines for “lean” defined as: (per 3-ounce cooked serving and 100 grams)

- Less than 10 grams total fat
- 4.5 grams or less saturated fat
- Less than 95 mg. cholesterol

Beef Cut	Calories	Saturated Fat (grams)	Total Fat (grams)
Eye Round Roast and Steak	144	1.4	4.0
Sirloin Tip Side Steak	143	1.6	4.1
Top Round Roast and Steak	157	1.6	4.6
Bottom Round Roast and Steak	139	1.7	4.9
Top Sirloin Steak	156	1.9	4.9
Brisket, Flat Half	167	1.9	5.1
95% Lean Ground Beef	139	2.3	5.1
Round Tip Roast and Steak	148	1.9	5.3
Round Steak	154	1.9	5.3
Shank Cross Cuts	171	1.9	5.4
Chuck Shoulder Pot Roast	147	1.8	5.7
Sirloin Tip Center Roast and Steak	150	2.1	5.8
Chuck Shoulder Steak	161	1.9	6.0
Bottom Round (Western Griller) Steak	155	2.2	6.0
Top Loin (Strip) Steak	161	2.3	6.0
Shoulder Petite Tender and Medallions	155	2.4	6.1
Flank Steak	158	2.6	6.3
Shoulder Center (Ranch) Steak	155	2.4	6.5
Tri-Tip Roast and Steak	158	2.6	7.1
Tenderloin Roast and Steak	170	2.7	7.1
T-Bone Steak	172	3.0	8.2





Meat Inspection

The wholesomeness of the U.S. meat supply is ensured by meat inspection. All meat that is sold must, by law, pass inspection. Meat products are among the most highly regulated and supervised products in the food supply. Everyone pays for meat inspection through taxes.

All beef is either federally inspected or state inspected. If meat is to cross state lines or national lines, it must be federally inspected. Federal inspections are supervised by the USDA.

Beef which passes federal inspection is stamped with a round, purple mark made with safe-to-eat vegetable dye.

State inspected meat will usually have a different inspection mark which varies from state to state.

In addition to the inspection of animals and of processed meat at the plant, beef is subject to further inspection as processing continues, in product manufacturing facilities, supermarkets and restaurant kitchens.



USDA Quality Grades of Beef

Unlike mandatory inspection, beef quality grading is voluntary and paid for by meat packers and ultimately consumers. Just over half of the beef available is graded.

The meat grading program is administered by the U.S. Department of Agriculture (USDA). Beef quality grades indicate palatability characteristics such as tenderness, juiciness and flavor.

There are eight quality grades for beef which reflect the amount of marbling (white flecks of fat within the meat muscle), firmness, color and texture of the beef, and the maturity of the animal.

The greater amount of marbling in beef, the higher the grade because marbling makes beef more tender, flavorful, and juicy.

Generally, only three grades are identified and sold as retail: Prime, Choice and Select.

Prime:

This grade of beef contains the greatest of marbling. It is usually sold to finer restaurants, although some specialty meat markets and supermarkets may carry it. It is usually higher priced because it is produced in very limited quantities.



Choice:

This grade of beef is preferred by many customers because it contains sufficient marbling for taste and juiciness. It has less marbling than prime grade meats. It is usually less costly than U.S. Prime. Choice is the most widely available grade in the market and is found most often in grocery stores and meat markets.



Select:

This grade of beef has the least amount of marbling, making it leaner but often less juicy and flavorful than the other two grades. Most often found in discount superstores.



Be cautious if a meat label or restaurant menu lists the words "Prime" or "Choice" alone. Meat can be labeled with these words without being inspected by a trained grader as long as "USDA" is not listed in front of them. These cuts may not actually be USDA Prime or Choice.



Meat Package Labels

The meat package label identifies the kind of meat (i.e., Beef), the wholesale (primal) cut and the retail cut name. It also includes the weight, price per pound, total price, sell-by-date and safe handling instructions. It may also include a grade, nutrition and preparation information.



Branded Beef Names

More and more beef in the supermarket carries a brand name on the package. Branding beef, as for other products, delivers a promise to the consumer. For beef, that promise comes in the form of attributes such as consistency in taste, tenderness, juiciness and flavor. Every branded beef program is unique. A brand could be based on the breed of cattle or the name given to a beef program that follows set specifications. Most have specifications around grade, aging and size, and they may offer some kind of satisfaction guarantee. Examples: “Certified Angus Beef,” and “Cattleman’s Collection.”



Grain-fed: Grain-fed beef is the most widely produced kind of beef in the United States. Grain-fed cattle spend most of their lives eating grass in pastures. They then move on to a feedlot where they eat a high-energy grain diet for 3-6 months.

Grass-finished: This beef comes from cattle that have been raised solely on pasture their entire lives.

Natural: All fresh beef is natural according to the United States Department of Agriculture (USDA) definition of Natural Beef as “minimally processed containing no additives.”

Organic: Certified organic beef must meet stringent USDA regulations and carry the USDA Organic Seal. Both grass-finished and grain-fed can qualify as organic.



Nutrition Labeling

Nutrition claims such as “lean” and “extra lean” are sometimes seen on beef products. Here are the definitions:

“Lean” - 100 grams of beef with less than 10 grams of fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol

“Extra Lean” - 100 grams of beef with less than 5 grams of fat, less than 2 grams of saturated fat, and less than 95 milligrams of cholesterol



Ground Beef Labeling

Ground beef packages are labeled according to USDA standards and by supermarket preferences. The current meat label indicates the leanness of ground beef. Ground beef can come from one of several muscles or primal. Its leanness depends upon where it comes from on the beef carcass. Leanness refers to the ratio or proportion of lean meat to fat (80% lean/20% fat for example).

The ground beef labels may also indicate the primal cut (such as chuck, round, or sirloin) that was used to produce the ground beef. The primal cut does not correlate to the percent lean/percent fat. For example, ground chuck is available in various lean/fat ratios.

The package label will indicate whether the product inside is ground beef, hamburger, or another type of ground meat or poultry. “Ground beef” or “hamburger” indicate chopped fresh and /or frozen beef with no more than 30% fat and without added seasonings, water, phosphates, binders or extenders. The difference between ground beef and hamburger is that hamburger may have beef fat added to it while no fat may be added to ground beef.



Ground Beef
(3-ounce, cooked portion)

	%Lean	%Fat	Calories	Total Fat (Grams)
Ground Beef, 95%, pan-broiled	95	5	139	5.0
Ground Beef, 90%, pan-broiled	90	10	173	9.1
Ground Beef, 85%, pan-broiled	85	15	197	11.9
Ground Beef, 80%, pan-broiled	80	20	209	13.5
Ground Beef, 75%, pan-broiled	75	25	211	14.0

Ground Beef - Not Less than 75% Lean Good for dishes in which you drain the fat from the cooked meat, such as Sloppy Joes, chili and spaghetti sauce.	Ground Beef - Not Less Than 80% - 85% Lean Suitable for meatloaf, meatballs, casseroles and Salisbury Steak.	Ground Beef - Not Less Than 90% - 95% Lean Good for combination dishes and low calorie recipes.
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Tips For Reducing Fat

If you buy ground beef with a higher percentage of fat, you can reduce the fat by draining, rinsing and/or blotting it away. After browning ground beef, use a slotted spoon to transfer the meat to a plate lined with white paper towels.

Carefully blot the top of the meat with more paper towels.

Now, transfer the beef to a colander and rinse with four cups of hot (but not boiling) water. Do not run water directly from the top because it causes the beef to break into finer pieces, which can affect the texture of your finished dish.

After rinsing the beef, transfer it back to the drained pan or to a clean pan. This method can reduce the fat in ground beef by as much as half.

Ground Beef - 80% Lean/20% Fat

	Calories	Fat(g)
Pan-broiled patties	230	15
Pan-broiled patties, after blotting	217	14
Pan-broiled crumbles, after blotting only	191	11
Pan-broiled crumbles, after blotting and rinsing	130	5

(Source: Iowa State University, Dept of Food Science and Human Nutrition, Nov. 1992)



Time - Saving Tips.....

To save time in preparing your favorite ground beef recipes, cook and drain several pounds of ground beef. Package in heavy zipper freezer bags for later use (for best quality use within 3 months). One pound of ground beef will provide about 2 1/2 cups of beef crumbles. To use: Remove from freezer and thaw in microwave. Use in favorite recipes.



How and Why is Some Beef Aged?

Beef is aged to develop additional tenderness and flavor. It is done commercially under controlled temperatures and humidity. Since aging can take from 10 days to 6 weeks, USDA does not recommend aging beef in a home refrigerator.

Color of Beef

Beef muscle meat not exposed to oxygen (in vacuum packaging, for example) is burgundy or purplish color. After exposure to the air for 15 minutes or so, the myoglobin receives oxygen and the meat turns bright, cherry red.

After beef has been refrigerated about 5 days, it may turn brown due to chemical changes in the myoglobin. Beef that has turned brown during extended storage may be spoiled, have an off-odor, and be tacky to the touch.

Liquid in Package

Many people think the red liquid in packaged fresh beef is blood. However, blood is removed from beef during slaughter and only a small amount remains within the muscle tissue. Since beef is about 3/4 water, this natural moisture combined with protein is the source of the liquid in the package.



Shopping Guide

Consider the following when making beef selections:

- Stop at the refrigerated meat case last to ensure that beef stays fresh until you get home.
- Check the “sell-by” date on the label, and purchase only on or before that date. You may store the meat in your refrigerator for up to 3 days or freeze it immediately to thaw and cook at a later date.
- The “use-by” date tells you the last day it is safe to use the product. Use or freeze ground beef before that date.
- Choose packages that are cold and tightly and completely wrapped with no tares or punctures.
- Be sure packages do not contain excess liquid, which can indicate problems with temperature or storage.
- Choose plastic-wrapped beef that is a bright cherry-red color without any gray or brown blotches.
- For vacuum-packaged beef, the seal should not be broken and package should not leak. Vacuum-packaged beef will change color slightly after opening; it will “bloom” when the seal is broken as oxygen react with the meat.
- Choose steaks and roasts that are firm to the touch.



Iridescence

Occasionally an iridescent sheen may be visible on sliced cured meats such as ham, dried beef and corned beef, or on sliced, cooked beef or lamb.

This is simply the effect of bright light (such as daylight or direct artificial light) on the fibrous cut surface of the meat and shows up as a very faint multicolored or rainbow effect. This does not affect quality, and the meat is perfectly safe to eat.

Spoiled cooked beef would probably also be slimy or sticky and have an off odor.



Storage Guidelines - Keep It Safe

When shopping, pick up beef just before checking out. If it will take longer than 30 minutes to get it home, keep it cold in a cooler in the car.

- Refrigerate or freeze as soon as possible after purchasing.
- Label each package with the date, name of beef cut and weight or number of servings.
- Practice the FIFO inventory system - first in, first out.
- Freeze beef in its original transparent wrap up to two weeks. For longer storage, wrap in heavy-duty aluminum foil or place in plastic freezer bags; remove as much air as possible. This will help prevent “freezer burn”.
- Refrigerate leftovers promptly after serving (within two hours after cooking).

Ground meats are most perishable than roasts or steaks.



Refrigerator and Freezer Storage Guidelines

<u>Beef Cut</u>	<u>Refrigerator</u>	<u>Freezer</u>
Fresh Beef		
Steaks, Roast, Chops, Ribs	3 - 4 days	6 - 12 months
Beef for Stew, Kabobs or Stir-Fry	2 - 3 days	6 - 12 months
Ground Beef	1 - 2 days	3 - 4 months
Fresh beef liver or variety meats	1 - 2 days	3 - 4 months
Leftover Cooked Beef		
Home cooked beef, soups, stews, and casseroles	3 - 4 days	2 - 3 months
Store cooked convenience meals	1 - 2 days	2 - 3 months
Cured/Smoked/Ready-To-Serve Beef		
Beef hot dogs or lunch meats, sealed in package	2 weeks (or 1 week after a “Use-By” date)	1 - 2 months
Beef hot dogs, opened package	7 days	1 - 2 months
Lunch meats, opened package	3 - 5 days	1 - 2 months
Canned beef products in pantry	2 - 5 years in pantry	After opening,
	3 - 4 days after opening	2 - 3 months
Corned Beef, ready-to-cook	1 week	2 weeks
Jerky, commercially vacuum packaged	1 year in pantry	Do not freeze
Sausage, smoked	1 week	Not Recommended
Sausage, dry and semi-dry, unsliced	2 - 3 weeks	Not Recommended
TV dinners, frozen casseroles	Keep frozen	3 - 4 months

Freezer Burn- appears as grayish-brown leathery spots and is caused by air reaching the surface of food. Cut freezer-burned portions away either before or after cooking the beef. Heavily freezer-burned products may have to be discarded for quality reasons. For best quality, wrap steaks and roasts in freezer safe wrap and use within 9 - 12 months.



Inexpensive Cuts of Beef

- Check the “unit price” on the product label, and compare cost per serving, not just price per pound.
- In general, “bone in” meats are less expensive than boneless.
- Buying in bulk will save money. For example, hamburger usually cost less per pound if you buy a 3-pound package rather than a 1-pound package.
- Less expensive, but less tender, steak cuts come from the chuck, round, plate and flank (shoulder steak, eye round steak, top round steak, skirt steak, flank steak).
- Cook once, eat twice. Preparing extra ahead of time is an easy way to create beef dishes that are ready to serve and maximize your food dollar.
Leftover grilled steak can be sliced to accent a salad. Crumble leftover meatloaf or cooked burgers into chili, pizza or pasta dishes. “Planned overs” or extra servings can be frozen for future use in freezer Ziploc bags or containers.
- Purchase boneless roasts to cut into steaks. Many butchers will slice them at no extra cost.
- You can freeze uncooked beef for 6-12 months.



Keeping Beef Safe

Keep meats out of the DANGER ZONE.

Bacteria are found everywhere—in soils, plants, animals and even in the human body. While most bacteria are harmless, some of them can cause food borne illness.

Bacteria grow quickly in the “danger zone” between 40 degrees and 140 degrees F., so it’s important to keep your perishable food out of the danger zone, whether you are storing, thawing, preparing or serving it.



Safe Defrosting

There are three safe ways to defrost beef:

- In the refrigerator
- In cold water
- In the microwave

(Never defrost meat on the counter or in other locations at room temperature.)

Refrigerator Defrosting:

It’s best to plan ahead for slow, safe thawing in the refrigerator. Ground beef, stew meat, and steaks may defrost within a day. Bone-in-parts and whole roasts may take 2 days or longer. Once the raw beef defrosts, it will be safe in the refrigerator for 3-5 days before cooking. During this time, if you decide not to use the beef, you can safely refreeze it without cooking it first.

Cold Water Defrosting:

To defrost beef in cold water, do not remove packaging. Be sure the package is airtight or put it into a leakproof bag. Submerge the beef in cold water, changing the water every 30 minutes so that it continues to thaw. Small packages of beef may defrost in an hour or less; a 3-4 pound roast may take 2-3 hours.

Microwave Defrosting:

When microwave defrosting beef, plan to cook it immediately after thawing because some areas of the food may become warm and begin to cook during microwaving. Holding partially cooked food is not recommended because any bacteria present wouldn’t have been destroyed.

Foods defrosted in the microwave or by the cold water method should be cooked before refreezing because they may have been held at temperatures about 40 degrees F.

It is safe to cook frozen beef in the oven, on the stove, or grill without defrosting it first; the cooking time may be about 50% longer. Do not cook frozen beef in a slow cooker.



Handle It Right

- Pat beef dry with paper towels for better browning.
- When stir-frying, partially freeze beef for easier slicing (about 30 minutes).
- Use a gentle touch with ground beef. Over mixing will result in burgers, meatballs, or meatloaves with a firm, compact texture.
- When roasting or broiling, place beef on a rack in the broiler or roasting pan to allow fat to drip away during cooking.
- For kabobs, cut beef into uniform pieces to ensure even cooking. Pieces do not need to be absolutely square - some may have rounded or uneven edges.
- Thread beef pieces onto skewers leaving small spaces between them. Loose or tight spacing can cause beef to cook unevenly.

Avoid Cross Contamination

Take a moment to think about all the surfaces, utensils, people and food that you touch when preparing a meal. Bacteria can inadvertently spread throughout your kitchen on unwashed hands, cutting boards, kitchen utensils, countertops and sponges. This is known as cross contamination, and that's why it's important to thoroughly clean anything that has been in contact with raw meat, eggs or poultry with hot, soapy water.



Keep It Clean

To avoid cross-contamination and prevent food borne illnesses, follow these easy steps.

- Wash hands well in hot soapy water (for at least 20 seconds) before and after handling meat and other fresh foods.
- Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
- Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
- Never chop fresh vegetables or salad ingredients on a cutting board that was used for raw meat without properly cleaning it first. If possible, use a separate cutting board for the sole preparation of raw meat, poultry and fish.
- Keep carving boards separate from other food preparation areas and serving platters. Wash cutting boards and knives with hot soapy water and then sanitize with a solution of household bleach and water. Some cutting boards can be cleaned in the dishwasher.



Cookware Basics

- Choose heavy, good quality pans that are thick enough to heat evenly without scorching.
- Use the pan size specified in the recipe. If the pan is too small, beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.
- Nonstick pans are easier to clean and allow for cooking with little or no added fat. Best results are achieved over medium heat with nonstick pans.
- When cooking with acidic ingredients, such as tomatoes, citrus juices or wine, use pans with nonreactive interior surface such as nonstick, anodized aluminum, or stainless steel. Reactive metals such as aluminum and cast iron can affect the taste and color of dishes with acidic ingredients.





Cooking Basics

- High heat can overcook or char the outside of beef cuts while the interior remains underdone. Overcooking meat, poultry or fish is not recommended.
- Turn steaks and roasts with tongs. A fork pierces the beef allowing loss of flavorful juices.
- Turn ground beef patties with a spatula. Do not press. Pressing causes the loss of juices and results in a dry burger.
- Salt beef after cooking or browning. Salt draws out moisture and inhibits browning.
- Never brown or partially cook beef to refrigerate and finish cooking later because any bacteria present wouldn't have been destroyed. It is safe to partially pre-cook or microwave beef immediately before transferring it to the hot grill to finish cooking.
- Do not wait for leftovers to cool down. Store them in small, shallow, covered containers within 2 hours of cooking.
- Reheat carry-out meals and leftovers to a minimum internal temperature of 165 degrees F and stir to cook evenly.
- Stir, rotate and cover foods when microwaving to ensure even cooking. Check temperature with an instant-read thermometer in at least three spots, and follow recommended standing times outside the microwave so food completes cooking.

Tenderizing Beef

You may choose to tenderize less tender cuts of beef before cooking them. They can be cooked by a dry heat method. You can use marinades, pound the meat with a meat mallet, or cubed with a machine, or use commercial tenderizers.

Commercial tenderizers contain enzymes (such as papain from papaya fruit, and bromelin from pineapple) which break down the connective tissue. These enzyme tenderizers only tenderize the outer 1/4 inch of meat cuts. Be sure to follow package directions when using commercial tenderizers or the meat may become over tenderized.

Marinades

Marinades are seasoned liquid mixtures that add flavor and, in some cases, help tenderize beef. A tenderizing marinade must contain an acidic ingredient such as

- Fruit juices, lime, lemon, apple, pineapple, orange, tomato
- Soy sauce
- Wine and wine-based sauces
- Buttermilk or yogurt
- Flavored vinegars; red wine, balsamic, raspberry, apple cider
- Olive oil

The acidic ingredients help to tenderize the meat by breaking down the protein structure in the muscle fiber. Breaking down the protein structures also aids digestion.



-Less tender cuts of beef should be marinated to enhance tenderness. These include cuts such as: top round steak, eye round steak, chuck shoulder steak, skirt steak and flank steak. For tenderizing marinate for at least 6 hours. (*Marinating longer than 24 hours can result in a mushy surface texture*)

-Tender cuts of meat can be marinated for flavor. Marinate for 15 minutes to 2 hours. Cuts from the loin are lean cuts of meat, yet they are very tender. So you would marinate these cuts for flavor enhancement, not tenderization.

-Marinades also protect the meat from cancerous compounds that form during grilling. Grilled beef shows high levels of *heterocyclic amines* (HCA's) - which occur when meat is cooked at 375 degrees or higher - in the black charred residue that results when a grill fire flares up and chars the food.

Consuming these dietary carcinogens has been associated with different cancers in humans. One of the HCA's was shown to cause prostate cancer.

Dr. J. Scott Smith, K-State professor in food chemistry has found that adding spices to burgers and steaks significantly reduces the carcinogenic compounds called HCA's.

Dr. Smith found that after marinating round steaks with a commercial product containing rosemary and thyme, the grilled meat's level of HCA was reduced by 87%.

The marinade containing rosemary and thyme has the greatest effect on reducing HCA's, but two other marinades with different herb seasonings were tested and found to be almost as effective. The rosemary/thyme marinade also contained pepper, allspice and salt.

Another marinade included oregano, thyme, garlic and onion. A third marinade had oregano, garlic, basil, onion and parsley. These marinades are all available in grocery stores. These are the one that are packaged as powders. There are different brands.

Consumers can also add the herb/spices directly to the product, such as ground beef.

You can treat steaks 1 hour before grilling with commercial marinades containing natural antioxidants such as rosemary, thyme, chives, oregano, and onion to inhibit HCA development.

Other ways to help prevent charred food is to trim the visible fat from meat before grilling.



How to Marinate

1. Marinate in the refrigerator. NEVER at room temperature.
2. Marinate in a food-safe plastic bag or glass utility dish.
3. Turn meat occasionally during marinating so that all sides are equally exposed to marinade.
4. Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of beef



Marinade Food Safety

- If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding the beef.
- Marinade that has been in contact with uncooked meat must be brought to a full rolling boil before it can be used for basting or as a sauce.



Beef Cuts that Require Marinade for Tenderization

Chuck	Chuck Steak Shoulder Steak
Round	Top Round Steak Bottom Round Steak (Western Griller) Eye Round Steak Sirloin Tip Side Steak
Plate and Flank	Skirt Steak Flank Steak



Rubs

Rubs are seasoning blends applied to the surface of roasts, steaks and ground beef patties before cooking. Rubs add flavor to beef but do not tenderize. They can also help seal in juices and form a delicious crust.

- Dry rubs consist of herbs, spices and other dry seasonings. Paste-type rubs contain small amounts of wet ingredients, such as oil, crushed garlic and mustard.
- To make a paste, you combine dry seasonings with oil. You can use your favorite oil that's infused with garlic, red pepper or lemon, or any other oil of your choice.
- You can also add small amounts of finely chopped garlic or onion, or seasonings such as mustard, soy sauce or horseradish that will help bind the mixture. The goal is to maintain a consistency that can be spread thickly on your beef.
- Rubs can be applied just before cooking or in advance and refrigerated for several hours for a more pronounced flavor.



Beef Cuts and Recommended Cooking Methods

The beef animal is made up of two types of muscles: suspension and locomotion. Suspension muscles are not used greatly in movement and have less connective tissue than locomotion muscles. Locomotion muscles are used for movement and have more connective tissue.

Generally, the most tender meat is from muscles which are not used greatly in movement and which have smaller amounts of connective tissues.

The beef carcass is divided into eight primal (wholesale cuts). Each primal then has several beef cuts.

- **Rib**
- **Chuck**
- **Brisket and Shank**
- **Loin**
- **Sirloin**
- **Round**
- **Flank and Plate**
- **Other**

The rib and loin primal are made up of suspension muscles found along the middle of the animal's back and are considered tender cuts. The locomotion muscles are found in the remaining primal which are usually less tender (example: chuck, flank, brisket, etc.).

There are recent innovations in the beef industry resulting in new cuts, like the Flat Iron Steak, from the chuck and the round primal, traditionally considered to be less tender, contain muscles which can provide lean, tender steaks and roasts.

As a general rule: look for the primal name, rib or loin, on the package label to ensure tenderness.

Dry and Moist Cooking Methods

Tender cuts from the rib and loin are best cooked by dry heat methods. Less tender cuts from the round, chuck, brisket and shank require moist heat methods.

The longer cooking time at lower temperature with moisture helps soften connective tissue in less tender cuts.

Marinating less tender cuts may allow them to be cooked with dry heat methods.

Dry Heat Methods for Tender Cuts

- Roasting
- Broiling
- Pan-Broiling
- Pan-Frying/Stir-Frying
- Grilling

Moist Heat Methods for Less Tender Cuts

- Braising
- Cooking in Liquid
- Cooking in a Pressure Pan



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Cooking Methods for Different Beef Cuts

BEEF CUTS	PAN-BROILED/ PAN-FRY	STIR-FRY	GRILL	BROIL	ROAST	BRAISE	COOK IN LIQUID
CHUCK							
Chuck 7-Bone Steak							
Chuck Mock Tender Steak			1	1		x	x
Chuck Arm Steak						x	x
Chuck Eye Steak, Boneless	x		x	x		x	x
Shoulder Top Blade Steak, Boneless	x		x	x		x	x
Shoulder Top Blade Steak (Flat Iron)	x	x	x	x			
Shoulder Steak, Boneless	1		1	1		x	x
Shoulder Center Steak (Ranch)	x	x	x	x			
Shoulder Petite Tender Medallions	x						
Short Ribs						x	x
Chuck Pot Roast (arm, blade, shoulder)						x	x
Shoulder Tender Petite Roast		x	x	x	x		
RIB							
Rib Steak, Ribeye Steak	x	x	x	x			
Rib Roast, Ribeye Roast			x		x		
LOIN							
Porterhouse/T-Bone Steak	x		x	x			
Top Loin (Strip) Steak							
Tenderloin Steak	x	x	x	x			
Top Loin Roast, Tenderloin Roast			x		x		
SIRLOIN							
Sirloin Steak, Tri-Tip Steak							
Top Sirloin Steak, Boneless	x	x	x	x			
Tri-Top Roast			x		x		
ROUND							
Top Round Steak	1	x	1	1			
Bottom Round Steak (Western Griller)	1		1	1			
Eye Round Steak	1	x	1			x	
Round Tip Steak, Thin Cut	x	x					
Sirloin Tip Center Steak	x	x	x	x			
Sirloin Tip Side Steak	1	x	1	1			
Eye Round, Bottom Round, Rump Roast						x	x
Top Round Roast							
Round Tip Roast						x	
SHANK & BRISKET							
Brisket, Fresh or Corned						x	x
Shank Cross Cuts						x	x
PLANK & FLANK							
Skirt Steak	1	x	1	1		x	
Flank Steak		x	1	1		x	
OTHER CUTS							
Ground Beef	x		x	x	x		
Cubed Steak	x					x	
Beef for Stew							x
Beef for Kabobs			x	x			

** -1- Requires marinating for tenderization

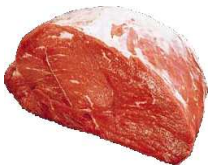


Steaks

Most tender steaks come from the center (rib and loin sections) of the animal and are usually cooked by dry-heat methods. You can find tender steaks at different price points.

Premium steaks, such as strip (top loin) T-Bone, Porterhouse, rib and tenderloin, usually have a higher price per pound, but you can also find tender steaks that are a good choice for family meals such as ranch (shoulder center), top sirloin, flat iron (shoulder top blade), chuck eye and round tip.

Less tender steaks are from the more exercised fore-and hindquarters of the animal and benefit most from moist-heat cooking. These cuts include full-cut round, eye round and bottom round, chuck shoulder, chuck 7-bone, chuck arm and chuck blade; flank and skirt. Some of these less tender cuts, including top round steak, may be cooked with dry heat after tenderizing in a marinade.



Oven Roasts

A roast is a cut of beef, thicker than two inches, that is suitable for cooking by dry heat on a rack in a shallow open pan in the oven or in a covered grill (indirect heat).

Premium roasts, including rib, ribeye, top loin and tenderloin are typically more costly, but ideal for holiday entertaining and other special occasions. Plan to order the type and size of roast you'd like ahead of time to ensure you get your first choice.

For everyday family meals, casual gatherings, and for the health-conscious, the round bottom sirloin cuts are leaner and economical. Moderately priced roasts include tri-tip, round tip, rump, bottom round and eye round.

Consider a boneless roast for large parties or buffets as it will streamline carving and serving.



Pot Roasts

Pot roasts also come from the fore-and hindquarters of the carcass. These muscles are more heavily exercised and contain more connective tissue, making them less tender. Moist-heat cooking takes more time, but the results are worth waiting for. The beef becomes fork-tender and develops a savory depth of flavor unique to slow-cooked beef.

Pot roasts from the chuck have more fat, and thus more flavor, than those from the round, but many beef chuck and round cuts can be used interchangeable in pot roast recipes, requiring only slight adjustments in cooking times. Take advantage of this fact when the cut specified in a recipe is not available, when certain cuts are on special or to accommodate family preferences.



Beef Brisket

Beef brisket is a boneless cut from the breast section, the underside of the forequarter. Available as a fresh cut, it is best prepared by using braising or stewing techniques. Brisket is also processed into corned beef, a technique that brines the meat. Corned beef is also prepared using moist-heat cookery.

There are several cuts of brisket available, including whole brisket, point half/point cut brisket, flat half/flat cut and middle cut. The point half is sometimes also called thick cut. The flat half, often referred to as a first cut is less fatty and is often the most popular for making braised beef brisket. All the cuts have a layer of fat that can be trimmed, but adds to the flavor and tenderness of the final cooked dish.



Stir-Fry Beef

Your goal when stir-frying beef is to have uniform size pieces to ensure even cooking. You may save time by purchasing packages of pre-cut beef, but it may be more economical to slice your own. Almost any tender beef cut, such as sirloin, top sirloin, tri-tip, ribeye, top loin or tenderloin may be trimmed and cut into the appropriate size strips for use in beef stir-fry recipes. Even some less tender cuts, such as flank, top round and round tip steaks, are suitable for stir-frying. Remember this cook's tip, too: Place meat in freezer for 30 minutes and it will be easier to cut into thin strips.



Beef for Stew

One of comfort foods, beef stew practically cooks itself as it slowly simmers on the stove. Beef for stew is boneless, pre-cut cubes, typically from the chuck or round. The ideal size for uniform cooking is about 3/4 to 1 1/2 inch cubes.

If you prefer to cut your own cubes, any chuck or round cut-except top round - may be used. Trim the excess fat and cut into the appropriate size for your recipe.



Beef or Kabobs

Kabobs are great crowd pleasers, whether you grill them outdoors or broil them indoors. You can turn a party interactive, by having your guest prepare their own skewers with their choice of vegetables.

Beef for kabobs is usually cut into 1-1 1/2 inch boneless pieces from the sirloin or round. Cubes cut from the round will benefit from a tenderizing marinade. Look for packages that have the most uniform size pieces.

You can trim any tender cut into the appropriate size cubes, taking care to keep the piece size as uniform as possible. Top sirloin or tenderloin are especially good choices.

Determining Doneness

Product	Minimum Internal Temperature (F.)
Fresh Beef, Veal, Lamb	
Ground Meats	160
Whole cuts (roasts, steaks, etc.)	145
Fresh Pork (all cuts, including ground)	160
Poultry (chicken, turkey, duck)	165
Eggs	Yolk and white are firm
Egg dishes	160
Fin Fish	145



Using a Thermometer

Use an instant-read thermometer to verify cooking temperatures. Certain bacteria that may be present in food, such as E. Coli, are eliminated by cooking foods properly. Heat kills the E. coli bacteria.

Roasts

- Insert an ovenproof meat thermometer prior to roasting (into the thickest part of the roast, not resting in fat or touching bone) and leave in throughout the cooking process.
- Or, insert an instant-read thermometer toward the end of cooking time for about 15 seconds. Remove thermometer; continue cooking, if necessary.

Steaks

- For steaks (1/2 inch thick or thicker) insert an instant-read thermometer horizontally from the side, so that it penetrates the thickest part or the center of the steak, not touching bone or fat.
- Medium Rare: Internal temperature of 145 degrees.
- Medium: Internal temperature of 160 degrees.
- Well Done: Internal temperature of 170 degrees.

Since bacteria may be found on the outside of steaks and roasts, you will eliminate any bacteria that might be present by heating these to the internal temperatures listed above. Ground meat, however, must be cooked more thoroughly because harmful bacteria that might exist on the surface are mixed throughout the meat when it is ground.

Recent research done by Kansas State University found that color and texture indicators are not reliable to determine if meat is done. They found that a number of ground beef patties were turning brown well before they reached the safe internal temperature of 160 degrees. A consumer who believes a brown color always means a safe hamburger is taking a chance on foodborne illness.

Ground Beef

- Insert an instant-read thermometer into the center or thickest part of a meatloaf or meatball, or horizontally from the center for patties.
- Cook ground beef (patties, meatloaves, meatballs) to an internal temperature of 160 degrees (medium doneness), until not pink in center and juices show no pink color.
- Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160 degree internal temperature has been reached.
- Some ground beef may appear to have lost all pink color before it is fully cooked. If raw ground beef is somewhat brown already, it may look fully cooked before it reaches a safe temperature.
- Some lean ground beef may remain pink at temperatures well above the 160 degrees final cooking temperature recommended for consumers.



Frequently Asked Questions

Q. What is the difference between “hamburger” and “ground beef”?

A. Beef fat may be added to “hamburger” but not “ground beef”. A maximum of 30% fat is allowed in either hamburger or ground beef. Both hamburger and ground beef can have seasonings, but no water, phosphates, extenders, or binders added.

Q. From what cuts of beef are ground beef and hamburger made?

A. Generally, ground beef is made from the less tender and less popular cuts of beef. Trimmings from more tender cuts also may be used. Grinding tenderizes the meat and the fat reduces its dryness and improves flavor.

Q. What is the safe food handling label on ground beef packages?

A. A safe food handling label should be on all raw or partially precooked meat and poultry packages. The label tells the consumer how to safely store, prepare, and handle raw meat and poultry products in the home.

Q. What is the Country of Origin label on ground beef packages?

A. The Country of Origin Label (COOL) is a law requiring that package labels of certain foods bear the names of country or countries where the food came from.

Q. What kind of bacteria can be in ground beef? Are they dangerous?

A. Bacteria are everywhere in our environment. Any food of animal origin can harbor bacteria. Pathogenic bacteria, such as Salmonella, Escherichia coli O157:H7, Campylobacter jejuni, Listeria monocytogenes, and Staphylococcus aureus, cause illness. These harmful bacteria can not be seen or smelled.

When meat is ground, more of the meat is exposed to the harmful bacteria. Bacteria multiply rapidly in the “Danger Zone” - temperatures between 40 and 140 degrees F. To keep bacterial levels low, store ground beef at 40 degrees F or less and use within 2 days, or freeze. To destroy harmful bacteria, cook ground beef to a safe minimum internal temperature of 160 degrees F.

Other bacteria cause spoilage. Spoilage bacteria are generally not harmful, but they will cause food to deteriorate or lose quality by developing a bad odor or felling sticky on the outside.

Q. Why is the E. Coli 0157:H7 bacterium of special concern in ground beef?

A. E. coli O157:H7 can colonize in the intestines of animals, which could contaminate muscle meat at slaughter.

O157:H7 is a strain of E. Coli that produces large quantities of a potent toxin than forms in the intestine and causes severe damage to the lining of the intestine.

E. coli O157:H7 bacteria survive refrigerator and freezer temperatures. Once they get in food, they can multiply very slowly at temperatures as low as 44 degrees. Most scientist believe it takes only a small amount of this strain of E. coli to cause serious illness and even death, especially in children. **The bacteria are killed by thorough cooking to an internal temperature of 160 degrees.**

Illnesses caused by E.coli O157:H7 have been linked with the consumption of undercooked ground beef. Raw milk, apple cider, dry cured sausage, fresh spinach, and undercooked roast beef have also been implicated.

Q. Is it dangerous to eat raw or undercooked ground beef?

A. Yes, raw and undercooked meat may contain harmful bacteria. USDA recommends not eating or tasting raw or undercooked ground beef. To be sure all bacteria are destroyed, cook meat loaf, meatballs, and hamburgers and other dishes containing ground beef to a safe minimum internal temperature of 160 degrees. Use a food thermometer to check that they have reached a safe internal temperature.

Q. Why is pre-packaged ground beef red on the outside and sometimes dull-grayish brown inside?

A. Oxygen from the air reacts with meat pigments to form a bright red color which is usually seen on the surface of meat purchased in the supermarket. The pigment responsible for the red color in meat is oxymyoglobin, a substance found in all warm-blooded animals. Fresh cut meat is purplish in color. The interior of the meat may be grayish brown due to lack of oxygen; however, if all the meat in the package has turned gray or brown, it may be beginning to spoil.

Q. Why does ground beef release a lot of “juice” while cooking?

A. In making ground beef, some retail stores grind the meat while it is still frozen. Ice crystals in the frozen meat break down the cell walls, permitting the release of meat juices during cooking. The same thing happens after ground meat is frozen at home.

Q. What causes ground beef patties to shrink while cooking?

A. All meat will shrink in size and weight during cooking. The amount of shrinkage will depend on its fat and moisture content, the temperature at which the meat is cooked, and how long it is cooked. Basically the higher the cooking temperature, the greater the shrinkage. Cooking ground beef at moderate temperatures will reduce shrinkage and help retain juices and flavor. Overcooking draws out more fat and juices from ground beef, resulting in a dry, less tasty product.

Q. Can cooked ground beef still be pink inside?

A. Yes, ground beef can be pink inside after it is safely cooked. The pink color can be due to a reaction between the oven heat and myoglobin, which causes a red or pink color. It can also occur when vegetables containing nitrites are cooked along with the meat. Because doneness and safety cannot be judged by color, it is very important to use a food thermometer when cooking ground beef. To be sure all harmful bacteria are destroyed, cook all ground beef products to an internal temperature of 160 degrees f. throughout.



Asparagus Beef Bundles

1	pound	medium rare deli roast beef, thinly sliced	1 1/2	Tbsp.	horseradish
25		thin asparagus spears, cut into 3-inch lengths	1	Tbsp.	parsley, finely chopped
3/4	cup	cream cheese	1	Tbsp.	chives, finely chopped

- 1 Drop asparagus spears into boiling water for 2 minutes. Do not overcook. Cool in ice water bath.
- 2 Combine cream cheese, parsley, chives and horseradish.
- 3 Lay thinly sliced beef on waxed paper. Spread each slice with cream cheese mixture. Place one asparagus spear on each slice so tip is exposed.
- 4 Roll each slice and tie with chive sprig. Cover and chill before serving.

Servings: 25

Cooking Times

Preparation Time: 20 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 47 calories, 3g total fat, 16mg cholesterol, 174mg sodium, 1g carbohydrates, <1g fiber, 4g protein.

Tips

These appetizers can be prepared the day before and refrigerated until ready to serve. Use 1/3 less fat cream cheese to save additional fat and calories. Try one of the flavored type of roast beef, like Cajun style, peppered, salsa or mesquite.

Source

Source: Texas Beef Council

Beef & Cheese Pinwheels

12	ounces	thinly sliced deli roast beef	2	cups	spinach leaves (about 20 leaves)
1	package	(4 ounces) herb flavored cream cheese	1	jar	(7 ounces) roasted red peppers, rinsed and drained
4	large	flour tortillas (about 10 inches)			

- 1 Spread cheese evenly over one side of each tortilla.
- 2 Place deli roast beef over cheese leaving 1/2 inch border around edges.
- 3 Place spinach leaves over beef.
- 4 Arrange peppers down center, over spinach.
- 5 Roll up tightly and wrap in plastic wrap. Refrigerate at least 30 minutes to overnight before serving.
- 6 To serve, cut each roll crosswise into 8 slices. Arrange cut side up on serving platter.

Nutrition Facts

Nutrition (per serving): 348 calories, 12g total fat, 60mg cholesterol, 1458mg sodium, 36g carbohydrates, 3g fiber, 18g protein.

Tips

Red peppers must be rinsed and dried to prevent soggy tortillas. Be sure to wrap tightly to prevent tortilla from drying out. Slice as close to serving time as possible - cover with plastic wrap.

Try flavored deli meat (such as Cajun roast beef) or flavored cream cheese to spice things up!

Source

Source: Texas Beef Council

Beef Con Queso

- 1 pound boneless beef sirloin steak, cut into 3/8 inch cubes or 1 lb. ground beef, cooked and drained or 12 oz. fully cooked shredded beef, or 1 fully cooked beef pot roast, gravy removed, shredded
- 1 cup milk
- 2 lbs Velveeta cheese spread, cubed or shredded
- 1 cup salsa
- 1 can Rotel diced tomatoes and green chilies

- 1 Brown beef cubes in skillet over medium-high heat until no longer pink. Or heat fully cooked beef according to package directions.
- 2 In a large microwave safe bowl, combine salsa, Rotel, milk and cheese. Heat on HIGH 1-2 minutes, stir and repeat until cheese is melted.
- 3 Add beef to cheese mixture.
- 4 Serve piping hot in a small crock.

Yield: 8 to 16

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 232 calories, 13g total fat, 66mg cholesterol, 874mg sodium, 6g carbohydrates, <1g fiber, 18g protein.

Tips

Serve with tortilla chips or crusty bread.

Source

Source: Texas Beef Council

Nacho Beef Dip

- 1 pound 95% lean ground beef
- 2 green onions
- 1 jar (15 to 15 1/2 oz.) prepared cheese dip
- 1/4 cup sliced ripe olives, optional
- 1/2 cup prepared mild or medium chunky salsa
- blue, yellow and/or white corn tortilla chips
- 1/2 small red bell pepper

- 1 Brown ground beef in large nonstick skillet over medium heat 8-10 minutes, or until beef is no longer pink, breaking up into small crumbles.
- 2 Remove beef from skillet with slotted spoon and place in 9-inch microwave-safe round baking dish. Add cheese dip and salsa. Microwave, uncovered, on HIGH for 2 minutes.
- 3 Using pot holders, stir beef mixture carefully. Continue to microwave, uncovered, on HIGH 1 to 4 minutes longer until heated through.
- 4 Meanwhile, cut bell pepper into 1/4 inch pieces. Cut green onions crosswise into thin slices.
- 5 Using pot holders, remove pie plate from microwave. Stir beef mixture carefully. Let stand 1 minute.
- 6 Sprinkle top of beef mixture with bell pepper, green onions and olives. Serve with tortilla chips for dipping.

Servings: 8

Cooking Times

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 185 calories, 9g total fat, 46mg cholesterol, 682mg sodium, 6g carbohydrates, 15g protein.

Source

Source: Texas Beef Council

The Mountain

1	pound	lean ground beef	1 1/2	cups	shredded Monterey Jack cheese
1	jar	(8 oz.) hot salsa or jalapeno relish, divided			Chopped tomatoes
1/4	tsp	salt			Sliced green onions
1/4	tsp	onion powder			Sliced black olives
1/4	tsp	garlic powder			Dairy sour cream
1/8	tsp	pepper			Guacamole
1	can	(16 oz) refried beans			Tortilla or corn chips
1 1/2	cups	shredded Cheddar cheese			

- 1 Crumble beef into 2 quart casserole. Stir in 1/2 cup salsa, salt, onion powder, garlic powder and pepper. Cover.
- 2 Microwave at HIGH for 4-6 minutes, or until beef is no longer pink, stirring once or twice to break apart. Drain.
- 3 Stir in remaining 1/2 cup salsa and beans. On 12 inch platter, mound mixture into rounded shape, about 9 inches.
- 4 Mix cheeses together. Sprinkle over meat and bean mixture, covering completely.
- 5 Microwave at 50% (Medium) for 7-10 minutes, or until cheese melts, rotating platter after every 2 minutes.
- 6 Sprinkle tomatoes, onions and olives in center of cheese. Alternate dollops of sour cream and guacamole around edge of platter. Serve with tortilla chips.

Nutrition Facts

Nutrition (per serving): 2518 calories, 1813 calories from fat, 201.3g total fat, 669mg cholesterol, 2856.1mg sodium, 1504.1mg potassium, 4.5g carbohydrates, <1g fiber, 2.1g sugar, 164.2g protein.

Couldn't Be Easier Brisket

3-4	pounds	boneless beef brisket	1	can	coke
1		bottle chili sauce	1	packet	dry onion soup mix

- 1 Preheat oven to 300°F.
- 2 Combine chili sauce, Coke and soup mix.
- 3 Place brisket in a foil-lined baking pan. Pour sauce mixture over brisket and cover with another sheet of foil sealing edges.
- 4 Bake at 300°F for 3 to 3 1/2 hours until tender.
- 5 Carve brisket against the grain and serve the pan juices as a sauce.

Oven Temperature: 300°F

Nutrition Facts

Nutrition (per serving): 311 calories, 17g total fat, 79mg cholesterol, 879mg sodium, 15g carbohydrates, <1g fiber, 23g protein.

Tips

Try using one of the commercially available "cookin bags" instead of foil.

Source

Source: Texas Beef Council

French Onion Beef Brisket Sandwich

Total prep & cook time - high: 6 1/4 to 7 1/4 hours. Total prep & cook time -low: 10 1/4 to 11 1/4 hours.

1	boneless beef brisket, flat cut (3-4 pounds)	1	package	dry onion soup mix
2	large sweet onions, cut into 1/4 inch thick pieces	1	large	clove garlic, minced
2	cups water	10		French rolls, split, toasted
1/2	cup reduced sodium or regular soy sauce	1	cup	shredded Swiss cheese

- 1 Place onions in 3 1/2 to 5 1/2 quart slow cooker. Top with beef brisket.
- 2 Combine water, soy sauce, soup mix and garlic; pour over brisket. Cover and cook on HIGH 6 to 7 hours, or on LOW 10 to 11 hours, or until beef is fork-tender. (No stirring is necessary during cooking.)
- 3 Remove brisket; keep cooking liquid warm. Carve brisket across the grain into thin slices. Place rolls on metal baking sheet; top evenly with beef. Sprinkle cheese evenly over beef. Place sandwiches under broiler so surface of cheese is 3 to 4 inches from heat. Broil 1 to 3 minutes or until cheese is melted.
- 4 For open-faced sandwiches, spoon cooking liquid over top, as desired. For closed sandwiches, serve cooking liquid in small bowls for dipping.

Nutrition Facts

Nutrition (per serving): 1919 calories, 632 calories from fat, 71.4g total fat, 229.4mg cholesterol, 2264.8mg sodium, 1165.7mg potassium, 159.7g carbohydrates, 9.7g fiber, 2.7g sugar, 150.5g protein.

Tips

After carving, beef slices can be returned to cooking liquid and kept warm over low heat until ready to serve, if desired.

Source

Source: Kansas Beef Council
Web Page: www.kansasbeef.org

My Favorite Beef Brisket

4 1/4 to 5	pound	boneless beef brisket, flat cut or boneless beef chuck shoulder pot roast.	1	can	(14 1/2 ounces) diced tomatoes, undrained
			2	ribs	celery with leaves, chopped
			1	Tbsp	fresh rosemary leaves
1		clove garlic, peeled, cut lengthwise in half	1	tsp	fresh thyme leaves
			1		bay leaf
2	Tbsp	vegetable oil	6 to 8	medium	carrots, diagonally sliced
2	tsp	salt	1/4	cup	chopped fresh parsley
1/2	tsp	pepper			
3	medium	onions, diced			
2	cups	dry red wine			

- 1 Heat oven to 325°F. Rub garlic halves, cut sides down, over surface of beef brisket; reserve garlic. Heat oil in large skillet over medium heat until hot. Place brisket in skillet; brown evenly. Remove brisket from skillet; season with salt and pepper. Pour off drippings.
- 2 Add reserved garlic and onions to large baking pan. Place brisket over onions. Stir in wine, tomatoes, celery, rosemary, thyme and bay leaf. Cover and cook in 325°F oven 3 hours, basting frequently with cooking liquid.
- 3 Add carrots and parsley to cooking liquid; continue cooking, uncovered, for 30 minutes or until brisket and carrots are tender.
- 4 Remove brisket; keep warm. Skim fat from cooking liquid; discard garlic and bay leaf. Carve brisket diagonally across the grain into thin slices; serve with some of the cooking liquid.

Cooking Times

Cooking Time: 4 hours

Oven Temperature: 325°F

Nutrition Facts

Nutrition (per serving): 818 calories, 258 calories from fat, 29.3g total fat, 0mg cholesterol, 4933mg sodium, 1903.4mg potassium, 51.3g carbohydrates, 11.9g fiber, 20.5g sugar, 4.7g protein.

Source

Web Page: www.beefitswhatsfordinner.com

Texas - Style Beef Brisket

6-8 lbs	boneless beef brisket	1/2 cup	onion, finely chopped
3/4 cup	onion, finely chopped	2 Tbsp.	butter
2 tsp	paprika	1 cup	ketchup
1/2 tsp	freshly ground black pepper	1 Tbsp.	brown sugar
1/2 cup	water	1/4 tsp	crushed red pepper
2 cups	prepared steak sauce		

- 1 Trim fat from brisket to 1/4 inch.
- 2 Combine 3/4 cup onion, paprika and black pepper. Rub mixture evenly over surface of brisket.
- 3 Place brisket, fat side up, in large disposable pan. Add 1/2 cup water. Cover pan tightly with aluminum foil. Place in center of grid over very low coals. (Single layer of coals with space in between each.)
- 4 Close cover on grill and cook 5 hours, turning brisket over every 1 1/2 hours. With a baster, remove fat as it accumulates in pan. Add additional 1/2 cup water to pan, as needed. Add briquets as needed to keep coals at a very low temperature.
- 5 Remove foil from pan. Remove brisket and place on grid directly over very low coals.
- 6 Remove and reserve 1 cup of the pan drippings. Mix remaining pan drippings with 1 cup of the prepared steak sauce. Brush mixture over brisket. Close grill cover and continue cooking 1 hour, brushing occasionally with sauce.
- 7 Meanwhile, cook 1/2 cup finely chopped onion in the butter until tender. Stir in remaining 1 cup steak sauce, reserved pan drippings, catsup, brown sugar and crushed red pepper. Simmer 10 minutes. Serve with the brisket.

Servings: 10

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 6 hours

Nutrition Facts

Nutrition (per serving): 58 calories, 22 calories from fat, 2.5g total fat, 6.1mg cholesterol, 269.4mg sodium, 134.7mg potassium, 9.6g carbohydrates, <1g fiber, 7.7g sugar, <1g protein.

Tips

If you prefer you may cook the brisket in the oven for 5 hours and 275°F and then finish on the grill.

Source

Source: Texas Beef Council

Texas Smoked Barbecue Brisket

1	beef brisket	1/4 cup	chili powder
1/4 cup	kosher salt	1/4 cup	freshly cracked black pepper
1/4 cup	sugar	2 Tbsp	cayenne pepper
1/2 cup	brown sugar	1/2 cup	paprika
1/4 cup	cumin		

- 1 In a large bowl, combine the salt, sugar, brown sugar, cumin, chili powder, black pepper, cayenne pepper and paprika and mix well. Rub brisket thoroughly with this mixture and set aside.
- 2 Build a fire in one half of a large grill. For best results, use an aromatic wood such as mesquite.
- 3 When fire is ready, place brisket on grill, making sure that it is not above any part of the fire. Close grill cover and open vent about 1/2 inch.
- 4 Feeding the fire periodically, cook for 8 to 10 hours or until the meat is very tender. The exterior of the meat should be very black.
- 5 Remove from the fire, trim off excess fat and carve against the grain into very thin slices.

Cooking Times

Preparation Time: 1 hour

Nutrition Facts

Nutrition (per serving): 1107 calories, 207 calories from fat, 24.6g total fat, 0mg cholesterol, 4742.4mg sodium, 3615.7mg potassium, 244.4g carbohydrates, 51.6g fiber, 170.4g sugar, 23.5g protein.

Tips

Serve with your favorite barbecue sauce.

Hickory wood may also be used.

Source

Source: Texas Beef Council

Cowboy Burgers

1	pound	lean ground beef	1/2	tsp.	salt
2-4		cloves garlic, minced	1/2	tsp	pepper
5-6		shakes Worcestershire sauce	1/4	cup	hot or hearty barbecue sauce
1/2	tsp	Cajun seasoning	4		Kaiser rolls or hamburger buns

- 1 In medium bowl, combine all ingredients mixing lightly but thoroughly.
- 2 Shape into 4 patties.
- 3 Place patties on grid over medium ash-covered coals. Grill uncovered 14-16 minutes or until internal temperature reaches 160°F, turning once.
- 4 Place burger patties on buns and serve.

Nutrition Facts

Nutrition (per serving): 335 calories, 8g total fat, 62mg cholesterol, 923mg sodium, 37g carbohydrates, 2.1g fiber, 28g protein.

Tips

Burgers should always be cooked to an internal temperature of 160°F using a meat thermometer. Use a gentle touch with ground beef. Over mixing or compacting will result in firm dense burgers when cooked.

Source

Source: Texas Beef Council

Mini-Burgers

- | | | | |
|-----------|--------------------------------|-----------|--------------------|
| 1 pound | ground beef | 1 package | dinner rolls |
| 1 package | dry onion soup mix | | various condiments |
| 1 cup | sharp cheddar cheese, shredded | | |

- 1 Mix 1 packet dry onion soup mix with ground beef. Stir in shredded cheese.
- 2 Make small patties, approximately 2 1/2 inches in diameter.

Cooking Times

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 368 calories, 15g total fat, 72mg cholesterol, 1447mg sodium, 30g carbohydrates, 1.7g fiber, 28g protein.

Source

Source: Texas Beef Council

Not Your Same Old Burger Ideas

**cooked hamburger patty *various types of breads, rolls *tomato, avocado, alfalfa sprouts, etc *jalapeno peppers, relishes, salsa *mozzarella cheese, cheddar cheese, Swiss cheese, etc. *herbs, spices, dressings*

- 1 Bruschetta Burger: Complement your burger with thickly sliced fresh tomatoes, chopped fresh basil and thick slices of mozzarella on toasted garlic French bread.
- 2 California Burger: Hamburger patty topped with grilled onions, sliced avocado and alfalfa sprouts served on walnut bread.
- 3 Chipotle Burger: Mix 2 Tbsp. canned chipotle peppers mashed with a fork into a puree with 1/2 cup mayonnaise. Spread on toasted buns and top with burger patty and cheddar cheese.
- 4 Green Chile Olé Burger: spread a toasted onion roll with ranch style dressing, top with a burger patty, grilled onions, canned chopped green chilies, and pepper jack cheese.
- 5 Pepperoni Pizza Burger: Add sliced pepperoni, Mozzarella cheese and pizza sauce to a hamburger patty. Serve on a toasted French roll.
- 6 Rueben Burger: Place burger patty along with sauerkraut and Swiss cheese on marble rye bread that has been spread with Thousand Island dressing. Butter outside of sandwich and grill in a skillet until bread is toasted and cheese is melted.
- 7 Tex-Mex Bean Burger: Spread toasted bun with refried beans. Add a layer of crushed corn tortilla chips. Top with hamburger patty, a slice of cheddar cheese and salsa.

Source

Source: Texas Beef Council

Sweet Hawaiian Mini Burgers

1	pound	95% lean ground beef			Sauce
4	Tbsp	Worcestershire sauce	1/4	cup	barbecue sauce
4		canned pineapple slices	1/4	cup	pineapple preserves
12		Hawaiian sweet or small whole-wheat dinner rolls, split lettuce	1	Tbsp	packed brown sugar

- 1 Combine ground beef and Worcestershire sauce in medium bowl, mixing lightly but thoroughly. Shape into twelve 1/2 inch thick mini patties. Set aside.
- 2 Combine sauce ingredients in small saucepan; bring to a boil over medium heat, stirring frequently. Remove from heat.
- 3 Place pineapple slices on rack in broiler; brush with sauce. Place pan in oven so surface of pineapple is 3 to 4 inches from heat. Broil 4 minutes, turning once and brushing with sauce. Remove pineapple; keep warm.
- 4 Place patties on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 7 to 8 minutes to medium (160°F) doneness, until beef is not pink in center and juice show no pink color, turning once and brushing burgers with remaining sauce after turning.
- 5 Cut each pineapple slice into thirds. Line bottom of each roll with lettuce; top with burger, then with a pineapple piece. Close sandwiches.

Nutrition Facts

Nutrition (per serving): 582 calories, 13g total fat, 81g carbohydrates, 33g protein.

Source

Source: Texas Beef Council

Apricot Beef Stir-Fry

1	tsp	cornstarch	1/4	tsp	crushed red pepper flakes
1/4	cup	cold water	1	pound	beef top sirloin steak, thinly sliced
1/2	cup	apricot preserves	1	tablespoon	canola oil
2	tablespoons	soy sauce	1	package	(16 ounces) frozen asparagus stir-fry vegetable blend
1/2	tsp	minced garlic			Hot cooked rice
1/4	tsp	salt			

- 1 In a small bowl, whisk cornstarch and cold water until smooth. Stir in the apricot preserves, soy sauce, garlic, salt and pepper flakes; set aside.
- 2 In a large skillet or wok, stir-fry beef in oil until no longer pink; remove and keep warm. In the same pan, stir-fry vegetable blend according to package directions. Return beef to the pan. Stir apricot mixture and add to beef mixture. Cook and stir until slightly thickened. Serve with rice.

Servings: 4

Cooking Times

Total Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 309 calories, 10g total fat, 63mg cholesterol, 531mg sodium, 34g carbohydrates, 3g fiber, 23g protein.

Beef and Asparagus Pasta Toss

1 pound	ground chuck	1/4 cup	minced shallots (about 2 large)
2 cups	uncooked bow tie pasta	2-3	garlic clove, minced
1 pound	fresh asparagus, cut into 1-inch pieces		salt and pepper
2 Tbsp.	olive oil		

- 1 Cook pasta in salted water 10 minutes or until almost tender. Add asparagus; continue cooking 3 to 4 minutes or until pasta and asparagus are tender. Drain well.
- 2 Meanwhile brown ground beef in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4 inch crumbles. Remove from skillet with slotted spoon; pour off drippings.
- 3 Heat oil in same skillet over medium heat until hot. Add shallots and garlic; cook 3 to 4 minutes or until tender, stirring frequently. Remove from heat. Add beef; toss to mix. Season with salt and pepper, as desired.
- 4 Combine beef mixture with pasta and asparagus in large bowl; toss well.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 657 calories, 28g total fat, 71mg cholesterol, 269mg sodium, 67g carbohydrates, 34g protein.

Source

Source: Texas Beef Council

Beef and Green Chile Enchiladas

1 pound	lean (at least 80%) ground beef	8 oz	(2 cups) shredded Colby-Monterey Jack Cheese
1/2 cup	chopped onion (1 medium)		
1 cup	frozen corn	1 (10 oz)	can enchilada sauce
1/2 cup	sour cream	6 (8 inch)	flour tortillas
1 (4.5 oz)	can chopped green chiles		Shredded lettuce, chopped tomatoes and additional sour cream, if desired

- 1 Heat oven to 350°F. In 10-inch nonstick skillet, cook ground beef and onion over medium-high heat until beef is thoroughly cooked, stirring frequently. Drain. Add corn; cook and stir about 3 minutes or until corn is thawed. Stir in sour cream, green chiles and 1 cup of the cheese.
- 2 Spread about 1/4 cup of the enchilada sauce in 13 x9 inch (3-quart) glass baking dish. Spread about 2 teaspoons enchilada sauce on each tortilla. Top each with 2/3 cup beef mixture. Roll up tortillas; place seam side down over enchilada sauce in baking dish.
- 3 Drizzle remaining enchilada sauce evenly over filled tortillas. Sprinkle with remaining 1 cup cheese. Spray sheet of foil with cooking spray; place sprayed side down on baking dish and seal tightly.
- 4 Bake at 350°F. for about 45 to 50 minutes or until thoroughly heated. Serve garnished with lettuce, tomato and additional sour cream.

Servings: 5

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 1 hour and 5 minutes

Nutrition Facts

Nutrition (per serving): 505 calories, 27g total fat, 95mg cholesterol, 760mg sodium, 35g carbohydrates, 3g fiber, 5g sugar, 30g protein.

Source

Source: Pillsbury

Beef King Ranch Casserole

5 1/2	cups	shredded beef or fully cooked brisket (shredded) or fully cooked shredded beef	1	tsp	cumin
			1	tsp	garlic powder
2	Tbsp.	vegetable oil	12	ounces	canned evaporated milk
1	cup	onion chopped	1	can	Rotel diced tomatoes and green chilies
1/2	cup	red bell pepper, chopped	1	can	condensed beef broth
1/2	cup	green bell pepper, chopped	8	ounces	grated cheddar or Mexican blend cheese
2	Tbsp.	fresh jalapeno, chopped	12		corn tortillas
1	tsp	salt			
1	tsp	pepper			

- 1 Add oil to large heated skillet and sauté onion, peppers and jalapeno.
- 2 Mix in all spices and cook until onion is translucent.
- 3 Add milk, tomatoes and broth. Bring to a simmer.
- 4 Remove from heat. Stir in beef and cheese.
- 5 Cut tortillas into quarters and placed half into a greased 2 1/2 quart casserole dish. Top with half of the beef mixture. Repeat layers, ending with beef mixture.
- 6 Bake at 350°F for 30 minutes.

Yield: Serves 6-8

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 405 calories, 18.5g total fat, 57mg cholesterol, 1176mg sodium, 42g carbohydrates, 2g fiber, 19g protein.

Source

Source: Texas Beef Council

Chuckwagon Beef and Pasta Skillet

1	pound	lean ground beef	1 1/2	cups	uncooked wagon wheel pasta or rotini pasta
1	small	green bell pepper, chopped	1	cup	prepared hickory-flavored barbecue sauce
1/2	cup	chopped onion	1/4	cup	water
1	can	(13 3/4 to 14 1/2 oz) ready-to-serve beef broth	1/2	cup	(2 oz.) finely shredded Cheddar or Colby Cheese

- 1 Brown ground beef with bell pepper and onion in large nonstick skillet over medium heat 6 minutes, or until beef is not pink, breaking up into 3/4 inch crumbles. Drain well.
- 2 Stir in broth, pasta, barbecue sauce and water; bring to a boil. Reduce heat to medium-low; cover and simmer 10 to 15 minutes or until pasta is almost tender. Uncover and continue cooking 5 to 7 minutes, or until pasta is tender and sauce is thickened, stirring occasionally.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Nutrition Facts

Nutrition (per serving): 435 calories, 20g total fat, 88mg cholesterol, 1248mg sodium, 32g carbohydrates, 1.6g fiber, 31g protein.

Tips

There are several fun pasta shapes available at your local grocer.

Especially for kids - ask mom or dad to cook an extra pound of lean ground beef ahead of time. After drippings are poured off, separate the ground beef into four plastic baggies and keep in the freezer. These can be taken out of the freezer, reheated in the microwave, and used in this recipe for a short cut. Especially for the kids - have mom or dad chop the onion and green bell pepper. Or substitute 1 teaspoon of onion powder for the chopped onion.

Source

Source: Texas Beef Council

Cool-Kitchen Meat Loaf

1	cup	soft bread crumbs			Sauce
1	medium	onion, chopped	1/2	cup	ketchup
1/2	cup	tomato sauce	3	tablespoons	brown sugar
1		egg	3	tablespoons	Worcestershire sauce
1 1/2	tsp	salt	2	tablespoons	white vinegar
1/4	tsp	pepper	2	tablespoons	prepared mustard
1 1/2	pounds	lean ground beef			

- 1 In a large bowl, combine the first six ingredients. Crumble beef over mixture and mix well. Shape into two loaves; place each loaf in a disposable 8 x 4 in loaf pan. Cover with foil
- 2 Prepare grill for indirect heat. Grill, covered, over medium heat for 30 minutes or until the meat is no longer pink and a meat thermometer reads 160°.
- 3 Meanwhile, in a small saucepan, combine sauce ingredients. Cook and stir over low heat until sugar is dissolved. Spoon over meat loaves before serving.

Servings: 6

Cooking Times

Preparation Time: 10 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 276 calories, 10g total fat, 105mg cholesterol, 1163mg sodium, 21g carbohydrates, 1g fiber, 24g protein.

Source

Source: Taste of Home

Easy Layered beef Enchiladas

1	pound	lean ground beef	1/8	tsp	pepper
3/4	cup	chopped onions	2		(10 oz.) cans enchilada sauce
2		garlic cloves, minced	8		(6 inch) corn tortillas
1		(4.5 oz) chopped green chiles	4	oz	(1 cup) shredded Mexican cheese blend
1/2	tsp	salt			Sour cream, if desired

- 1 Heat oven to 375°F. In large nonstick skillet, cook ground beef, onions and garlic until beef is thoroughly cooked, stirring frequently. Drain. Add green chiles, salt and pepper; mix well. Remove from heat.
- 2 Pour 1 can of the enchilada sauce in bottom of ungreased 13 x9 inch (3-quart) glass baking dish. Arrange 4 tortillas in dish, overlapping slightly. Spoon beef mixture evenly over tortillas; top with remaining 4 tortillas. Pour remaining can of enchilada sauce over top. Sprinkle with cheese.
- 3 Bake at 375°F for 20 to 25 minutes or until thoroughly heated. Serve with sour cream.

Servings: 6

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 360 calories, 20g total fat, 70mg cholesterol, 900mg sodium, 27g carbohydrates, 4g fiber, 6g sugar, 22g protein.

Source

Source: Pillsbury

Impossibly Easy Taco Pie

1	pound	lean ground beef	2		eggs
1	medium	onion, chopped (1/2 cup)	1/2	cup	biscuit mix
1	package	(1 ounce) taco seasoning mix	3/4	cup	Shredded Monterey Jack or Cheddar Cheese (3 ounces)
1	can	(4.5 oz) chopped green chiles, drained			salsa (any variety)
1	cup	milk			Sour cream, if desired

- 1 Heat oven to 400°F. Grease 9-inch pie plate. Cook ground beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is brown; drain. Stir in seasoning mix (dry). Spoon into pie plate; top with chilies.
- 2 Stir milk, eggs and Bisquick mix until blended. Pour into pie plate.
- 3 Bake about 25 minutes or until knife inserted in center comes out clean. Sprinkle with cheese. Bake 8 to 10 minutes longer. Cool 5 minutes. Serve with salsa and sour cream.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Total Time: 55 minutes

Nutrition Facts

Nutrition (per serving): 305 calories, 19g total fat, 130mg cholesterol, 630mg sodium, 13g carbohydrates, 1g fiber, 22g protein.

Tips

Serve this dish with fresh pineapple chunks, vegetable sticks and tall glasses of lemonade for a refreshing meal.

Top it like a taco! Pile slices of this zesty pie high with shredded lettuce, chopped tomatoes, sliced green onions and sour cream.

For a zippier flavor, chop a jalapeño chili and use it instead of the green chilies.

Source

Source: Betty Crocker

No-Fuss Beef Lasagna

1	pound	lean ground beef or 12 ounces fully cooked ground beef	1	carton	(15 ounces) part-skim ricotta cheese
			1/4	cup	grated parmesan cheese
1/4	tsp	salt	1	egg	beaten
1	jar	(26 to 30 ounces) prepared spaghetti sauce	10		uncooked, lasagna noodles
1	can	(14 1/2 ounces) Italian-style diced tomatoes, undrained	1 1/2	cups	shredded part-skim mozzarella cheese
1/2	tsp	ground red pepper			

- 1 Preheat oven to 375°F
- 2 In large nonstick skillet, brown ground beef over medium heat 8-10 minutes or until no longer pink. Pour off drippings. Season beef with salt, stir in spaghetti sauce, tomatoes, red pepper, set aside.
- 3 If using fully cooked ground beef, stir beef into sauce, add tomatoes and red pepper and set aside.
- 4 Meanwhile in medium bowl, combine ricotta cheese, Parmesan cheese and egg.
- 5 Spread 2 cups of the beef and sauce mixture in a 13 x 9 inch baking dish. Arrange 4 lasagna noodles lengthwise in a single layer. Place a 5th noodle across the end of the baking dish, breaking noodle to fit dish. Press noodles into sauce.
- 6 Spread entire ricotta cheese mixture over noodles. Sprinkle with 1 cup mozzarella cheese and top with 1 1/2 cups beef sauce. Arrange remaining noodles in a single layer and press lightly into sauce. Top with remaining beef sauce.
- 7 Bake 45 minutes or until noodles are tender.
- 8 Sprinkle remaining mozzarella cheese on top and tent lightly with aluminum foil. Let stand 15 minutes. Cut into 12 (3x3 inch) squares.

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 45 minutes

Nutrition Facts

Nutrition (per serving): 289 calories, 12g total fat, 53mg cholesterol, 607mg sodium, 21g carbohydrates, 1.4g fiber, 23g protein.

Tips

You can substitute shredded cooked beef for the ground beef in this recipe.

Source

Source: Texas Beef Council

Skillet Lasagna

1	pound	lean ground beef	1/4	tsp	Italian seasoning
1	small	onion, chopped (1/4 cup)	1	jar	(14 ounces) tomato pasta sauce (any variety) or Marinara sauce
1	small	green bell pepper -- chopped (1/2 cup)	1	jar	(4.5 ounces) sliced mushrooms, drained
1 1/2	cups	uncooked mafalda (mini-lasagna noodle) pasta (3 ounces)	1/3	cup	shredded mozzarella cheese, if desired
1 1/4	cups	water			

- 1 Cook beef, onion and bell pepper in Dutch oven over medium-high heat about 6 minutes, stirring occasionally, until beef is brown; drain.
- 2 Stir in remaining ingredients except cheese. Heat to boiling. Stirring occasionally; reduce heat to low. Simmer uncovered 10 to 12 minutes or until pasta is tender. Sprinkle with cheese.

Servings: 4

Cooking Times

Preparation Time: 10 minutes

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 430 calories, 20g total fat, 65mg cholesterol, 780mg sodium, 41g carbohydrates, 4g fiber, 26g protein.

Tips

Break up lasagna noodles or use pieces that are already broken instead of the mafalda pasta in this savory weeknight favorite.

If you're out of mozzarella but still want a cheesy experience, you can use shredded Parmesan, Asiago or Monterey Jack cheese instead.

Source

Source: Betty Crocker

Sloppy Joe Casserole

1	pound	lean (at least 80%) ground beef	1	pouch	(6.5 oz) golden corn muffin and bread mix
1	medium	onion, chopped (1/2 cup)	1/3	cup	milk
1	can (15 oz)	tomato sauce	2	tablespoons	vegetable oil
1	tablespoon	packed brown sugar	1		egg
2	tsp	Worcestershire sauce	1	cup	shredded Cheddar cheese, (4 ounces)
1	tsp	yellow mustard			

- 1 Heat oven to 350°F. in 10-inch nonstick skillet, cook beef and onion over medium-high heat 5 to 7 minutes, stirring frequently, until brown; drain. Stir in tomato sauce, brown sugar, Worcestershire sauce and mustard. Cook 2-3 minutes, stirring frequently, until boiling; keep warm.
- 2 In small bowl, stir corn bread mix, milk, oil and egg just until moistened (batter will be lumpy).
- 3 Spoon hot beef mixture into 8-inch square (2-quart) glass baking dish. Sprinkle with 3/4 cup of the cheese. Spoon corn bread batter evenly over top.
- 4 Bake 25- 35 minutes or until toothpick inserted in center of topping comes out clean. Sprinkle remaining 1/4 cup cheese over hot casserole.

Servings: 6

Cooking Times

Preparation Time: 25 minutes

Total Time: 1 hour

Nutrition Facts

Nutrition (per serving): 430 calories, 21g total fat, 105mg cholesterol, 1070mg sodium, 38g carbohydrates, 4g fiber, 16g sugar, 23g protein.

Tips

Make sure the Sloppy Joe mixture is piping hot when you spoon the batter on top, so that the corn bread bakes all the way through.

Deli potato salad or chips with carrot and celery sticks are perfect partners with this Sloppy Joe taste-alike casserole.

Source

Source: Betty Crocker

Sweet & Spicy Chinese Meatballs on Brown Rice

1 package (18 oz.) frozen fully-cooked beef meatballs	1 1/2 cups prepared medium picante sauce
2 cups uncooked instant long grain brown rice	1 cup sugar free apricot preserves
1 can (20 oz.) pineapple chunks in juice	Sliced green onions

- 1 Microwave meatballs according to package directions.
- 2 Meanwhile, cook rice according to package directions.
- 3 Measure 1/2 cup juice from pineapple and place in large saucepan; reserve remaining juice for other use.
- 4 Stir in picante sauce and preserves; bring to a boil. Add meatballs and pineapple chunks. Reduce heat; simmer 10 minutes, stirring occasionally.
- 5 Serve over rice. Sprinkle with green onions.

Servings: 4

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Source

Source: Texas Beef Council

Taco Beef & Pasta

1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick	1 packet (1 1/4 oz.) taco seasoning mix
2 cups (6 oz.) uncooked spiral pasta	1 Tbsp chopped fresh cilantro
1 jar (16 oz.) prepared mild or medium chunky salsa	3 cloves garlic, crushed
1 can (15 -16 oz) black beans, drained and rinsed	1 Tbsp olive oil
1/2 cup water	

- 1 Cook pasta according to package directions.
- 2 Meanwhile, stack beef steaks; cut lengthwise in half and then crosswise into 1-inch wide strips. In medium bowl, combine beef and seasoning ingredients; toss to coat. Heat large nonstick skillet over medium-high heat until hot. Add beef (half at a time) and stir-fry 1 minute, or until outside surface is no longer pink. (Do not over cook.) Remove from skillet with slotted spoon.
- 3 In same skillet, combine pasta, salsa, beans and water; cook 4 to 5 minutes or until heated through, stirring occasionally. Return beef to skillet; stir to combine. garnish as desired.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 473 calories, 11g total fat, 69mg cholesterol, 876mg sodium, 55g carbohydrates, 36g protein.

Source

Source: Texas Beef Council

Barbecue Marinade

1/2	cup	chopped onion	1	Tbsp	prepared horseradish
1 1/2	Tbsp	light brown sugar (packed)	1	Tbsp	water
1	Tbsp	vegetable oil	1/4	tsp	coarse ground pepper

1 Cook onion and brown sugar in oil in small saucepan over medium heat until onion is tender for 3-5 minutes. Add remaining ingredients and continue cooking over medium heat 3 to 4 minutes, stirring occasionally.

2 Remove from heat; cool thoroughly before using as a marinade.

Nutrition Facts

Nutrition (per serving): 47 calories, 3g total fat, 0mg cholesterol, 11mg sodium, 6g carbohydrates, <1g fiber, <1g protein.

Tips

This recipe is great as a barbecue mop or sauce. Mop on steak or ribs just before removing from the grill. Also great as a barbecue sauce.

Source

Source: Texas Beef Council

Brisket Seasoning

1/2	cup	chili powder	1/4	cup	black pepper
1/2	cup	salt	1/4	cup	sugar
1/4	cup	granulated garlic	2	Tbsp.	dry mustard
1/4	cup	granulated onion	2		bay leaves

1 Combine together until evenly distributed.

2 Rub into surface of brisket until well coated. Smoke/grill as desired.

Nutrition Facts

Nutrition (per serving): 56 calories, 1.4g total fat, 0mg cholesterol, 4598mg sodium, 11g carbohydrates, 3g fiber, 2g protein.

Source

Source: Texas Beef Council

Chef Harry's Steak Spice Rub

8 Tbsp	paprika	1 Tbsp	granulated garlic
2 Tbsp	fine ground black pepper	1 tsp	cayenne pepper
1 Tbsp	cumin		salt to taste

Combine ingredients for a bold and unique blend of spices.

Nutrition Facts

Nutrition (per serving): 44 calories, 1.4g total fat, 0mg cholesterol, 6.2mg sodium, 8.4g carbohydrates, 4.5g fiber, 2.1g protein.

Source

Source: Texas Beef Council

Citrus Marinade

1/2 cup	orange juice	1	clove garlic -- crushed
1/4 cup	soy sauce	2	dashes ground cloves

Nutrition Facts

Nutrition (per serving): 94 calories, 3 calories from fat, <1g total fat, 0mg cholesterol, 2126.5mg sodium, 374.8mg potassium, 19.3g carbohydrates, <1g fiber, 11.5g sugar, 4.4g protein.

Source

Source: Kansas Beef Council
Web Page: www.kansasbeef.org

Lemony Oriental Marinade

1/4 cup	fresh lemon juice	1 1/2 Tbsp	vegetable oil
3 Tbsp	chopped green onion	3/4 tsp	grated fresh ginger
1 1/2 Tbsp	reduced-sodium soy sauce	1/4 tsp	crushed red pepper pods

Combine all ingredients, stirring until well blended.

Nutrition Facts

Nutrition (per serving): 222 calories, 186 calories from fat, 21.1g total fat, 0mg cholesterol, 903.7mg sodium, 182.2mg potassium, 9.2g carbohydrates, <1g fiber, 2.4g sugar, 2g protein.

Source

Source: Kansas Beef Council
Web Page: www.kansasbeef.org

Red Wine Marinade

1/3 cup	red wine vinegar	2	cloves garlic, minced
2 Tbsp	vegetable oil	3/4 tsp	dried Italian seasoning
1 Tbsp	dijon-style mustard	1/4 tsp	coarse ground black pepper

Combine all ingredients and mix well.

Nutrition Facts

Nutrition (per serving): 286 calories, 254 calories from fat, 28.8g total fat, 0mg cholesterol, 195.8mg sodium, 81.2mg potassium, 4g carbohydrates, <1g fiber, <1g sugar, 1.2g protein.

Source

Source: Kansas Beef Council
Web Page: www.kansasbeef.org

Savory Marinade

1/4 cup	steak sauce	2 Tbsp	brown sugar, packed
2 Tbsp	fresh lime juice	1/4 tsp	ground red pepper

Mix steak sauce, lime juice, brown sugar and red pepper to make marinade.

Cooking Times

Preparation Time: 5 minutes

Nutrition Facts

Nutrition (per serving): 45 calories, 0g total fat, 0mg cholesterol, 219mg sodium, 12g carbohydrates, <1g fiber, <1g protein.

Source

Source: Texas Beef Council

Spicy Dry Rub

6 Tbsp	dry mustard	1 Tbsp	garlic powder
3 Tbsp	dried oregano leaves	1 Tbsp	salt
2 Tbsp	chili powder		

Mix all ingredients together. Pat onto both sides of steak. Grill.

Nutrition Facts

Nutrition (per serving): 36 calories, 636mg sodium, 3g carbohydrates, 1.1g fiber, 2g protein.

Source

Source: Texas Beef Council

Teriyaki Marinade

1/2 cup	soy sauce	1/2 tsp	ground ginger
1 clove	Garlic, minced	2 Tbsp	Worcestershire sauce
2 Tbsp	brown sugar	1 Tbsp	lemon juice

Combine all ingredients and mix well.

Nutrition Facts

Nutrition (per serving): 208 calories, 1 calories from fat, <1g total fat, 0mg cholesterol, 4591.3mg sodium, 573.2mg potassium, 46.9g carbohydrates, 1.2g fiber, 32.7g sugar, 6.9g protein.

Source

Source: Kansas Beef Council
Web Page: www.kansasbeef.org

Texas Herb Rub

1 tsp	dried oregano leaves	1/2 tsp	onion powder
1 tsp	dried thyme leaves	1/2 tsp	ground white pepper
1 tsp	paprika	1/2 tsp	freshly ground coarse black pepper
1 tsp	salt	1/4 tsp	ground red pepper
1/2 tsp	garlic powder		

Combine ingredients. Rub into surface of meat 5-10 minutes before roasting or grilling.

Nutrition Facts

Nutrition (per serving): 31 calories, 6 calories from fat, <1g total fat, 0mg cholesterol, 2328.9mg sodium, 136mg potassium, 6.8g carbohydrates, 2.9g fiber, 1.1g sugar, 1.3g protein.

Source

Source: Texas Beef Council

Texas Signature Steak Rub 2000

1/2 cup	brown sugar	1 Tbsp	dry thyme
1/4 cup	granulated sugar	1 Tbsp	dry sweet basil
2 Tbsp	dark chili powder	2 tsp	dry mustard
2 Tbsp	paprika	1 tsp	cayenne pepper
1 Tbsp	dry Mexican oregano	2 Tbsp	granulated garlic

Mix all ingredients together thoroughly. Generously rub on steak and grill as usual.

Nutrition Facts

Nutrition (per serving): 774 calories, 48 calories from fat, 5.6g total fat, 0mg cholesterol, 192mg sodium, 1007.6mg potassium, 187.6g carbohydrates, 12.5g fiber, 163.5g sugar, 7.9g protein.

Source

Source: Texas Beef Council

Texas Signature Steak Rub 2001

2	Tbsp	granulated garlic	2	Tbsp	black pepper
2	Tbsp	Chipotle powder	2	Tbsp	cumin powder
1/4	cup	hickory smoke seasoning	1	Tbsp	salt
1/4	cup	sugar	1/4	cup	paprika
1	cup	chili powder			

- 1 Combine all ingredients well. Prior to grilling, rub into both sides of steak or roast.
- 2 Store remaining mixture in sealable plastic bag up to six months.

Nutrition Facts

Nutrition (per serving): 16 calories, <1g total fat, 668mg sodium, 3g carbohydrates, 1.4g fiber, <1g protein.

Source

Source: Texas Beef Council

Zesty Italian Marinade

2/3	cup	prepared Italian dressing	1	Tbsp	chili powder
2	Tbsp	coarsely chopped fresh cilantro			

Combine all ingredients and mix well.

Nutrition Facts

Nutrition (per serving): 147 calories, 101 calories from fat, 11.5g total fat, 9.6mg cholesterol, 128.9mg sodium, 328.7mg potassium, 11.8g carbohydrates, 2.8g fiber, 7.8g sugar, 1.9g protein.

Source

Source: Kansas Beef Council
Web Page: www.kanasbeef.org

Barbecued Round Steak

3	tbsps	all purpose flour	1		garlic clove, minced
1/2	tsp	salt (optional)	1	can	(10 3/4 ounces) condensed tomato soup, undiluted
1/2	tsp	pepper	3	tbsps	brown sugar
1 1/2	pound	beef top round steak, cut into four pieces	2	tbsps	Worcestershire sauce
4	tsp	canola oil	1	tbsp	cider vinegar
1/2	cup	chopped celery	2	tsp	prepared mustard
1/2	cup	chopped onion			

- 1 In a shallow bowl, combine flour, salt if desired and pepper; dredge the meat. In a large skillet, brown meat on both sides in oil. Remove and keep warm.
- 2 In the pan drippings, sauté the celery, onion and garlic for 3-4 minutes. Combine the soup, brown sugar, Worcestershire sauce, vinegar and mustard; stir into the vegetables. Return meat to the pan. Cover and simmer for 1 1/2 to 2 hours or until meat is tender. Yield: 4 servings.

Servings: 4

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 1 hour and 30 minutes

Nutrition Facts

Nutrition (per serving): 374 calories, 12g total fat, 95mg cholesterol, 735mg sodium, 28g carbohydrates, 38g protein.

Source

Source: Taste of Home

Beef Flat Iron Steak with Balsamic Pepper Sauce

2		beef shoulder top blade (flat iron) steaks or beef top loin (strip) steaks, cut 1 inch thick (about 8 ounces each)	4	tsps	all-purpose flour
			1	cup	beef broth
			1/4	tsp	cracked black pepper
1	cup	balsamic vinegar			
1/2 to 1	tsp	cracked black pepper			
1/4	cup	butter, softened			

- 1 Bring vinegar to a boil in small saucepan; reduce heat to medium. Cook 20 minutes or until vinegar is reduced to 1/4 cup.
- 2 Meanwhile, press pepper evenly onto beef steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top blade steaks 13 to 15 minutes (top loin steaks 12 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.
- 3 Mix butter and flour in small bowl until smooth. Add reduced vinegar, broth and pepper to same skillet. Gradually whisk in butter mixture until smooth; bring to a boil. Reduce heat; simmer 1 minute, stirring constantly. Serve steaks with sauce.

Servings: 4

Cooking Times

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 316 calories, 18g total fat, 87mg cholesterol, 274mg sodium, 12g carbohydrates, <1g fiber.

Source

Source: Beef Its What's for Dinner

Beef Sirloin Kabobs with Roasted Red Pepper

1 1/2	pounds	boneless beef top sirloin steak, 1" thick	3		cloves garlic, minced
2	tsps	coarse grind black pepper	2	jars	(7 ounces each) roasted red peppers, rinsed, drained, finely chopped
3/4	tsp	salt			
3/4	tsp	sweet paprika	1/2	cup	dry white wine
2		Cloves garlic minced	2	Tbsps	tomato paste
		Dipping Sauce	3/4	tsp	dried thyme leaves, crushed, or 2 teaspoons minced fresh thyme
1	tbsp	olive oil	1	cup	ready-to-serve beef broth
1	medium	onion finely chopped	2	tsps	cornstarch

- 1 Heat oil in large skillet over medium heat until hot. Add onion and 3 cloves garlic; cook and stir 2 to 3 minutes or until onion is tender.
- 2 Add red peppers, wine, tomato paste and thyme, stirring until tomato paste is blended. Combine broth and cornstarch in small bowl, mixing until smooth. stir into pepper mixture; bring to a boil. Reduce heat to medium-low; simmer 10 to 12 minutes or until slightly thickened, stirring occasionally. Keep warm.
- 3 Meanwhile cut beef steak into 1 1/4 x 1 1/4 x 1 inch pieces. Combine pepper, salt, paprika and 1 clove garlic in large bowl. Add beef; toss to coat. Thread beef pieces evenly onto six 12-inch metal skewers, leaving small space between

pieces.

- Place kabobs on grid over medium, ash-covered coals. Grill, covered 7-9 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Serve with dipping sauce

Servings: 6

Cooking Times

Total Time: 35 minutes

Nutrition Facts

Nutrition (per serving): 224 calories, 7g total fat, 49mg cholesterol, 635mg sodium, 6g carbohydrates, 1.1g fiber, 27g protein.

Source

Source: Beef Its What for Dinner

Web Page: www.beefitswhatsfordinner.com

Beef Tips and Gravy

2	pounds	cubed beef for stew, or round, or chuck roast cut into cubes.	1	tsp	garlic powder
			1	tsp	salt
3	Tbsp	vegetable oil	1	tsp	ground black pepper
1	small	onion, chopped	1	package	(.75 oz.) dry brown gravy mix
2	cups	water	1	cup	water
1/4	cup	Worcestershire sauce			
2	Tbsp.	soy sauce			

- In a large nonstick skillet, or Dutch oven, heat oil over medium heat. Sauté onion until soft. Add beef cubes and cook, stirring often, until meat is browned on all sides.
- Add 2 cups water, Worcestershire sauce, soy sauce, garlic powder, salt and pepper to beef. Bring to a boil; reduce heat, cover and simmer for 1 1/2 to 2 hours.
- Meanwhile, combine gravy mix package with 1 cup water. Mix thoroughly and stir into meat mixture. Simmer and stirring frequently until slightly thickened.

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 2 hours

Nutrition Facts

Nutrition (per serving): 366 calories, 19g total fat, 99mg cholesterol, 1205mg sodium, 6.5g carbohydrates, <1g fiber, 40g protein.

Tips

Serve over rice, egg noodles, or mashed potatoes.

Source

Source: Texas Beef Council

Bistro Beef Steak

1	pound	boneless beef top sirloin steak, cut 3/4 inch thick	1	Tbsp	olive oil
			1/4	cup	dry red wine
2	Tbsp.	chopped fresh Italian parsley	1 1/2	pounds	new potatoes, steamed
2	cloves	garlic, crushed	2	cups	steamed vegetable medley (green beans, sliced yellow bell pepper)
1/2	tsp	pepper			
1	large	red onion			

- 1 Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into 1/2 inch thick strips. in medium bowl, combine beef, parsley, garlic and pepper; toss to coat. Set aside.
- 2 Cut onion into 1/4 inch thick slices; separate into rings. in large nonstick skillet, heat oil over medium-high heat until hot. Add onion; cook and stir 3-5 minutes or until crisp-tender. Remove to serving platter; keep warm.
- 3 In same skillet, add beef and stir-fry 2 minutes or until outside surface is no longer pink. Place beef on top on onion.
- 4 Add wine to skillet; cook and stir until browned bits attached to skillet are dissolved and liquid thickens slightly. Pour sauce over beef and onions.
- 5 Serve with potatoes and vegetables.

Servings: 4

Cooking Times

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 419 calories, 10g total fat, 76mg cholesterol, 74mg sodium, 49g carbohydrates, 32g protein.

Tips

Place beef in freezer for 10 minutes to ease cutting. Substitute 1 Tbsp. dried parsley for fresh if necessary.

Source

Source: Texas Beef Council

Chicken Fried Steak

4		beef cubed steaks	1	tsp	chicken bouillon, powdered
1	cup	flour	2	tsps	dry mustard
1	tsp	salt			Vegetable oil for frying
1	tsp	pepper	4	Tbsp	flour
1	cup	buttermilk	2 1/2	cups	milk
1		egg			

- 1 Mix 1 cup flour, 1/2 tsp. salt and 1/2 tsp. pepper in a shallow dish. In a second dish, mix the buttermilk, egg, mustard, and bouillon with a whisk. Add 1/2 tsp. salt and 1/2 tsp. pepper.
- 2 Dip each steak in the seasoned flour and shake off excess. Dip the floured steaks into the buttermilk mixture and again into the flour. Shake off excess.
- 3 Heat 2-3 inches of vegetable oil in a frying pan over medium high heat to 360°F. Use a thermometer to check the temperature of the oil.
- 4 Carefully drop the steak into the hot oil and cook for 3-5 minutes on each side until golden brown.
- 5 Drain on clean paper towels and keep warm.
- 6 Pour all but 4 tablespoons of oil from skillet. Over medium heat, whisk in 4 tablespoons flour. Slowly add 2 1/2 cups of milk, stirring continuously. Continue to stir until gravy thickens and just begins to boil. Season with salt and black pepper to taste.

Servings: 8

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Nutrition Facts

Nutrition (per serving): 233 calories, 27g total fat, 98mg cholesterol, 174mg sodium, 13g carbohydrates, <1g fiber, 35g protein.

Tips

Serve with mashed potatoes and a salad.

Be sure oil is hot before placing the steaks in the frying pan. Oil that is not hot enough will result in soggy, greasy steaks.

Source

Source: Texas Beef Council

Classic Prime Rib Roast

- | | | | | |
|---|--|-------|-----|----------------------|
| 1 | well-trimmed beef rib roast (6-8 pounds), chine bone removed | 1 1/2 | tsp | dried thyme leaves |
| | | 1 | tsp | cracked black pepper |
| 6 | large cloves garlic, crushed | | | |

- 1 Preheat oven to 350°F. Combine garlic, thyme leaves and black pepper. Press evenly into surface of beef roast.
- 2 Place roast, fat side up, on rack in shallow roasting pan. Do not add water or cover roast.
- 3 Roast approximately 2 1/4 to 2 1/2 hours. Use instant read thermometer and remove when internal temperature reaches 135°F for medium rare or 150°F for medium.
- 4 Tent loosely with foil and let stand 15 minutes prior to carving.

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 3 hours

Nutrition Facts

Nutrition (per serving): 243 calories, 12g total fat, 88mg cholesterol, 80mg sodium, 1g carbohydrates, <1g fiber, 30g protein.

Source

Source: Texas Beef Council

Holiday Beef Ribeye Roast

- | | | | | | |
|---|--------|--------------------------------|-------|-----|--|
| 4 | pounds | well-trimmed beef ribeye roast | 1 | tsp | dried rosemary leaves, crushed |
| 2 | cloves | Garlic, minced | 1 | jar | (12 oz.) brown beef gravy |
| 1 | tsp | salt | 1/4 | cup | currant jelly |
| 1 | tsp | cracked black pepper | 1 1/2 | tsp | dry mustard, dissolved n 1 tsp. water. |

- 1 Pre-heat oven to 350°F.
- 2 Combine garlic, salt, pepper and rosemary. Press evenly onto all sides of roast.
- 3 Place rack in shallow roasting pan. insert meat thermometer so bulb is centered in thickest part, not resting in fat. Do not add water or cover.
- 4 Roast approximately 18-22 minutes per pound for medium-rare to medium doneness. Remove roast when meat thermometer registers 135°F for medium-rare or 150°F for medium. Allow to rest for 10-15 minutes. (Temperature will continue to rise to 145°F for medium-rare and 160°F for medium.)
- 5 Meanwhile in small saucepan, combine jar of gravy, jelly and dry mustard. Cook over medium heat for 5 minutes or

until bubbly, stirring occasionally.

6 Carve roast into slices and serve with sauce.

Servings: 10

Cooking Times

Preparation Time: 1 hour and 30 minutes

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 176 calories, 6g total fat, 52mg cholesterol, 252mg sodium, 4g carbohydrates, <1g fiber, 26g protein.

Source

Source: Texas Beef Council

Marinated Sirloin Steak

2	tbsps	reduce-sodium soy sauce	1	garlic clove, minced
4	tsp	steak sauce	1/2	tsp sesame oil
1	tablespoon	lime juice	1/8	tsp pepper
1	tablespoon	brown sugar	1	beef top sirloin steak (3/4 pound)
1 1/2	tsp	minced fresh gingerroot		

- 1 In a small bowl, combine the first eight ingredients. Pour 1/4 cup into a large resealable plastic bag; add steak. Seal bag and turn to coat; refrigerate for at least 2 hours. Cover and refrigerate remaining marinade for basting.
- 2 Drain and discard marinade. Using long-handled tongs, dip a paper towel in cooking oil and lightly coat the grill rack. Grill steak, covered, over medium heat or broil 4 inches from the heat for 8-11 minutes on each side or until meat reaches desired doneness (for medium-rare, a meat thermometer should read 145°; medium, 160°; well-done, 170°), basting frequently with reserved marinade. Yield: 2 servings.

Nutrition Facts

Nutrition (per serving): 245 calories, 7g total fat, 69mg cholesterol, 463mg sodium, 5g carbohydrates, 37g protein.

Mojo Beef Kabobs

		Ingredients	1/4	cup	fresh lime juice
1	pound	boneless beef top sirloin steak, 1" thick	3	Tbsps	finely chopped fresh oregano
1	tsp	coarse grind black pepper	3	Tbsps	olive oil
1	large	lime, cut into 8 wedges	2	Tbsp.s	finely chopped fresh parsley
1	small	red onion, cut into 8 thin wedges	1	tsp	ground cumin
1	container	grape or cherry tomatoes (about 10 ounces)	1	tsp	minced garlic
		Mojo Sauce	3/4	tsp	salt
1/4	cup	fresh orange juice			

- 1 Whisk Mojo Sauce ingredients in small bowl. Set aside.
- 2 Cut beef steak into 1 1/4 inch pieces; season with pepper.
- 3 Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
- 4 Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium-rare to medium doneness, turning occasionally.
- 5 Serve kabobs drizzled with sauce

Servings: 4

Cooking Times

Total Time: 40 minutes

Nutrition Facts

Nutrition (per serving): 285 calories, 15g total fat, 5mg cholesterol, 5mg sodium, 1g carbohydrates, 1.8g fiber, 27g protein.

Source

Source: Beef Its What's for Dinner

Steak Caesar Salad

1	pound	sirloin steak cut 1-inch thick or	1/2	tsp	cracked black pepper
1	package	fully cooked beef strips, or 4 country fried steaks			salt
2	cloves	garlic, minced	1	package	Caesar salad kit (10-11 ounces)
3	tsp	olive oil			Parmesan cheese (optional)

- 1 Trim fat from steak. Cut steak lengthwise in half and then crosswise into 1/4 inch thick strips.
- 2 Combine beef, garlic, oil and pepper. Toss to coat. Heat large non-stick skillet over medium-high heat until hot.
- 3 Add beef (half at a time) and stir-fry 1-2 minutes or until outside surface is no longer pink. (Do not overcook).
- 4 Remove from skillet. Season with salt as desired. (**To substitute the fully cooked beef strips or country fried steak, heat, according to package directions, and continue as below.)
- 5 In large bowl, combine beef with lettuce and dressing from salad kit. Toss lightly.
- 6 Sprinkle with croutons from kit and parmesan cheese, if desired. Serve immediately.

Servings: 4

Cooking Times

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 333 calories, 185 calories from fat, 20.6g total fat, 77.1mg cholesterol, 82.1mg sodium, 504.9mg potassium, <1g carbohydrates, <1g fiber, <1g sugar, 34.1g protein.

Tips

Stir-fry the beef in batches for best results. Steak can also be grilled whole over medium coals for 13-16 minutes and then carved into slices.

Source

Source: Texas Beef Council

Traditional Smothered Steak

2	pounds	round steak	1	envelope	beefy onion soup mix
1	Tbsp	vegetable oil	1	can	beef broth
1	large	onion, cut in half and sliced 1/4 inch thick	1	cup	water
1	can	cream of mushroom soup			

- 1 In skillet, or Dutch oven, heat oil over medium high heat. Sauté onion until translucent; remove and set aside.
- 2 In same skillet, sauté round steak until browned.
- 3 Meanwhile, stir together mushroom soup, onion soup mix, beef broth and 1 cup water until blended; add onion and pour over browned meat.

- 4 Reduce heat, cover with tight fitting lid, and simmer for 45 minutes to 1 hour, or until beef is fork tender, or for Dutch oven, cover and cook in preheated 350°F oven for 1 1/2 to 2 hours.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 2 hours

Nutrition Facts

Nutrition (per serving): 1753 calories, 834 calories from fat, 92.8g total fat, 535.3mg cholesterol, 475.8mg sodium, 3587.1mg potassium, 14g carbohydrates, 2.6g fiber, 6.4g sugar, 203.4g protein.

Tips

Serve over cooked rice or egg noodles.

Add additional water during cooking if sauce gets too thick.

Source

Source: Texas Beef Council

Beef & Cheese Burritos

1 1/2	pounds	ground beef or 1 tub fully cooked shredded beef	Thinly sliced lettuce Chopped tomato
1 1/4	cups	prepared thick and chunky salsa	Ripe olive slices
1/2	pound	Velveeta Pasteurized Process cheese, cut into 3/4 inch chunks	
8		flour tortillas (approximately 8 inches)	

- 1 In large nonstick skillet, brown ground beef over medium heat 8-10 minutes or until beef is no longer pink.
- 2 Pour off drippings. Stir in salsa and Velveeta. heat until cheese is melted.
- 3 To use fully cooked shredded beef, stir into salsa and Velveeta. Heat until cheese is melted and proceed as below.
- 4 To serve, spoon 1/3 cup beef mixture in center of each tortilla. Fold bottom edge up over filling. Fold sides to center, overlapping edges.
- 5 Top with lettuce, tomato and olive slices as desired.

Servings: 8

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 333 calories, 13g total fat, 78mg cholesterol, 900mg sodium, 25g carbohydrates, 2.5g fiber, 25g protein.

Source

Source: Texas Beef Council

Beef Taco & Cheese Pockets

1	cup	fully-cooked ground beef, Taco flavored	1	package	refrigerated grand biscuit dough
3/4	cup	shredded Mexican cheese blend			Cooking spray
1	cup	frozen vegetable mixture			all-purpose flour

- 1 Heat oven to 375°F. Spray a baking sheet with cooking spray to coat it lightly.
- 2 Combine ground beef and vegetables in a small bowl.
- 3 Sprinkle a cutting board or counter top with flour. Use a rolling pin to roll out biscuits into 8 inch oval pieces.
- 4 Place 1/4 cup of beef and vegetable mixture onto one side of each biscuit/

Servings: 8

Cooking Times

Preparation Time: 35 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 291 calories, 13g total fat, 30mg cholesterol, 749mg sodium, 28g carbohydrates, 1.1g fiber, 14g protein.

Tips

Especially for the kids - Ask mom or dad to cook an extra pound of lean ground beef ahead of time. After drippings are poured off, separate the ground beef into four plastic baggies and keep in the freezer. These can be taken out of the freezer, reheated in the microwave, and used in this recipe for a short cut.

Source

Source: Texas Beef Council

Beef-Pesto Panini

8	slices	Italian bread, 1/2 inch thick	1/2	pound	thinly sliced cooked deli roast beef
2	Tbsps	butter or margarine, softened	4	slices	(1 ounce each) mozzarella cheese
1/4	cup	basil pesto			Pasta sauce, warmed, if desired

- 1 Spread 1 side of each bread slice with butter. Spread 1 tablespoon pesto on unbuttered side of 4 bread slices; place buttered sides down in 12-inch skillet or grill pan. Top with beef, cheese and remaining bread slices, buttered slides up.
- 2 Cook over medium heat 4 to 5 minutes, turning once, until bread is crisp and cheese is melted. Serve with pasta sauce.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Total Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 380 calories, 22g total fat, 60mg cholesterol, 1130mg sodium, 23g carbohydrates, 1g fiber, 23g protein.

Tips

Grill marks from a ridged grill pan lend authenticity to this sandwich. Some people even use their grills to heat these sandwiches.

Thinly sliced cooked deli chicken changes the flavor without changing the appeal of this sandwich.

Source

Source: Betty Crocker

Chipotle Sloppy Joes with Crunchy Coleslaw

1	pound	lean ground beef (95%)	1/4	tsp	black pepper
1/4	cup	chopped onions	4		whole wheat hamburger buns, split
3/4	cup	ketchup			Crunchy Coleslaw
1/2	cup	frozen corn	1/4	cup	plain nonfat yogurt
1/2	cup	canned black beans, rinsed, drained	1	Tbsp	light mayonnaise
1/2	cup	tomato sauce	2	tsp	cider vinegar
1/2	tsp	minced chipotle peppers in adobo sauce	1/4	tsp	hot pepper sauce
1/2	tsp	ground cumin	1/8	tsp	salt
1/4	cup	chopped fresh cilantro	1 1/2	cups	packaged coleslaw mix
1/4	tsp	salt	1/2		red bell pepper, cut into 1/8 inch thick strips

- 1 To prepare Crunchy Coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce and salt in small bowl. Add coleslaw mix and bell pepper; toss to coat. Season with black pepper, as desired. Refrigerate, covered, until ready to serve.
- 2 Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 3/4 inch crumbles. Pour off drippings. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt and black pepper.
- 3 Place beef mixture on bottom half of each bun; top with coleslaw. Close sandwiches.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Nutrition Facts

Nutrition (per serving): 406 calories, 10g total fat, 77mg cholesterol, 1344mg sodium, 50g carbohydrates, 6.9g fiber, 33g protein.

Tips

Thinly sliced green cabbage may be substituted for the packaged coleslaw mix. This recipe works well with all varieties of lean ground beef, including 90% lean.

Source

Source: Texas Beef Council

Classic Fajitas

Marinade time: 6 hours or overnight Total recipe time: 40 to 45 minutes

1		beef flank or skirt steak (1 1/2 pounds)			Prepared guacamole (optional)
2	small	onions, cut into 1/2 inch slices			Marinade:
2	medium	green bell pepper, cut into quarters	1	package	(about 1.25 ounces) fajita seasoning mix
12	small	flour tortillas (6 to 7 " diameter), warmed	1/4	cup	water
		Salt and pepper	2	tablespoons	fresh lime juice

- 1 Combine marinade ingredients in small bowl. Place beef steak and marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
- 2 Remove steak from marinade; discard marinade. Place steak in center of grid over medium, ash - covered coals; arrange onions and bell peppers around steak. Grill flank steak, uncovered, 17 to 21 minutes (skirt steak 10 to 13 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill vegetables 13 to 16 minutes

or until crisp-tender, turning occasionally.

- 3 Carve flank steak lengthwise in half, then crosswise into thin slices. (Carve skirt steak diagonally across the grain into thin slices.) Cut bell peppers into 1/2 inch strips; coarsely chop onions. Place steak slices on tortillas; top with vegetables. Season with salt and pepper, as desired. Serve with guacamole, if desired.

Servings: 6

Nutrition Facts

Nutrition (per serving): 365 calories, 11g total fat, 42mg cholesterol, 1154mg sodium, 36g carbohydrates, 3.2g fiber, 29g protein.

Source

Source: Beef Its What's for Dinner

Grilled Steak Quesadillas with Tropical Salsa

1	pound	boneless beef top sirloin steak, cut 3/4 inch thick	2	Tbsp.	Chef Harry's Steak Spice Rub
					Grilled Tropical Salsa
2		fresh pineapple slices, cut 1/2 inch thick	2		plum tomatoes, seeded, diced
2	Tbsp	finely chopped fresh cilantro	1/4	cup	chopped red onion
4	ounces	cream cheese, softened	1		Jalapeno pepper seeded and finely chopped
1	cup	shredded Monterey Jack cheese	1	Tbsp.	brown sugar
8	small	flour tortillas (6 to 7 " diameter)	1	Tbsp.	fresh lime juice
2/3	cup	canned black beans, rinsed, drained			

- 1 Sprinkle Chef Harry's Steak Spice Rub evenly over steak.
- 2 Place steak in center of grid over medium, ash-covered coals; arrange pineapple slices around steak. Grill steak, uncovered, 13 to 16 minutes for medium rare to medium doneness, turning occasionally. Grill pineapple about 5 minutes on each side or until lightly browned.
- 3 Chop pineapple; place in small bowl. Add remaining Tropical Salsa ingredients; stir to combine. Season with salt, as desired. Set aside.
- 4 Carve steak into thin slices; toss with cilantro and season with salt, as desired.
- 5 Combine cream cheese and Monterey Jack cheese in medium bowl. Spread 1 side of each tortilla with 2 tablespoons cheese mixture. Layer beans and steak slices evenly over 4 tortillas; top with remaining tortillas, cheese side down.
- 6 Place quesadillas on grid over medium, ash-covered coals. Grill, uncovered, 1 to 2 minutes per side or until tortillas are crisp and lightly browned. Cut each quesadilla into quarters; serve with Tropical Salsa.

Servings: 4

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 434 calories, 24g total fat, 106mg cholesterol, 491mg sodium, 18g carbohydrates, 4g fiber, 38g protein.

Tips

One can (8 ounces) pineapple slices in juice, drained, may be substituted for fresh pineapple. Grill 2 minutes per side or until lightly browned.

Source

Source: Texas Beef Council

Italian Beef and Cheese Calzone

1	pound	ground beef	1	cup	shredded Italian cheese blend
1/2	cup	chopped green bell pepper	1	Tbsp	cornmeal
1	can	(14-1/2 oz) diced tomatoes with onions, drained	1	package	(13.8 ounces) refrigerated pizza crust dough
1/2	tsp	dried oregano leaves			

- 1 Heat oven to 400°F. Heat large nonstick over medium heat until hot. Add ground beef and bell pepper; cook 8 to 10 minutes, breaking into 3/4 inch crumbles and stirring occasionally. Pour off drippings. Stir in tomatoes and oregano; continue cooking 5 to 7 minutes or until liquid has evaporated. Remove from heat; stir in cheese. Set aside.
- 2 Sprinkle cornmeal evenly over rimmed baking sheet. Unroll pizza dough lengthwise on baking sheet, straightening edges of dough if necessary. Spoon beef filling over long half of dough, leaving 1-inch border on 3 sides. Gently lift and pull top half of dough over filling to enclose; pinch dough edges to seal.
- 3 Bake in 400°F oven 15 to 20 minutes or until crust is golden brown. Cool 5 minutes. Cut crosswise into 8 slices.

Nutrition Facts

Nutrition (per serving): 563 calories, 26g total fat, 96mg cholesterol, 764mg sodium, 50g carbohydrates, 2.2g fiber, 37g protein.

After-Work Beef Pot Roast Dinner

3 - 3 1/2	pounds	boneless beef chuck shoulder pot roast or bottom round rump roast	1/2	cup	ready-to-serve beef broth
			2		zucchini, cut into 1/4 inch thick slices
1	envelope	(0.7 oz) Italian dressing mix	2 1/2	Tbsp	cornstarch dissolved in 2 tablespoons water
2	large	onions, each cut into eight wedges			salt and pepper to taste
2		cloves garlic, peeled			
2		red bell pepper cut into 1 1/2 inch pieces			

- 1 Press dressing mix evenly onto all surfaces of pot roast. Place onions and garlic in 4 1/2 to 5 1/2 quart slow cooker; top with pot roast. Add bell peppers and broth. Cover and cook on HIGH 5 hours or on LOW 8 hours. Add zucchini. Continue cooking, covered, 30 minutes or until pot roast is fork-tender.
- 2 Remove pot roast and vegetables. Strain cooking liquid; skim fat. Combine 2 cups cooking liquid and cornstarch mixture in medium saucepan. Bring to a boil, stirring constantly; cook and stir 1 minute or until thickened.
- 3 Carve pot roast into slices; season with salt and pepper, as desired. Serve with vegetables and gravy.

Yield: 6-8

Cooking Times

Preparation Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 220 calories, 5g total fat, 61mg cholesterol, 258mg sodium, 19g carbohydrates, 4g fiber, 26g protein.

Source

Source: Texas Beef Council

Beef Barley Soup

1 1/2	pounds	beef stew meat	2	cups	water
1	tablespoon	canola oil	1	cup	spaghetti sauce
1	can	(14 1/2 ounces) diced tomatoes	2/3	cup	medium pearl barley
1	cup	chopped onion	1	tablespoon	dried parsley flakes
1	cup	diced celery	2	tsp	salt
1	cup	sliced fresh carrots	1 1/2	tsp	dried basil
1/2	cup	chopped green pepper	3/4	tsp	pepper
4	cups	beef broth			

In a large skillet, brown meat in oil over medium heat; drain. Meanwhile, in a 5-qt slow cooker, combine the vegetables, broth, water, spaghetti sauce, barley and seasonings. Stir in beef. Cover and cook on low for 9-10 hours or until meat is tender. Skim fat from cooking juices.

Servings: 8

Yield: (2 1/2 quarts)

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 9 hours

Nutrition Facts

Nutrition (per serving): 259 calories, 9g total fat, 54mg cholesterol, 1316mg sodium, 23g carbohydrates, 5g fiber, 21g protein.

Source

Source: Taste of Home

Cubed Steaks with Gravy

1/3	cup	all purpose flour	1	envelope	brown gravy mix
6		beef cubed steaks (4 ounces each)	1	envelope	mushroom gravy mix
1	Tbsp	canola oil	1	envelope	onion gravy mix
1	large	onion, sliced and separated into rings			Hot mashed potatoes or cooked noodles
3	cups	water, divided			

- 1 Place flour in a large resealable plastic bag. Add steaks, a few at a time, and shake until completely coated. In a skillet, cook steaks in oil until lightly browned on each side. Transfer to a 3-qt. slow cooker. Add the onion and 2 cups water. Cover and cook on low for 8 hours or until meat is tender.
- 2 In a bowl, whisk together gravy mixes with remaining water. Add to slow cooker; cook 30 minutes longer. Serve over mashed potatoes or noodles.

Servings: 6

Cooking Times

Preparation Time: 15 minutes

Cooking Time: 8 hours and 30 minutes

Nutrition Facts

Nutrition (per serving): 245 calories, 7g total fat, 64mg cholesterol, 850mg sodium, 16g carbohydrates, 1g fiber, 29g protein.

Source

Source: Taste of Home

Shredded Beef Sandwiches

1	can	(10 1/2 ounces) condensed beef broth, undiluted	1	tsp	pepper
1	cup	ketchup	1	tsp	Worcestershire sauce
1/2	cup	packed brown sugar	1		beef rye round roast (3 1/2 pounds), cut in half
1/2	cup	lemon juice	1	tsp	salt
3	Tbsp	steak sauce	16		sandwich buns, split
2		garlic cloves, minced			Dill pickle slices, optional

- 1 In a small bowl, whisk the first eight ingredients. Pour half of mixture into a 5-qt. slow cooker. Sprinkle beef with salt; add to slow cooker and top with remaining broth mixture.
- 2 Cover and cook on low for 10-12 hours until meat is tender. Shred meat with two forks and return to slow cooker. Using a slotted spoon, place 1/2 cup beef mixture on each bun. Top with pickles if desired.

Servings: 16

Yield: 16 servings

Cooking Times

Preparation Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 370 calories, 8g total fat, 46mg cholesterol, 936mg sodium, 47g carbohydrates, 1g fiber, 28g protein.

Source

Source: Taste of Home

Tangy Beef and Vegetable Stew

6	cups	cubed peeled potatoes (1/2 inch pieces)	1/3	cup	white vinegar
8	medium	carrots, cut into 1/2 inch pieces	1/3	cup	ketchup
2	medium	onions, cubed	3	Tbsp	prepared horseradish
4	pounds	beef stew meat, cut into 1 inch pieces	3	Tbsp	prepared mustard
1/3	cup	canola oil	2	Tbsp	sugar
1/3	cup	all purpose flour	2	cups	each frozen peas and corn
4	tsp	beef bouillon granules	2	cups	sliced fresh mushrooms
3	cups	boiling water			

- 1 Place the potatoes, carrots and onions in a 6-qt. slow cooker. In a large skillet, brown beef in oil, a single layer at a time; place over the vegetables. Sprinkle with flour.
- 2 Dissolve bouillon in boiling water. Stir in the vinegar, ketchup, horseradish, mustard and sugar; pour over meat and vegetables. Cover and cook on high for 5 hours.
- 3 Add the peas, corn and mushrooms. Cover and cook on high for 45 minutes longer or until meat and vegetables are tender.

Yield: 12 -16 servings

Nutrition Facts

Nutrition (per serving): 334 calories, 13g total fat, 71mg cholesterol, 397mg sodium, 29g carbohydrates, 4g fiber, 26g protein.

Source

Source: Taste of Home

Autumn Beef and Cider Stew

2	pounds	beef for stew, cut into 1 to 1 1/2 inch pieces	1	can	(10 1/2 ounces) condensed French onion soup
2	slices	bacon, cut into 1/2 inch pieces	1	cup	apple cider
1	tsp	salt	1	pound	sweet potatoes, peeled, cut into 1-inch pieces (about 3 cups)
1/2	tsp	pepper	1/3	cup	unsweetened dried cranberries

- 1 Cook bacon in stockpot over medium heat until crisp; remove with slotted spoon to paper-towel-lined plate. Brown 1/2 of beef in bacon drippings over medium heat; remove from stockpot. Repeat with remaining beef; season with salt and pepper.
- 2 Return beef and bacon to stockpot. Add soup and cider; bring to a boil. Reduce heat; cover tightly and simmer 1 3/4 hours.
- 3 Add sweet potatoes and cranberries to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 20 to 30 minutes or until beef and potatoes are fork-tender.

Yield: 4 to 6

Cooking Times

Total Time: 2 hours and 30 minutes

Nutrition Facts

Nutrition (per serving): 432 calories, 12g total fat, 98mg cholesterol, 1384mg sodium, 43g carbohydrates, 4.6g fiber, 36g protein.

Source

Source: Beef Its What's For Dinner

Cheeseburger Soup

1/2	pound	ground beef	4	cups	diced peeled potatoes (1 3/4 pounds)
3/4	cup	chopped onion	1/4	cup	all purpose flour
3/4	cup	shredded carrots	2	cups	(8 ounces) Velveeta Pasteurized prepared cheese product
3/4	cup	diced celery			
1	tsp	dried basil	1 1/2	cups	milk
1	tsp	dried parsley flakes	3/4	tsp	salt
4	tablespoons	butter, divided	1/4 to 1/2	tsp	pepper
3	cups	chicken broth	1/4	cup	sour cream

- 1 In a 3-quart saucepan, brown beef; drain and set aside. In the same saucepan, sauté onion, carrots, celery, basil and parsley in 1 tablespoon butter until vegetables are tender, about 10 minutes. Add broth, potatoes and beef; bring to a boil. Reduce heat; cover and simmer for 10-12 minutes or until potatoes are tender.
- 2 Meanwhile, in a small skillet, melt remaining butter. Add flour; cook and stir for 3-5 minutes or until bubbly. Add to soup; bring to a boil. Cook and stir for 2 minutes. Reduce heat to low. Add cheese, milk, salt and pepper; cook and stir until cheese melts. Remove from the heat; blend in sour cream.

Servings: 8

Cooking Times

Preparation Time: 45 minutes

Cooking Time: 10 minutes

Nutrition Facts

Nutrition (per serving): 330 calories, 18g total fat, 59mg cholesterol, 1027mg sodium, 26g carbohydrates, 2g fiber, 15g

protein.

Source

Source: Taste of Home

Santa Fe Corn Chili

1 pound	ground beef	1 can (15 oz)	tomato, sauce
1 large	garlic clove, minced	1 can	(14 1/2 ounces) diced tomatoes with mild green chilies, undrained
1 can	(15 1/2 ounces) red kidney beans, drained	1 package	(1 1/4 ounces) chili seasoning mix
1 can	(15 1/4 ounces) sweet corn, drained		

- 1 Heat large nonstick skillet over medium heat until hot. Add ground beef and garlic; cook 6 minutes, breaking into small crumbles and stirring occasionally. Pour off drippings.
- 2 Stir in beans, corn, tomato sauce, tomatoes and chili seasoning; bring to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.
- 3 Meanwhile combine sour cream and pepper sauce in small bowl. Serve with chili.

Servings: 4

Cooking Times

Cooking Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 540 calories, 24g total fat, 92mg cholesterol, 1712mg sodium, 51g carbohydrates, 33g protein.

Source

Source: Beef Its What's For Dinner