

November 2023 TV –Beef Up Your Turkey Day

Beef Stuffing with Apples & Cranberries

Bring the beef to the holiday table with this savory, sweet and tart beef stuffing with apples and cranberries. A perfect side or main dish.

Total recipe time: 1 hour 15 minutes

Makes 12 servings

- 1 pound Ground Beef (93% or leaner)
- 2 teaspoon garlic powder, divided
- 2 teaspoons onion powder, divided
- 2 teaspoons rubbed sage, divided
- 1-1/2 teaspoon salt, divided
- 1/4 to 1/2 teaspoon crushed red pepper
- 2 tablespoons butter
- 2 cups sliced leeks, white and light green parts only
- 1 bag (12 ounces) unseasoned dried bread cubes
- 2-1/2 cups reduced-sodium beef broth
- 2 cups peeled, diced Granny Smith apples
- 1 cup dried cranberries



1. Combine Ground Beef, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1/2 teaspoon rubbed sage, 1/2 teaspoon salt and crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add beef mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove beef mixture from skillet with slotted spoon into large bowl; set aside.

2. Preheat oven to 350°F. In same skillet, heat butter on medium heat until hot. Add leeks, cook and stir 5 minutes. Add leeks to beef mixture. Stir in bread cubes, broth, apples, cranberries, remaining 1 teaspoon garlic powder, remaining 1 teaspoon onion powder, remaining 1-1/2 teaspoons rubbed sage and remaining 1 teaspoon salt to beef mixture.

Cook's Tip: *You may substitute a fresh baguette, cubed and toasted, for unseasoned dried bread cubes.*

3. Spray 9 x 13-inch baking dish with cooking spray. Place beef mixture into prepared dish; cover with aluminum foil. Bake in 350°F oven 30 to 40 minutes until heated through.

Cook's Tip: *For a drier stuffing, bake covered 30 to 40 minutes, then bake uncovered 10 to 15 minutes until top of stuffing is crisp.*

Nutrition information per serving: 291 Calories; 63 Calories from fat; 7g Total Fat (3 g Saturated Fat; 2 g Monounsaturated Fat;) 41 mg Cholesterol; 971 mg Sodium; 43 g Total Carbohydrate; 2.9 g Dietary Fiber; 15 g Protein; 3 mg Iron; 4.7 mg NE Niacin; 0.3 mg Vitamin B₆; 1.1 mcg Vitamin B₁₂; 3 mg Zinc; 25.2 mcg Selenium; 46.7 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, and Vitamin B₆.

Beef and Blue Cheese-Stuffed Mushrooms

Truly a bite-sized wonder. Mushroom caps are stuffed with a rich blend of Ground Beef, blue cheese and chives, then baked until golden brown and bubbly.

Recipe time: 50 minutes

Makes 40 mushrooms

- ½-pound Ground Beef
- 36 to 40 small button or cremini mushrooms (1-1/2 to 2-inch diameter)
- 1/4 teaspoon salt
- 1/3 cup crumbled blue cheese
- 1/4 cup soft whole wheat breadcrumbs
- 3 tablespoons minced chives
- 1/2 teaspoon steak seasoning blend
- Minced fresh chives (optional)



1. Preheat oven to 375°F. Remove and reserve stems from mushrooms. Season mushroom caps with salt; set aside. Mince stems to yield 1/2 cup; discard remaining stems.
2. Combine Ground Beef, minced stems, blue cheese, breadcrumbs, 3 tablespoons chives and steak seasoning. Spoon beef mixture evenly into mushrooms.

Cook's Tip: To make soft breadcrumbs, place torn bread in food processor or blender container. Cover; pulse on and off, to form fine crumbs. One-half slice makes about 1/4 cup crumbs.

3. Place stuffed mushrooms on rack in broiler pan. Bake in 375°F oven 15 to 20 minutes. Sprinkle with additional chives, if desired.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Nutrition information per serving, using 80% lean ground beef, per mushroom: 20 Calories; 9 Calories from fat; 1g Total Fat (1 g Saturated Fat; 0 g Monounsaturated Fat;) 5 mg Cholesterol; 49 mg Sodium; 1 g Total Carbohydrate; 0.1 g Dietary Fiber; 2 g Protein; 0.2 mg Iron; 0.8 mg NE Niacin; 0 mg Vitamin B₆; 0.1 mcg Vitamin B₁₂; 0.4 mg Zinc; 2.2 mcg Selenium; 5.9 mg Choline.

Itty Bitty Beef Bundles

Kick off your party with these simple and delightful Itty Bitty Beef Bundles, featuring lean Ground Beef.

Total recipe time: 1 hour 15 minutes

Makes 48 wontons

- 1 pound Ground Beef (95% lean)
- 1 tablespoon dark sesame oil
- 3 cups broccoli slaw, coarsely chopped
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1/4 cup reduced sodium soy sauce
- 48 wonton wrappers (3-1/4 to 3-1/2-inch squares)
- Favorite Asian dipping sauce (such as teriyaki, peanut or sweet and sour)
- Green onions, cut lengthwise into strips (optional)



1. Heat sesame oil in large nonstick skillet over medium heat until hot. Add broccoli slaw, garlic and ginger; stir-fry 5 to 7 minutes or until slaw is crisp-tender. Transfer to large bowl; cool to room temperature. Add Ground Beef and soy sauce; mix lightly but thoroughly.
2. Spoon 1 tablespoon beef mixture in center of 1 wonton wrapper. (Keep remaining wonton wrappers covered with a clean, damp kitchen towel to prevent from drying out.) Moisten edges of wonton wrapper with water. Bring 4 corners of wrapper up and over filling, forming pyramid shape and pinching edges together to seal. Place on baking sheet lined with parchment or waxed paper. Repeat with remaining wonton wrappers and filling to form 48 dumplings.

Cook's Tip: Dumplings can also be shaped into triangles and rectangles by folding wonton wrappers in half over beef mixture, sealing edges as directed in step 2.

3. Spray steamer basket with nonstick cooking spray. Place as many dumplings into steamer basket that will fit without touching each other, about 10 to 12. Place basket over 1-inch boiling water (water should not touch bottom of basket.) Cover tightly; reduce heat. Steam 6 to 7 minutes. Carefully remove dumplings to serving plate; keep warm. Repeat with remaining dumplings.
4. Serve with dipping sauce. Garnish with green onion strips, if desired.

Cook's Tip: For an easy dipping sauce, combine 1/4 cup reduced sodium soy sauce, 1 teaspoon minced garlic and 1 teaspoon minced fresh ginger in small bowl.

Nutrition information per serving: 43 Calories; 9 Calories from fat; 1g Total Fat (0 g Saturated Fat; 0 g Monounsaturated Fat;) 7 mg Cholesterol; 104 mg Sodium; 5 g Total Carbohydrate; 0.4 g Dietary Fiber; 3 g Protein; 0.6 mg Iron; 1 mg NE Niacin; 0 mg Vitamin B₆; 0.2 mcg Vitamin B₁₂; 0.6 mg Zinc; 3.8 mcg Selenium.

Beef and Shiitake Dumplings with Orange Ponzu Dipping Sauce

Try this expertly tested recipe at your next party. Ground Beef and vegetables are wrapped in a dumpling and served with an Asian-citrus sauce.

Total recipe time: 1 hour 10 minutes

Makes 15 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 tablespoon sesame oil
- 4 ounces shiitake mushrooms, chopped
- 1 cup shredded carrots, roughly chopped
- 1 tablespoon minced garlic
- 1/4 cup chopped green onions
- 1 tablespoon fresh minced ginger
- 48 wonton wrappers (3-1/4 to 3-1/2-inch squares)
- Green onions for garnish (optional)



Orange Ponzu Dipping Sauce:

- 1/4 cup fresh orange juice
- 1/2 teaspoon fresh lime juice
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons mirin (sweet rice wine)
- 1/2 teaspoon fresh minced ginger
- 2 teaspoons chopped green onions
- 1 teaspoon sesame seeds
- 1 teaspoon freshly grated orange peel
- 2 teaspoons chopped fresh cilantro leaves
- 2 teaspoons honey

1. Combine Dipping Sauce ingredients in small bowl. Set aside.
2. Heat sesame oil in large saucepan over medium heat until hot. Add mushrooms, carrots, and garlic; cook and stir 5 minutes. Remove from heat; add green onions and ginger. Transfer to large bowl; cool to room temperature. Meanwhile, place ground beef in food processor bowl. Pulse on and off for 10 to 15 seconds until smooth. Add ground beef to vegetable mixture; mix lightly but thoroughly.
3. Spoon 2 teaspoons beef filling in center of 1 won ton wrapper. (Keep remaining won ton wrappers covered to prevent them from drying out.) Moisten edges of won ton wrapper with fingertip dipped in water. Bring 4 corners of wrapper up and over filling, forming pyramid shape and pinching edges together to seal. Place on metal baking sheet lined with parchment or waxed paper. Repeat with remaining won ton wrappers and filling to form 48 dumplings.

Cook's Tip: Dumplings can be made ahead of time, cover and store in refrigerator.

4. Spray steamer basket with nonstick cooking spray. Place as many dumplings into steamer basket that will fit without touching each other. Place basket over 1-inch boiling water (water should not touch bottom of basket). Cover tightly; reduce heat. Steam 6 to 7 minutes or until beef is no longer pink in center. Carefully remove dumplings to serving plate; keep warm. Repeat with remaining dumplings.
5. Garnish platter with green onion strips, if desired. Serve with dipping sauce.

Nutrition information per serving: 147 Calories; 32.4 Calories from fat; 3.6g Total Fat (1.1 g Saturated Fat; 0 g Trans Fat; 0.6 g Polyunsaturated Fat; 1.3 g Monounsaturated Fat;) 25 mg Cholesterol; 247 mg Sodium; 18.2 g Total Carbohydrate; 0.4 g Dietary Fiber; 10 g Protein; 1.8 mg Iron; 170 mg Potassium; 3.4 mg NE Niacin; 0.2 mg Vitamin B₆; 0.8 mcg Vitamin B₁₂; 2 mg Zinc; 13.3 mcg Selenium; 26.3 mg Choline. This recipe is an excellent source of Niacin, Vitamin B₁₂, and Selenium; and a good source of Iron, Vitamin B₆, and Zinc.

Beef Sausage, Wild Mushroom and Artichoke Bread Pudding

Who said bread pudding has to be sweet? This bread pudding combines beef sausage with wild mushrooms and artichokes for a savory brunch casserole.

Total Recipe Time: 2 Hours 30 Minutes

Makes 10 servings

- 1-pound lean Ground Beef
- 2 teaspoons chopped fresh sage or ½ teaspoon rubbed sage
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon salt
- ¼ to ½ teaspoon crushed red pepper
- 1 jar (12 ounces) marinated artichoke hearts
- 8 ounces assorted fresh wild mushrooms, sliced
- 1/4 teaspoon salt
- 12 ounces cubed sourdough or French bread, dried
- 1 can (14 to 14-1/2 ounces) reduced-sodium beef broth
- 1/2 cup 2% reduced-fat milk
- 2 eggs, beaten
- 1/4 cup thinly sliced green onions



1. Combine Ground Beef, sage, garlic powder, onion powder, salt and crushed red pepper in medium bowl mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture, cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove from skillet to large bowl; set aside.

Cook's Tip: *Cooking times are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

2. Heat same skillet over medium heat until hot. Stir in mushrooms; cook and stir 4 to 5 minutes or until soft. Drain artichokes, reserving liquid. Coarsely chop artichokes. Stir artichokes and salt into mushroom mixture. Add to sausage mixture.
3. Combine broth, milk, eggs and reserved artichoke liquid in medium bowl. Pour over sausage mixture; mix well. Cover and refrigerate about 1 hour or until liquid is absorbed.
4. Preheat oven to 350°F. Spray 9 x 13-inch baking pan with nonstick cooking spray. Place sausage mixture into pan. Cover with aluminum foil. Bake in 350°F oven 40 to 50 minutes. Uncover and bake 10 to 15 minutes until top is golden brown. Sprinkle with green onions.

Nutrition information per serving: 330 Calories; 126 Calories from fat; 14g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 91 mg Cholesterol; 780 mg Sodium; 29 g Total Carbohydrate; 1.5 g Dietary Fiber; 20 g Protein; 3.3 mg Iron; 5.9 mg NE Niacin; 0.3 mg Vitamin B₆; 1.6 mcg Vitamin B₁₂; 4 mg Zinc; 35.2 mcg Selenium; 99.3 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron, Vitamin B₆, and Choline.

957 Liberty Drive, Ste 201
Verona, WI 53593
800.728.BEEF
www.BeefTips.com

