

January TV—Well Balanced Recipes

Recipes that tastefully combine a variety of food groups to achieve the perfect balance of taste, nutrition and simplicity with your favorite lean beef cuts!

Sirloin with Sugar Snap Pea & Pasta Salad

Fresh and colorful, this Steak & Sugar Snap Pea and Pasta Salad is a proven winner! Make this recipe ahead as a meal-prep recipe and enjoy all week for lunch.

Total Recipe Time: 1 hour

Makes 4 servings

- 1 beef Top Sirloin Steak Boneless, cut ¾-inch thick (about 1 pound)
- 2 cups fresh sugar snap peas
- 2 cups cooked gemelli or corkscrew pasta
- 1 cup grape or teardrop tomatoes, cut in halves
- 3 teaspoons minced garlic
- 1 teaspoon pepper
- Freshly grated lemon peel
- Chopped fresh parsley leaves (optional)

Gremolata Dressing:

- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 2 tablespoons chopped fresh parsley leaves
- 2 teaspoons minced garlic
- 2 teaspoons freshly grated lemon peel
- 1/4 teaspoon salt
- 1/8 teaspoon pepper



1. Bring water to boil in large saucepan. Add peas; cook 2 to 3 minutes until crisp-tender. Drain; rinse under cold water. Combine peas, pasta and tomatoes in large bowl. Set aside.
2. Whisk Gremolata Dressing ingredients in small bowl until well blended. Toss 2 tablespoons dressing with pasta mixture. Set aside.
3. Combine 3 teaspoons minced garlic and 1 teaspoon pepper; press evenly onto beef Top Sirloin Steak. Place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.
4. Carve steak into thin slices; season with salt, as desired. Add steak slices and remaining dressing to pasta mixture; toss to coat evenly. Garnish with lemon peel and parsley, if desired.

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

Nutrition information per serving: 369 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 7 g Monounsaturated Fat;) 5 mg Cholesterol; 216 mg Sodium; 31 g Total Carbohydrate; 4.2 g Dietary Fiber; 32 g Protein; 4.4 mg Iron; 1 mg NE Niacin; 0.7 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 5.3 mg Zinc; 46.5 mcg Selenium. This recipe is an excellent source of Protein, Iron, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.

Wisconsin Beef Council
957 Liberty Drive
Verona, WI 53593
Beeftips.com



Thai Beef Wok 'N Roll-Ups

Delicious and bursting with flavor, these Thai-style Flank Steak wraps are perfect for entertaining. Each guest builds their own lettuce cup.

Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Flank Steak (about 1 pound)
- 3 tablespoons teriyaki marinade and sauce
- 1 small red bell pepper, cut into thin strips
- 1/4 cup reduced-fat peanut butter
- 1/4 cup chopped green onions
- 1/4 to 1/2 teaspoon ground black pepper
- Salt
- 8 medium to large green or red leaf lettuce leaves



1. Cut beef Flank Steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef strips and 2 tablespoons teriyaki marinade in medium bowl; toss to coat. Set aside.
2. Spray large nonstick skillet or wok with cooking spray; heat over medium-high heat until hot. Add bell pepper; stir-fry 2 to 3 minutes or until crisp-tender. Remove from skillet. Set aside.
3. Add 1/2 of beef to same skillet or wok over medium-high heat; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
4. Return beef to skillet. Add peanut butter, green onions, bell pepper and remaining 1 tablespoon teriyaki marinade; cook and stir until beef and vegetables are evenly coated and heated through. Season with black pepper and salt, as desired. Spoon beef mixture evenly onto lettuce leaves and roll up.

***Nutrition information per serving:** 275 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 42 mg Cholesterol; 608 mg Sodium; 11 g Total Carbohydrate; 1.8 g Dietary Fiber; 28 g Protein; 2.2 mg Iron; 9.6 mg NE Niacin; 0.6 mg Vitamin B₆; 1.4 mcg Vitamin B₁₂; 4.9 mg Zinc; 27.3 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.*

Beef Ranch Steak with Zucchini Gnocchi

The simplicity of a quick stir-fry and the flavors of Italy! Gnocchi and steak strips join sauteed zucchini, sun-dried tomatoes and onions for this taste sensation.

Recipe Time: 35 minutes

Makes 4 servings

- 1 pound beef Ranch Steaks, cut 3/4-inch thick
- 2 tablespoons olive oil, divided
- 1 package (16 ounces) shelf-stable gnocchi
- 1/4 teaspoon freshly ground black pepper
- 2 small zucchini, cut crosswise into thirds, then lengthwise into thin slices
- 1 small red onion, thinly sliced
- 3 tablespoons thinly sliced sun-dried tomatoes (oil-packed)
- 2 teaspoons minced garlic
- 1/8 to 1/4 teaspoon crushed red pepper
- 1/4 cup fresh basil, coarsely chopped
- 1 ounce ricotta salata, crumbled
- 4 teaspoons chopped toasted walnuts or pine nuts



1. Cut beef Ranch Steaks lengthwise in half, then crosswise into 1/4-inch thick strips. Set aside.

Cook's Tip: One pound beef Top Sirloin Steak Boneless, cut 3/4 inch thick, may be substituted for beef Ranch Steaks.

2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat. Add gnocchi; cook 4 to 8 minutes, stirring frequently to brown evenly. Remove from skillet; keep warm.
3. Heat 1 teaspoon oil in same skillet over medium-high heat until hot. Add half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with 1 teaspoon oil and remaining beef. Season with black pepper and salt, as desired; keep warm.
4. Heat remaining 1 teaspoon oil in same skillet over medium-high heat until hot. Add zucchini, onion, sun-dried tomatoes, garlic and red pepper; stir-fry 4 to 5 minutes or until vegetables are crisp-tender. Stir in gnocchi, beef and basil; cook and stir about 1 minute to heat through. Season with salt and black pepper, as desired.
5. Divide beef mixture evenly among 4 individual bowls. Sprinkle each with cheese and walnuts before serving.

Cook's Tip: Ricotta salata is an Italian pressed, dried and aged sheep's milk cheese with a mild, nutty flavor. One-ounce crumbled feta or shredded Parmesan cheese may be substituted.

Cook's Tip: To toast nuts, place in dry skillet over medium heat. Cook walnuts, stirring frequently, 8 to 10 minutes (pine nuts 3 to 5 minutes) or until fragrant and golden brown.

Nutrition information per serving: 478 Calories; 162 Calories from fat; 18g Total Fat (5 g Saturated Fat; 8 g Monounsaturated Fat;) 72 mg Cholesterol; 958 mg Sodium; 42 g Total Carbohydrate; 3.1 g Dietary Fiber; **39 g Protein;** 3.9 mg Iron; 5 mg NE Niacin; 0.7 mg Vitamin B₆; 4.2 mcg Vitamin B₁₂; 6.4 mg Zinc; 36 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Dietary Fiber.

Spaghetti Squash with Meat Sauce

You'd be amazed at how easy it is to add an extra serving of veggies with this recipe! Hearty Ground Beef in tomato sauce on top of cooked spaghetti squash.

Recipe Time: 45 minutes

Makes 4 servings

- 1 pound Ground Beef (93% lean or leaner)
- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 can (15 ounces) no salt added or regular tomato sauce
- 1 can (14.5 ounces) Italian-Style diced tomatoes, undrained
- 1 can (6 ounces) tomato paste
- 1/4 to 1/2 teaspoon crushed red pepper
- 1 medium spaghetti squash (about 3 to 3-1/2 pounds), cut in half lengthwise, seeds removed

Toppings (optional):

- Thinly sliced fresh basil and grated Parmesan cheese

1. Heat stockpot over medium heat until hot. Add Ground Beef, onion and garlic; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally.

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

2. Stir in tomato sauce, diced tomatoes, tomato paste and crushed red pepper; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat; stir in basil, if desired.
3. Meanwhile, place squash in 8 x 8-inch microwave-safe baking dish, overlapping halves slightly. Microwave on HIGH 10 to 12 minutes or until squash is tender. Let stand 5 minutes. Scrape squash with fork to separate strands.

Cook's Tip: To Roast Spaghetti Squash: Place squash halves, cut-side down, in 13 x 9-inch ovenproof baking dish. Bake in 350°F oven 45 to 55 minutes or until squash is tender.

4. Serve sauce over squash. Serve with Toppings, if desired.



Italian-Style Beef Sausage Variation:

Prepare Italian-Style Beef Sausage by combining 1 pound Ground Beef (93% lean or leaner) with 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Proceed as directed in step 1.

Nutrition information per serving, using no salt added tomato sauce: 326 Calories; 81 Calories from fat; 9g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat;) 76 mg Cholesterol; 514 mg Sodium; 34 g Total Carbohydrate; 7.2 g Dietary Fiber; **29 g Protein;** 6.3 mg Iron; 8.5 mg NE Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.4 mg Zinc; 19 mcg Selenium; 100.1 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Picadillo-Style Beef Stir-Fry

Steak, potato cubes, onions and green peppers are stir-fried and simmered in a tomato sauce with raisins for a unique flavor combination.

Recipe Time: 45 minutes

Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless, cut 1-inch thick
- 1-1/2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1 tablespoon olive oil, divided
- 1 large all-purpose potato, peeled, cut into 1/2-inch chunks
- 1 medium onion, thinly sliced
- 1 medium green bell pepper, thinly sliced
- 1 can (15 ounces) tomato sauce
- 1/2 cup raisins

Serving Suggestions:

- Warmed flour tortillas or hot cooked rice, toasted sliced almonds, chopped fresh cilantro, sour cream (optional)

1. Cut beef Top Sirloin Steak Boneless lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine beef strips, cumin and oregano in medium bowl; toss to coat.

Cook's Tip: One pound beef Top Round Steak (cut 1 inch thick) or beef Flank Steak may be substituted for Top Sirloin Steak.

2. Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef and additional 1 teaspoon oil. Season with salt, as desired; keep warm.
3. Heat remaining 1 teaspoon oil in same skillet over medium heat until hot. Add potato, onion and pepper. Cook and stir 5 minutes. Add tomato sauce and raisins; bring to a boil. Reduce heat; cover and simmer 15 to 18 minutes or until potato is tender; stirring occasionally. Add beef; cook until heated through, about 1 to 2 minutes. Season with salt, as desired.
4. Serve beef mixture in tortillas or over hot cooked rice topped with almonds, cilantro and sour cream, as desired.



Nutrition information per serving, using top sirloin: 361 Calories; 81 Calories from fat; 9g Total Fat (2 g Saturated Fat; 4 g Monounsaturated Fat;) 70 mg Cholesterol; 624 mg Sodium; 41 g Total Carbohydrate; 5.2 g Dietary Fiber; **30 g Protein;** 4.1 mg Iron; 13.1 mg NE Niacin; 1 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.4 mg Zinc; 31 mcg Selenium; 122.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.