

February TV—Valentine’s Day Recipes

If you’re planning to treat your sweetie (or your family) to an “at-home” Valentine’s dinner we’ve got the recipes for you! OR, give these warm-and-cozy, flavorful recipes a try any day.

Slow-Cooked Beef and Mushroom Braciolo

An Italian favorite, this Flank Steak is rolled up with a savory mushroom mixture and slow cooked in crushed tomatoes.

Recipe Time: 6 hours

Makes 6 servings

- 1 beef Flank Steak (1-1/2 to 2 pounds)
- 1 cup finely diced mushrooms
- 1/2 cup finely diced onion
- 1/2 cup grated Parmesan cheese
- 2 slices bacon or prosciutto, chopped (about 1 ounce)
- 1 can (28 ounces) crushed tomatoes
- 1 tablespoon Italian seasoning blend
- 1 teaspoon salt, divided
- 1 teaspoon pepper, divided
- 2 cups cooked polenta, warmed



1. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside.
2. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick.
Cook's Tip: For a larger flank steak, cut it in half horizontally. Pound the two halves, top evenly with mushroom mixture and roll up each to make two smaller, more manageable rolls.
3. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butcher’s twine.
4. Place tomatoes in slow cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add beef roll to sauce, turning once to coat. Cooked, covered, on HIGH 4 hours or on LOW 6 hours or until beef is tender.
5. Cut braciolo diagonally into 1/2" thick slices. Serve over pasta or polenta topped with sauce, as desired.

ELECTRIC PRESSURE COOKER METHOD—This recipe can be made in a 6-quart electric pressure cooker. Combine mushrooms, onion, cheese and bacon in medium bowl; set aside. Cover beef Flank Steak with plastic wrap; pound until steak is 1/4 inch thick. Season steak on both sides with 1/2 teaspoon salt and pepper. Arrange mushroom mixture evenly over steak, leaving 1-inch border on all sides. Starting on long side, roll up steak to enclose mushroom mixture. Secure roll with butcher’s twine. Place tomatoes in pressure cooker; stir in remaining 1/2 teaspoon salt, remaining 1/2 teaspoon pepper and Italian seasoning. Add Braciolo to pressure cooker, turning once to coat. Close and lock pressure cooker lid. Use meat, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 5. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer’s instructions.)

Nutrition information per serving: 327 Calories; 90.9 Calories from fat; 10.1g Total Fat (4.1 g Saturated Fat; 0.1 g Trans Fat; 0.8 g Polyunsaturated Fat; 3.6 g Monounsaturated Fat;) 75 mg Cholesterol; 1027 mg Sodium; 28.6 g Total Carbohydrate; 3.8 g Dietary Fiber; 30.8 g Protein; 4.3 mg Iron; 823 mg Potassium; 10.1 mg NE Niacin; 0.8 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.3 mg Zinc; 35.2 mcg Selenium; 116.2 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, and Potassium.

Asian Sweet & Spicy Ribs

The right balance of sweet and spicy, these Asian beef ribs, using Country Style Ribs, garlic sauce, ginger and honey, will be sure to take your taste buds on a journey.

Recipe Time: 2 hours 45 minutes

Makes 4 servings

- 1-1/2 to 2 pounds beef Country Style Ribs
- 1 cup mirin
- 1/2 cup sweet chili garlic sauce
- 1/2 cup water
- 1/4 cup agave nectar or honey
- 1/4 cup light brown sugar
- 1 teaspoon minced fresh ginger
- 1 tablespoon fresh lime juice
- 1 tablespoon reduced-sodium soy sauce
- Hot cooked rice (optional)



1. Preheat oven to 325°F. Combine mirin, sweet chili garlic sauce, water, agave nectar, brown sugar and ginger in stockpot over medium heat stirring occasionally until sugar dissolves. Place beef ribs in stockpot; bring to a boil. Reduce heat; cover tightly. Continue cooking in 325°F oven 1-3/4 to 2 hours or until beef is fork tender.
2. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil; reduce heat and cook 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally.

Cook's Tip: *Mirin is a low-alcohol, sweet wine made from glutinous rice and is essential in Japanese cooking. It's available in Japanese markets and the ethnic section of most supermarkets.*

3. Serve ribs with rice and remaining sauce, if desired.

Cook's Tip: *Sweet chili garlic sauce, an Asian condiment made from red chilies, garlic and vinegar, imparts a tangy, spicy heat to dishes. Chili garlic sauce is available in Asian markets and the Asian section of most supermarkets.*

SLOW COOKER METHOD—To cook in a slow cooker, combine mirin, sweet chili garlic sauce, agave nectar, brown sugar and ginger in 4-1/2 to 5-1/2 quart slow cooker, stirring until sugar dissolves. Place beef ribs in slow cooker. Cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is fork tender. (No stirring is necessary during cooking.) Remove beef; keep warm. Skim fat from cooking liquid. Transfer cooking liquid to a saucepan and bring to a boil; reduce heat and cook 12 to 15 minutes or until sauce is reduced by half. Stir in lime juice and soy sauce. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired.

ELECTRIC PRESSURE COOKER METHOD—Recipe can be made in a 6-quart electric pressure cooker. Place beef ribs in pressure cooker. Add 1/2 cup water. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 60 minutes on pressure cooker timer. Meanwhile, combine mirin, chili garlic sauce, agave nectar, brown sugar, ginger, lime juice and soy sauce in large saucepan. Simmer 20 minutes. Use quick release to release pressure; carefully remove lid. Return beef to cooking liquid; cook 1 to 2 minutes or until heated through, stirring occasionally. Serve ribs with rice and remaining sauce, if desired. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Nutrition information per serving: 432 Calories; 90 Calories from fat; 10g Total Fat (4 g Saturated Fat; 0 g Monounsaturated Fat;) 81 mg Cholesterol; 903 mg Sodium; 55 g Total Carbohydrate; 0.1 g Dietary Fiber; 25 g Protein; 2.7 mg Iron; 2.9 mg NE Niacin; 0.2 mg Vitamin B₆; 2.9 mcg Vitamin B₁₂; 8.6 mg Zinc; 26.8 mcg Selenium; 79.3 mg Choline. *This recipe is an excellent source of Protein, Vitamin B12, Zinc, and Selenium; and a good source of Iron, Niacin, Vitamin B6, and Choline.*

Porcini Mushroom and Beef Bolognese

Perfect for a dinner party or a quiet, romantic dinner at home, this “pasta with meat sauce” is flavored with pancetta, prosciutto, red wine and sun-dried tomatoes resulting in nothing less than amazing.

Total Recipe Time: 1 hour 45 minutes

Makes 8 servings



- 2 pounds Ground Beef (95% lean)
- 1/2 teaspoon salt
- 1/4 to 1/2 teaspoon black pepper
- 2 tablespoons olive oil
- 1 large onion, chopped
- 1 cup sliced cremini mushrooms
- 3 ounces Pancetta, finely chopped
- 2 ounces Prosciutto, finely chopped
- 3 tablespoons minced garlic
- 1 cup dry red wine
- 2 cans (14 to 14-1/2 ounces each) ready-to-serve beef broth
- 3/4 cup dried porcini mushrooms, broken into small pieces (about 1 ounce)
- 3/4 cup chopped sun-dried tomatoes, not packed in oil
- 1/3 cup tomato paste
- 1 tablespoon sugar
- 1 tablespoon chopped fresh thyme
- 8 cups hot cooked pasta

1. Heat stockpot over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from stockpot with slotted spoon; season with salt and pepper. Set aside. Pour off drippings.

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

2. In same stockpot, heat oil over medium heat until hot. Add onion, cremini mushrooms, pancetta, prosciutto and garlic; cook 8 to 10 minutes or until onion is tender and most of the liquid has evaporated, stirring occasionally. Add wine; bring to a boil. Reduce heat; simmer 8 to 10 minutes or until liquid is reduced by half.

Cook's Tip: Pancetta is an Italian bacon that is cured but not smoked. Flavorful and slightly salty, it's sliced into rounds of varying thickness from a sausage-shaped roll. Pancetta is available in Italian markets and some supermarkets.

3. Return beef crumbles to stockpot. Stir in broth, porcini mushrooms, sun-dried tomatoes, tomato paste, sugar and thyme; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 10 to 15 minutes or until sauce thickens. Stir in additional sugar, as desired. Serve over pasta.

Cook's Tip: To easily chop sun-dried tomatoes, use kitchen scissors to snip the tomatoes into small pieces.

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

Nutrition information per serving: 313 Calories; 117 Calories from fat; 13g Total Fat (6 g Saturated Fat; 3 g Monounsaturated Fat; 88 mg Cholesterol; 1014 mg Sodium; 14 g Total Carbohydrate; 2.4 g Dietary Fiber; 33 g Protein; 5.2 mg Iron; 7.4 mg NE Niacin; 0.5 mg Vitamin B₆; 2.2 mcg Vitamin B₁₂; 6.3 mg Zinc; 19.8 mcg Selenium. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium.

Wine-Braised Short Ribs

A classic restaurant favorite can be mastered at home! This recipe features fork-tender Short Ribs braised in a flavorful red wine sauce, Serve with mashed potatoes, polenta or pasta for a hearty meal.

Recipe Time: 3 hours

Makes 6 servings

- 2 pounds beef Short Ribs, cut into 3 x 2-inch pieces
- 1 teaspoon olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 medium onion, chopped
- 1 can (28 ounces) crushed tomatoes with Italian seasonings
- 1 cup dry red wine
- Cooked soft polenta or pasta (optional)
- Salt and pepper

1. Heat oil in large stockpot over medium heat until hot. Place beef short ribs in stockpot; brown evenly. Remove from stockpot. Season with 1/2 teaspoon each salt and pepper.
2. Add onion to stockpot; cook and stir 5 to 8 minutes or until onion is tender. Stir in tomatoes and wine. Return beef to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2 to 2-1/2 hours or until beef is fork-tender.
3. Remove beef; keep warm. Skim fat from cooking liquid. Bring to a boil. Cook, uncovered, 5 to 7 minutes or until slightly thickened, stirring occasionally. Season with salt and pepper, as desired.
4. Serve short ribs with sauce and polenta or pasta, if desired.



***Nutrition information per serving:** 422 Calories; 18 Calories from fat; 2g Total Fat (8 g Saturated Fat; 9 g Monounsaturated Fat;) 99 mg Cholesterol; 843 mg Sodium; 13 g Total Carbohydrate; 2.9 g Dietary Fiber; 36 g Protein; 5 mg Iron; 3.5 mg NE Niacin; 0.4 mg Vitamin B₆; 3.7 mcg Vitamin B₁₂; 8.4 mg Zinc; 23.7 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.*

Strip Steaks with Red Wine Pan Sauce

Once you learn how to make this delicious red wine sauce, your steaks will never be the same! You can substitute your favorite steak (or a steak that is on-sale) into this recipe—Tenderloin filets, Ribeye, Top Sirloin, Chuck Eye, T-Bone, Porterhouse, Flat Iron.

Recipe Time: 45 minutes

Makes 4 servings

- 2 beef Strip Steaks Boneless, cut 1-inch thick or Flat Iron Steaks (about 8 ounces each)
- 1 teaspoon lemon pepper
- Chopped fresh parsley (optional)

Red Wine Sauce:

- 1 tablespoon olive oil
- 1 cup sliced cremini or button mushrooms
- 2 cloves garlic, minced
- 1/2 cup dry red wine
- 1/3 cup ready-to-serve beef broth
- 1/3 cup whipping cream
- 1/4 teaspoon ground black pepper
- Salt



1. Press lemon pepper evenly onto beef Strip Steaks. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook top loin steaks 12 to 15 minutes (flat iron steaks 11 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; keep warm.
2. To prepare Red Wine Sauce, add oil to same skillet and heat over medium heat until hot. Add mushrooms; cook and stir 1 to 2 minutes. Add garlic; cook and stir 20 to 30 seconds or until fragrant. Add wine; cook and stir 1 to 2 minutes or until browned bits attached to skillet are dissolved and liquid is reduced by half. Stir in broth, cream and black pepper. Continue cooking 5 to 7 minutes or until sauce thickens, stirring occasionally. Season with salt, as desired.
3. Spoon sauce over steaks. Garnish with parsley, if desired.

***Nutrition information per serving:** 292 Calories; 153 Calories from fat; 17g Total Fat (7 g Saturated Fat; 7 g Monounsaturated Fat;) 83 mg Cholesterol; 166 mg Sodium; 3 g Total Carbohydrate; 0.2 g Dietary Fiber; 26 g Protein; 1.8 mg Iron; 7.9 mg NE Niacin; 0.6 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 4.9 mg Zinc; 33.8 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Iron.*

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