

## Beef: Not just good, but good for you!

**Zinc** for healthy growth.

**Protein** to build and repair the body.

**Iron** to carry oxygen to all parts of the body - **energize!**

**PLUS 10 other essential nutrients!**

Based on an average of 23 lean cuts, 125 g rams of raw beef has: 27 g protein, 198% DV vitamin B<sub>12</sub>, 64% DV zinc, 46% DV selenium, 43% DV niacin, 31% DV vitamin B<sub>6</sub>, 22% DV phosphorous, 17% DV iron, 15% DV potassium, 14% DV riboflavin, 11% DV magnesium, 10% DV thiamin, 6% DV pantothenate.



Visit [www.beefinfo.org/comfortfoods](http://www.beefinfo.org/comfortfoods) and type "comfort foods" in the keyword search – save your favourite recipes or share them with a friend.

**Beef** Information Centre

CFAug05



# Comfort



**Steamy, soul-satisfying beef suppers**

Slow-simmered stews, savoury roasted vegetables and pot roast take on a new life with today's beef cuts and some flavourful, not-so-traditional seasonings. Warm up your nights with these delicious recipes designed with both comfort and convenience in mind.



**New Beef Quick Roasts** are **the** answer for weeknight roast beef.

# Weeknight Roasting

## HORSERADISH-CRUSTED QUICK ROAST WITH ROASTED ROOT VEGETABLES

*With just a few simple ingredients, ordinary roast beef becomes extraordinary. This easy one-dish dinner cooks unattended while you unwind from the day. Use regular potatoes, sweet potatoes or a mix of both.*

1 large **carrot**, cut in wedges

2 medium **potatoes**, peeled or scrubbed, cut in wedges

1 tbsp (15 mL) **olive oil**

Pinch EACH **salt, pepper** and crushed dried **rosemary**

1 tbsp (15 mL) EACH prepared **horseradish** and grainy **Dijon mustard**

1/2 tsp (2 mL) EACH chopped **garlic** and cracked **black pepper**

1 lb (500 g) **Beef Quick Roast**

**1. Toss** carrot and potatoes with olive oil, salt, pepper and rosemary; place in small roasting pan or ovenproof skillet. In small bowl, stir together horseradish, mustard, garlic and pepper; rub all over roast. Insert meat thermometer lengthwise into centre of roast so shaft is not visible; place on top of vegetables.

**2. Roast**, uncovered, in 350°F (180°C) oven for 50 to 60 minutes or until thermometer reads 140°F (60°C) for medium-rare. While roast is still in pan, cut off netting with kitchen shears, allowing bits of crust to fall into pan.

**3. Transfer** roast to cutting board; tent with foil for 5 minutes to allow temperature to rise 5°F (3°C) before carving thinly across the grain. Meanwhile, return vegetables to oven for 5 minutes if not quite tender. Remove vegetables to serving platter and serve with roast.

**Prep: 15 minutes**

**Cooking: 50 minutes**

**Serves: 2 or 3**

**Per Serving (based on 3 servings):** 336 Calories, 30 g protein, 13 g fat, 26 g carbohydrate  
Excellent source of iron (26% DV) and zinc (80% DV), 6% DV sodium.



# g o s l o w

**Braised beef** is ultra-tender and flavourful. And although braising isn't speedy, the oven does most of the work and the preparation is simple. For weeknight meals, bring out the slow-cooker!



2 tbsp (30 mL) **fennel seeds**, crushed

1 tsp (5 mL) EACH **salt** and **pepper**

3 to 4 lb (1.5 to 2 kg) **Boneless Beef Pot Roast** (e.g. Cross Rib, Blade or Top Blade)

3 tbsp (45 mL) **vegetable oil**

2 **onions**, chopped

4 **carrots**, diced

2 tbsp (30 mL) **all-purpose flour**

1-1/2 cups (375 mL) **beef stock**

3 **bay leaves**

**Prep:** 15 minutes

**Cooking:** 3 hours

**Serves:** 12 to 16

**Per Serving (based on 16 servings):**

231 Calories, 17 g protein, 16 g fat, 4 g carbohydrate  
Good source of iron (16% DV) and excellent source  
of zinc (41% DV), 12% DV sodium.

## BRAISED POT ROAST WITH ROASTED VEGETABLE SAUCE

*Now here's a neat trick – just purée the roasted vegetables to create a hearty flavourful sauce. Serve with mashed potatoes accented with Parmesan cheese.*

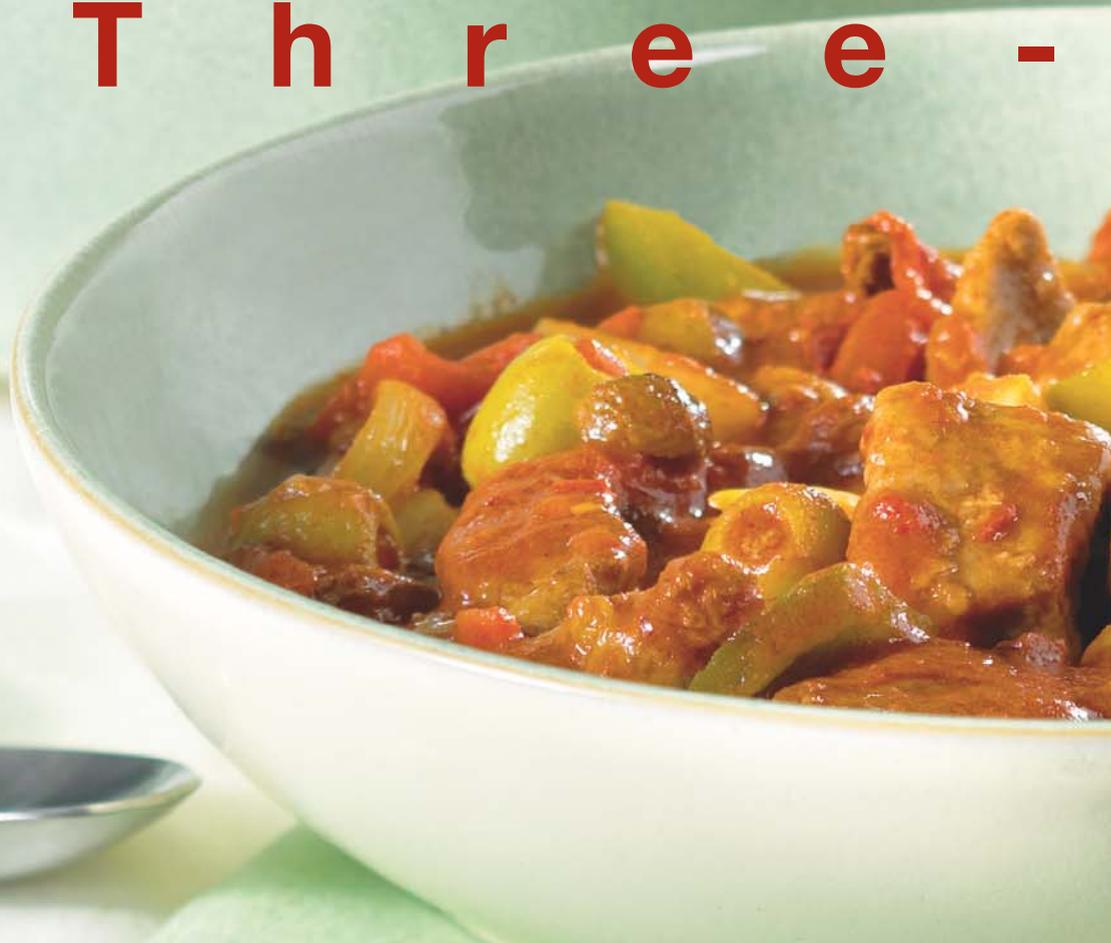
**1. Combine** fennel with 1/2 tsp (2 mL) each of the salt and pepper; rub all over roast. In Dutch oven or stockpot, heat 2 tbsp (30 mL) of the oil over medium-high heat; brown beef all over, turning with tongs, about 10 minutes. Remove and set aside. Reduce heat to medium. Add remaining oil to pan if necessary; cook onions, carrots and remaining salt and pepper, stirring, for 4 minutes or until just golden. Sprinkle with flour; cook, stirring, for 1 minute.

**2. Add** beef stock and bay leaves; bring to boil, stirring and scraping up brown bits from bottom of pan. Return meat and any juices to pan. Cook in 325°F (160°C) oven for about 3 hours or until fork-tender. Transfer roast to cutting board; tent with foil and let stand for 15 minutes before carving thinly across the grain.

**3. Meanwhile, discard** bay leaves. Transfer sauce to blender or food processor; purée, in batches, until smooth. Serve with roast.

**Slow-Cooker:** Follow Step 1, not adding flour. Transfer meat and vegetables to 24-cup (6 L) slow-cooker. Add stock and bay leaves to Dutch oven as in Step 2; pour into slow-cooker. Cover and cook on low for 7 to 8 hours or until fork-tender. Remove meat and bay leaves. Skim fat from pan juices. Whisk flour with 1/4 cup (50 mL) cold water; whisk into slow-cooker. Cover and cook on high until thickened, about 15 minutes. Purée as directed.

# Three - Way Stew



## TRADITIONAL

2 tbsp (30 mL) approx.	olive or vegetable oil
2 lb (1 kg)	<b>Stewing Beef Cubes</b>
1/4 cup (50 mL)	all-purpose flour
2	cloves garlic, minced
1	large onion, cut lengthwise in eighths
1 cup (250 mL)	beef stock
1 can (28 oz/796 mL)	diced plum tomatoes
2 tbsp (30 mL)	EACH Worcestershire sauce and balsamic vinegar
1 tsp (5 mL)	dried thyme
1/2 tsp (2 mL)	EACH salt and pepper
1	bay leaf
2	carrots, cut in 1-inch (2.5 cm) chunks
8 oz (250 g)	mini potatoes, scrubbed and quartered
	Chopped fresh parsley

## ISLAND INSPIRED

Add 1 tbsp (15 mL) finely grated gingerroot when cooking garlic and onion.

Substitute paprika for balsamic vinegar.

Substitute dried sage (crushed) for thyme; add 1/4 tsp (1 mL) red pepper flakes. Add 1 cinnamon stick (or 1/2 tsp/2 mL ground cinnamon) when simmering; remove stick after 1 hour.

Substitute 1/2-cup (125 mL) EACH green olives with pimento (halved), raisins and 1 sweet green pepper, cut in 1-inch (2.5 cm) chunks for carrots and potatoes.

## PROVENÇAL

Add 8 oz (250 g) button mushrooms when cooking garlic and onions.

Substitute dry red wine for stock

Substitute herbes de Provence for thyme.

Substitute 2 cups (500 mL) cut green beans and 1/2 cup (125 mL) black olives (pitted and halved) for carrots and potatoes.

*With a few minor adjustments, you can make traditional stew that's just a touch exotic. Double-up the beef and the main ingredients and you can make two versions of stew at the same time! One recipe makes a big batch so there is plenty for a small gathering. Or tuck some in the freezer for future meals.*

**1. Heat** oil in Dutch oven or stockpot over medium-high heat until hot. Brown meat in 4 batches. Set beef aside; sprinkle beef with flour.

**2. Add** garlic and onion; cook for 3 to 4 minutes or until just softened, adding more oil if necessary. Stir in stock, scraping up browned bits from bottom of pan. Add beef, tomatoes, Worcestershire, vinegar, thyme, salt, pepper and bay leaf. Bring to simmer.

**3. Simmer,** covered, on stove-top or in 325°F (160°C) oven for 1 hour or until fork-tender. Add carrots and potatoes; cook for 30 to 40 minutes or until tender. Serve garnished with parsley.

**Slow Cooker:** After Step 2, transfer mixture with carrots and potatoes to 24-cup (6 L) slow-cooker. Cook, covered, on low for 8 hours. If adding olives and/or green beans, add in final hour of cooking.

**Prep:** 25 minutes

**Cooking:** 1-1/2 hours

**Serves:** 8

**Per Serving (based on 8 servings):**

290 Calories, 28 g protein, 12 g fat, 17 g carbohydrate Excellent source of iron (28% DV), and zinc (76% DV), 22% DV sodium.



# Comfort & Convenience

Here are some options to help fit comfort cuisine into your busy schedule:

**Oven-roast a Quick Roast** to medium-rare in just 40 to 50 minutes. These mini cuts weigh about a pound (500 g) – the perfect size for small families or couples.

**Enjoy microwave “heat n’eat” pot roast or meat loaf** available in the refrigerated section of your meat counter. Pick up some microwave-mashed potatoes from the same place and serve with some steamed veggies. Dinner’s on the table in 15 minutes or less.

**Cook collectively.** On a blustery afternoon, gather a friend or two in the warmth of your kitchen and do some bulk-pack cooking to stock your freezers with weeknight dinners. 1 large (1.75 kg) package of Lean Ground Beef = 3 meals: Shepherd’s Pie, Salisbury Steak or Mini Meat Loaves (see: [www.beefinfo.org/comfortfoods](http://www.beefinfo.org/comfortfoods) for lots of ideas).

**Cook now, eat later.** Some meals such as stews and pot roasts actually taste better when made ahead. While making Sunday’s supper, oven-braise a Beef Pot Roast or Stew for Monday’s meal too.

**Slow-cooker solutions.** Needing little time to prepare and no fussing while cooking, beef slow-cooker meals are the ultimate in convenience. To convert your favourite stew or pot roast recipe: brown meat, onion and garlic on stove-top (as usual); choose the low setting; use 30 to 50% less cooking liquid and adjust seasonings to taste before serving, adding fresh herbs and sweet green pepper near end of cooking.

**Freezer to oven.** No time to thaw? Then just cook your roast from frozen, allowing 50% more time than you would if thawed. Season frozen roast with a rub of grainy Dijon mustard, salt, pepper and chopped fresh thyme or rosemary. Insert oven-safe meat thermometer when possible and cook to desired doneness.

## COCONUT BEEF CURRY

*This slow-cooker stew is perfect for family meals yet fancy enough for entertaining. Red curry paste is popular in Indian and Thai dishes and can be found in the Asian food section of the supermarket. If you can’t find it, use curry powder instead. Serve with hot cooked couscous or basmati rice.*

1 tbsp (15 mL) **vegetable oil**  
2 lb (1 kg) **Beef Simmering Steak**,  
(e.g. Cross Rib, Blade or Top Blade),  
cut in 1/4-inch (5 mm) wide strips  
  
2 **onions**, sliced  
2 cloves **garlic**, minced  
2 tbsp (30 mL) **paprika**  
1 tbsp (15 mL) ground **cumin**  
2 tsp (10 mL) **red curry paste**  
(or 1 tbsp/15 mL curry powder)  
1 tsp (5 mL) **cinnamon**  
4 **medium potatoes**, peeled and chopped  
1 lb (500 g) **baby carrots**, peeled  
1 can  
(14 oz/398 mL) **coconut milk** (not sweet coconut cream)  
2 tbsp (30 mL) **tomato paste**  
1 tsp (5 mL) **salt**  
1/2 cup (125 mL) **dried apricots**, sliced  
Toasted slivered **almonds** or  
chopped fresh **cilantro** (optional)

**1. Heat** oil over medium-high heat in large nonstick skillet. In batches, cook beef strips for 2 to 3 minutes or until browned. Add onions, garlic, paprika, cumin, curry paste and cinnamon; sauté for 2 minutes or until fragrant.

**2. Transfer** mixture to 14 to 24-cup (3.5 to 6 L) slow-cooker; stir in potatoes, carrots, coconut milk, tomato paste, salt and 1/2 cup (125 mL) water.

**3. Cook**, covered, on low for 8 to 10 hours or high for 4 to 6 hours or until bubbling and vegetables are tender. Stir in apricots; cook for 15 minutes. Serve sprinkled with almonds or cilantro if desired.

**Prep:** 15 minutes

**Cooking:** 6 hours

**Serves:** 8

**Per Serving:** 392 Calories, 28 g protein, 21 g fat, 25 g carbohydrate. Excellent source of iron (42% DV) and zinc (76% DV), 18% DV sodium. Adapted from: Best Slow Cooker Recipes by Donna-Marie Pye (Robert Rose, 2000).



# Slow-cooker simmer

It's like take-out when you walk in the door – with no wait for delivery!

Made with a simple ginger-infused broth and convenient Beef Stir-fry strips, this delicious meal-soup is low in fat and high in flavour. You can substitute two 85 g packages of dried oriental noodles for the fresh chow mein noodles, omitting the flavouring sachets.

**Prep:** 5 minutes

**Cooking:** 10 minutes

**Serves:** 4

## BEEF NOODLE BOWL

1/4 cup (50 mL)	<b>soy sauce</b> (low sodium)
1 tbsp (15 mL)	<b>Asian chili sauce</b>
12 oz (375 g)	<b>Beef Stir-fry Strips</b> or 1/2-inch (1 cm) thick <b>Beef Marinating Steak</b> (Inside Round, Outside Round or Sirloin Tip), cut in thin slices
5 cups (1.25 L)	<b>chicken stock</b> (low sodium)
3	slices (1/4-inch/5 mm thick) <b>gingerroot</b>
2	cloves <b>garlic</b> , sliced
2 cups (500 mL)	sliced <b>bok choy</b> or shredded <b>spinach</b> leaves
Half a 350 g pkg	refrigerated fresh steamed <b>chow mein noodles</b>
1/4 cup (50 mL)	EACH slivered <b>sweet red pepper</b> or <b>carrot</b> and diced <b>green beans</b>
	Chopped <b>green onion</b> and fresh <b>cilantro</b>
	<b>Sesame oil</b>

**1. Combine** soy sauce and chili sauce in large sealable freezer bag. Add beef strips and set aside. Combine stock, gingerroot and garlic in stock pot; bring to boil over medium-high heat. Reduce heat and simmer for 5 minutes.

**2. Stir** in bok choy and noodles; return to simmer and cook for 3 minutes. Add beef and its marinade; return to simmer and cook for 3 minutes or until beef is just pink inside and noodles are tender.

**3. Transfer** about 1 cup (250 mL) noodles, meat and bok choy with tongs to each of 4 soup bowls. Top each with sweet red pepper, green beans, onion and cilantro to taste and about 1 cup (250 mL) hot broth. Finish each with a few drops of sesame oil.

**Per Serving:** 276 Calories, 30 g protein, 3 g fat, 31 g carbohydrate  
Excellent source of iron (26% DV) and zinc (43% DV), 61% DV sodium.

simple.steamy.



Noodle bowls are a traditional comfort food in Asian cuisines.