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Log onto beefinfo.org and enter our sweepstakes to win 1 of 20 copies of this newest Bonnie Stern cookbook.

HeartSmart™: The Best of HeartSmart™ Cooking is a wonderful new compendium of over 300 favourite recipes from the three previous HeartSmart™ bestsellers as well as 75 brand-new recipes.

The Beef Information Centre is committed to sharing with Canadians ways they can continue to make lean beef a part of a well-balanced, healthy diet. The Beef Information Centre is pleased to support the initiatives of the Heart and Stroke Foundation of Canada and their efforts to help people live healthier lives and reduce their risk of heart disease and stroke.



Finding answers. For life.



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HeartSmart™

Cooking with Lean Ground Beef



A Bonnie Stern Recipe Collection

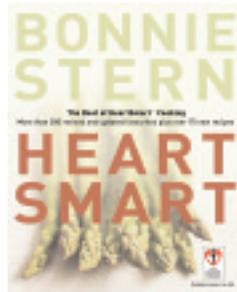


The pleasures of eating well...

For more than a decade, the partnership of Bonnie Stern and the Heart and Stroke Foundation has been changing the way Canadians cook.

Bonnie's HeartSmart™ cookbooks bridge the gap between healthy eating and delicious food.

Here is a sneak preview of some of the delicious Bonnie Stern recipes featured in her upcoming cookbook, HeartSmart™: The Best of HeartSmart™ Cooking. Available in stores in February.



Recipes from HeartSmart™: The Best of HeartSmart™ Cooking. Copyright © 2006 by the Heart and Stroke Foundation of Canada and Bonnie Stern Cooking Schools Ltd. Published by Random House Canada. Bonnie Stern Photo Credit: Glenn Lowson

The recipes featured here start with Health Check™ qualified Lean or Extra Lean Ground Beef. With no more than 17% and 10% fat respectively, lean ground beef is perfect for convenient, easy HeartSmart™ cooking.

†Choosing leaner ground meats (Lean or Extra Lean) is part of healthy eating.



GROUND BEEF Nutrition Information (per 100 g raw beef)

	Lean	Extra Lean
CALORIES	210	180
PROTEIN g	20	21
FAT g	15	10
CARBOHYDRATE g	0	0
% Daily Value (% DV):		
IRON	15	15
ZINC	50	50
B ₁₂	70	80



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† The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. For more information, visit www.healthcheck.org.

Big Braised Meatballs

These days the style for meatballs seems to be really tiny or really big. Serve these with mashed potatoes, spaghetti or crusty bread.

1/2 cup (125 mL)	milk
1 cup (250 mL)	whole wheat or regular breadcrumbs
1 1/2 lb (750 g)	Extra Lean or Lean Ground Beef
1	egg
1/4 cup (50 mL)	chopped fresh parsley, divided
1 tsp (5 mL)	salt
1/2 tsp (2 mL)	pepper
1/2 cup (125 mL)	grated Parmesan cheese, optional
1 tbsp (15 mL)	olive oil
1	onion, chopped
2	cloves garlic, finely chopped
2 28-oz (796 mL) cans	plum tomatoes, with juices, broken up or puréed

Per Serving (made with Extra Lean):

Calories	299
Protein	29 g
Fat	13 g
Saturates	4 g
Cholesterol	92 mg
Carbohydrate	18 g
Fibre	3 g
Sodium	953 mg
Potassium	1020 mg

Excellent source: Riboflavin, Niacin, Vitamin B₆, Vitamin B₁₂, Vitamin C, Iron

Good source: Vitamin A, Thiamin, Folate

1. In large bowl, stir together milk and breadcrumbs. Allow to rest for 10 minutes.
2. Mix in beef, egg, 2 tbsp (25 mL) parsley, salt, pepper and cheese. Shape into 12 meatballs.
3. Heat oil in large, deep non-stick skillet on medium-high heat. Brown meatballs for 5 to 10 minutes or until brown on all sides. Remove from skillet.
4. Add onion and garlic to skillet; cook gently over medium heat for 5 minutes or until tender. Add tomatoes and bring to boil.
5. Return meatballs to skillet. Cover, reduce heat and cook for 25 minutes. Uncover and cook for 15 minutes or until thickened and digital rapid-read thermometer inserted into several meatballs reads at least 160°F (71°C). Taste and adjust seasonings if necessary. Serve sprinkled with remaining 2 tbsp (25 mL) parsley. **Serves 6.**



Meatloaf with Chickpeas

Adding chickpeas to a traditional meatloaf reduces the fat and the cost as well as adding an interesting flavour. Use one 19-oz (540 mL) can chickpeas (rinsed and well drained) or cook your own dried chickpeas. Chop finely in a food processor or by hand before adding them to the meat mixture.

1	large onion, chopped
3	cloves garlic, chopped
1 lb (500 g)	Extra Lean or Lean Ground Beef
2 cups (500 mL)	cooked chickpeas, finely chopped
3/4 cup (175 mL)	whole wheat or regular breadcrumbs
1	egg
1/2 cup (125 mL)	chili sauce or ketchup
2 tbsp (25 mL)	Dijon mustard
1 1/2 tsp (7 mL)	Worcestershire sauce
1 tsp (5 mL)	hot red pepper sauce
1 tsp (5 mL)	ground cumin
1/2 tsp (2 mL)	salt
1/2 tsp (2 mL)	pepper
2 tbsp (25 mL)	chopped fresh parsley

Topping

2 tbsp (25 mL)	chili sauce or ketchup
1 tbsp (15 mL)	Dijon mustard

1. In food processor, purée onion with garlic (or mince by hand).
2. In large bowl, combine onion mixture, beef, chickpeas, breadcrumbs, egg, chili sauce, mustard, Worcestershire, hot pepper sauce, cumin, salt, pepper and parsley. Knead together lightly.
3. Transfer to 9 x 5-inch (2 L) loaf pan and smooth top. Cover with foil and bake in 350°F (180°C) oven for 45 minutes, until digital rapid-read thermometer inserted into centre of loaf reads at least 160°F (71°C).
4. To prepare topping, combine chili sauce with mustard; spread over loaf. Bake, uncovered, for 30 minutes. **Serves 6.**

Per Serving (made with Extra Lean): Calories 317, Protein 22 g, Fat 13 g (Saturates 4 g, Cholesterol 71 mg), Carbohydrate 27 g (Fibre 5 g), Sodium 866 mg, Potassium 520 mg
Excellent source: Niacin, Vitamin B₁₂, Folate, Iron
Good source: Thiamine, Riboflavin, Vitamin B₆



Polenta with Wild Mushroom and Meat Ragout

Just a little sausage adds a lot of flavour to this delicious meat sauce, but you can omit it if you prefer. The polenta can also be made ahead, poured into a lightly oiled 13- x 9-inch (3.5 L) baking dish, topped with sauce, cheese and parsley and reheated at 350°F (180°C) oven for 30 minutes.

Wild Mushroom and Meat Ragout

1/2 oz (15 g)	dried wild mushrooms
1 cup (250 mL)	warm water
2 tsp (10 mL)	olive oil
1	onion, chopped
3	cloves garlic, finely chopped
1/4 tsp (1 mL)	hot red pepper flakes, optional
1	sweet red pepper, seeded and diced
8 oz (250 g)	Extra Lean or Lean Ground Beef
1	extra-lean Italian sausage, casing removed (about 2 oz/60 g), optional
1 28-oz (796 mL) can	plum tomatoes, with juices, puréed or broken up
	Salt and pepper to taste

Polenta

6 cups (1.5 L)	water
1 tsp (5 mL)	salt
1/2 tsp (2 mL)	pepper
1 cup (250 mL)	cornmeal (regular or quick-cooking)

Garnish

2 tbsp (25 mL)	grated Parmesan cheese
2 tbsp (25 mL)	chopped fresh parsley

1. Cover dried mushrooms with warm water; let soak for 30 minutes. Strain through paper towel-lined sieve and reserve. Rinse mushrooms thoroughly and chop.
2. Heat oil in large, deep non-stick skillet on medium heat. Cook onion, garlic and hot pepper flakes gently for 5 to 8 minutes or until tender but not brown.
3. Add red pepper; cook for a few minutes. Add beef and sausage meat; cook for 8 to 10 minutes or until brown. Drain off and discard any excess fat.
4. Add mushrooms, mushroom liquid and tomatoes. Bring to boil and cook for 30 minutes or until quite thick. Add salt and pepper.
5. Meanwhile, to prepare polenta, bring water, salt and pepper to boil in large pot. Slowly whisk in cornmeal. Stirring with long spoon, cook over medium heat for 25 to 30 minutes for regular cornmeal or 5 to 10 minutes for quick-cooking. Polenta should be tender. Taste and adjust seasonings if necessary.
6. Serve polenta topped with sauce and garnish with cheese and parsley. **Serves 6.**

Per Serving (made with Extra Lean): Calories 314, Protein 18 g, Fat 8 g (Saturates 3 g, Cholesterol 32 mg), Carbohydrate 43 g (Fibre 5 g), Sodium 1006 mg, Potassium 764 mg
Excellent source: Vitamin A, Vitamin C, Niacin, Vitamin B₆, Vitamin B₁₂
Good source: Thiamin, Riboflavin, Folicin, Iron



Sweet and Sour Cabbage Casserole

Cabbage rolls take time to roll up. In this recipe you just layer the cabbage with the stuffing and sauce, for the same traditional flavours without the fuss. The meat and rice mixture can also be made into meatballs. Poach them in the sauce without even browning them first.

1	large cabbage
1 lb (500 g)	Extra Lean or Lean Ground Beef
2 cups (500 mL)	cooked brown or white rice
1	clove garlic, minced
1	egg
1/4 cup (50 mL)	whole wheat or regular breadcrumbs
1/4 cup (50 mL)	ketchup
1 tsp (5 mL)	salt
1/4 tsp (1 mL)	pepper
6 tbsp (75 mL)	chopped fresh parsley, divided
1 tsp (5 mL)	vegetable oil
1	onion, chopped
1	clove garlic, finely chopped
1/4 cup (50 mL)	brown sugar
2 tbsp (25 mL)	lemon juice
1 28-oz (796 mL) can	plum tomatoes, with juices
1/2 cup (125 mL)	cranberry juice or pineapple juice
	Salt and pepper to taste

1. Freeze whole cabbage for 2 days. Defrost, remove core and separate leaves.
2. In large bowl, combine beef, cooked rice, minced garlic, egg, breadcrumbs, ketchup, salt, pepper and 2 tbsp (25 mL) parsley.
3. Heat oil in large non-stick saucepan on medium heat. Cook onion and chopped garlic for a couple of minutes until fragrant but not brown.
4. Add sugar, lemon juice, tomatoes and cranberry juice; bring to boil. Add 2 tbsp (25 mL) parsley and cook for 15 minutes, breaking up tomatoes with spoon. If too thick, add about 1/2 cup (125 mL) water or juice. Season with salt and pepper.
5. Line bottom of 11 x 7-inch (2 L) baking dish with one-third of the cabbage leaves. Spread with half of the meat mixture and one-third of the sauce. Repeat with cabbage, meat and sauce. Top with remaining cabbage and sauce.
6. Bake in 350°F (180°C) oven for 45 minutes, until digital rapid-read thermometer inserted into centre reads at least 160°F (71°C). Sprinkle with remaining 2 tbsp (25 mL) parsley and allow to rest for 10 minutes before cutting into squares.

Serves 6 - 8.

Per Serving (made with Extra Lean): Calories 394, Protein 22 g, Fat 10 g (Saturates 4 g, Cholesterol 75 mg), Carbohydrate 54 g (Fibre 7 g), Sodium 875 mg, Potassium 1083 mg
Excellent source: Vitamin C, Niacin, Vitamin B₆, Folic acid, Vitamin B₁₂, Iron
Good source: Thiamin, Riboflavin

