

Ground beef is
100% beef

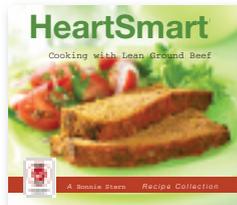
with no added water, colour, additives or fillers.

Ground beef is simply all the goodness of beef wrapped up in one convenient, versatile, goof-proof, family-friendly format.

Is it any wonder that ground beef is Canada's favourite meat!

Beef. Goodness in every bite.™

FREE RECIPE BOOKLET



HEARTSMART™ COOKING With Lean Ground Beef

This 12-page booklet is a sneak preview of some of the delicious Bonnie Stern recipes featured in her latest Heart and Stroke Foundation of Canada cookbook.

To order your copy of HEARTSMART™ COOKING With Lean Ground Beef visit www.beefinfo.org/leangroundbeef

Looking for more ways to prepare lean ground beef? Go to beefinfo.org 1-888-248-BEEF

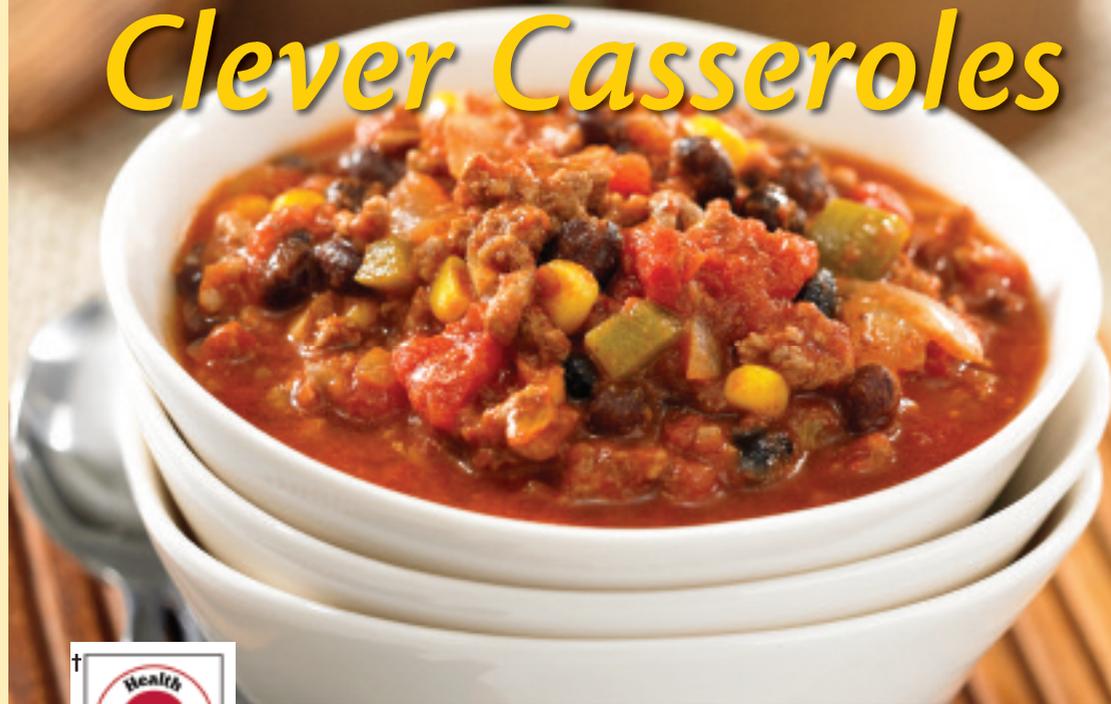
Beef Information Centre



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Canadian Lean Ground Beef

Clever Casseroles



One-dish dinners, the heart-healthy way

www.beefinfo.org

We all love ground beef
for fuss-free family dinners.
And we all have our favourite
recipes that we like to swap.
But many are high in fat,
or sodium or both...

They need a
heart-healthy makeover
for today's active living.



Ground beef. Goodness in every bite.

All the delicious lean recipes 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 the perfect base for convenient, good-for-you dinners the whole family will enjoy.



† **Check for Health Check™**
*...It's like shopping with the
Heart and Stroke Foundation's Dietitians!*
www.healthcheck.org

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

The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See www.healthcheck.org.

Per 100 g raw Extra Lean Ground Beef: 180 Calories, 21 g protein, 10 g fat, 0 g carbohydrate, zinc 50% DV, iron 15% DV
Per 100 g raw Lean Ground Beef: 210 Calories, 20 g protein, 15 g fat, 0 g carbohydrate, zinc 50% DV, iron 15% DV

Heart-Healthy Makeover Tips

- Start with lean or extra lean ground beef, draining after cooking if necessary.
- For oil-free frying, use nonstick pans if possible and pan-fry lean ground beef with vegetables, stirring occasionally, over medium heat.
- Add flavour-packed ingredients in small amounts. Try aged Cheddar, Parmesan and feta cheeses, pesto, sun-dried tomatoes and olives.
- Add a pinch of fresh herbs or citrus peel or a splash of vinegar or citrus juices to liven flavours.
- Be generous when adding vegetables.
- When adding salt, do so during cooking, not at the end. You'll need less salt since you'll get more complex flavour, not just the salt flavour.

The Makeover Story...

We asked loyal beef fans to send us their favourite one-pan ground beef recipes. Lots of yummy casseroles, soups and skillet meals came our way. With the help of Heart and Stroke Foundation of Canada dietitians, our kitchens gave the dishes heart-healthy makeovers, building in lots of easy options to make sure they fit busy lives. Finally, we had real families test drive them, right in their homes, for final approval. **The results are what we call Clever Casseroles!**

We hope you enjoy these old-but-new recipes, swapping back to you.

Enjoy,

Joyce Parslow
Beef Information Centre Kitchens

Move over Mac 'n' Beef...

Not your typical Shipwreck Casserole or Mac 'n' Beef, this recipe makes hearty and healthy go hand in hand. If pressed for time, skip the baking and use as a stove-top dish. For a potluck affair, the recipe can easily be doubled, baking in a 13 x 9-inch (3 L) baking dish. Our recipe tester's family says, "This one's a keeper!"

MEDITERRANEAN BEEF AND PASTA BAKE

2 cups (500 mL)	whole wheat rotini or penne pasta
3/4 - 1 lb (375 - 500 g)	Extra Lean or Lean Ground Beef
1	medium onion, chopped
1 cup (250 mL)	sliced mushrooms
Half	EACH diced sweet red and green pepper
2	cloves garlic, minced
Half jar (700 mL jar)	fat- and salt-reduced pasta sauce
1 cup (250 mL)	shredded part skim mozzarella cheese
1/2 cup (125 mL)	crumbled light feta cheese
1/4 cup (50 mL)	chopped pitted Kalamata olives
2 tbsp (30 mL)	prepared basil pesto

Cook pasta according to package directions. Drain and set aside.

Meanwhile, cook ground beef, onion, mushrooms, red and green peppers and garlic in large nonstick frypan over medium-high heat for 8 to 10 minutes or until meat is cooked thoroughly and any liquid has evaporated. Remove from heat. Stir in pasta sauce, half of the mozzarella, feta, olives, pesto and cooked pasta.

Spoon into 8-inch (2 L) square baking dish and top with remaining mozzarella. Tent loosely with foil and bake in 350°F (180°C) oven for 25 minutes. Uncover and bake for 5 minutes.

Makes: 6 servings

Per Serving (made with 3/4 lb/375 g extra lean beef): 225 Calories, 18 g protein, 10 g fat, 4 g saturated fat, 18 g carbohydrate, 3 g fibre, 533 mg sodium; source of iron (14% DV) and excellent source of zinc (31% DV).

Heart-Healthy Makeover:

Whole wheat pasta adds a fibre boost, and we've lightened up by using no-oil frying, lean beef and lighter cheeses and pasta sauce. Small amounts of Kalamata olives, pesto and feta punch up the flavour.



A can of this and a can of that...

This is a snap to pull together with simple pantry ingredients. Use it to fill tortillas and bake as a casserole (see Chili Enchiladas below) or just serve from the pot with wedges of baked tortilla. If you prefer a fiery version, add a teaspoon or so chopped canned chipotle peppers.

BEEF AND BLACK BEAN CHILI (see cover)

<i>1 lb (500 g)</i>	Extra Lean or Lean Ground Beef
<i>1</i>	<i>large onion, diced</i>
<i>1</i>	<i>large sweet pepper, diced</i>
<i>2 - 3 tbsp (30 - 45 mL)</i>	<i>chili powder</i>
<i>1 tsp (5 mL)</i>	<i>ground cumin</i>
<i>1 can (28 oz/796 mL)</i>	<i>diced tomatoes</i>
<i>1 can (14 oz/398 mL)</i>	<i>tomato sauce</i>
<i>1 can (19 oz/ 540 mL)</i>	<i>black beans, drained and rinsed</i>
<i>1-1/2 cups (375 mL)</i>	<i>frozen corn kernels</i>

Cook beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium-high heat for 8 to 10 minutes or until meat is thoroughly cooked and any liquid has evaporated.

Stir in tomatoes, tomato sauce, beans and corn.

Bring to boil over medium-high heat. Reduce heat to medium and simmer, covered, for 20 minutes, stirring occasionally.

Makes: 9 servings

Per Serving (made with extra lean beef): 192 Calories, 16 g protein, 5 g fat, 2 g saturated fat, 24 g carbohydrate, 6 g fibre, 573 mg sodium; excellent source of iron (26% DV) and zinc (33% DV).

CHILI ENCHILADAS: Spread 2 cups (500 mL) chili in 13 x 9-inch (3 L) glass baking dish; set aside. Spoon 1/2 cup (125 mL) chili onto centre of each of 8 small **flour tortillas**. Roll up; place seam side down in baking dish. Spoon remaining chili over enchiladas. Sprinkle with 1 cup (250 mL) **shredded Cheddar cheese**. Bake in 350°F (180°C) oven for 30 minutes. **Makes 8 enchiladas.**

Heart-Healthy Makeover:

Chili recipes are basically lean if they start with lean ground beef. For heart-healthy improvements, we used lean beef, no-oil frying for the meat and vegetables and we increased the veggie content. If you add some chopped fresh dill near the end of cooking, it plays up the fresh vegetable flavours.



Clean out the fridge...

Hamburger soups are everyone's favourite. This simple scratch version can be made with just about whatever vegetables you have in the fridge or freezer. It's super hearty – a stew-soup or “stoup” as one of our recipe testing families commented.

ITALIAN-STYLE HAMBURGER SOUP

1 lb (500 g)	Extra Lean or Lean Ground Beef
1	large onion, chopped
4	cloves garlic, minced
1 cup (250 mL)	EACH thinly sliced carrot, celery and zucchini
1-1/2 tsp (7 mL)	dried Italian herb seasoning
1/4 tsp (1 mL)	chili pepper flakes (optional)
1 can (28 oz/796 mL)	diced tomatoes
1 pkg (900 mL)	sodium-reduced chicken broth
1 can (213 mL)	tomato sauce
1 cup (250 mL)	shredded fresh spinach (optional)
1/4 cup (50 mL)	chopped fresh parsley (optional)
1/2 cup (125 mL)	broken whole wheat spaghetti

Cook beef, onion, garlic, carrot, celery, zucchini, Italian seasoning, and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.

Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.

Add spinach and parsley (if using). Stir in pasta; simmer for 10 minutes or until pasta is tender.

Makes: 8 servings

Per Serving (made with extra lean beef):
179 Calories, 17 g protein, 5 g fat, 2 g saturated fat, 19 g carbohydrate, 3 g fibre, 620 mg sodium; good source of iron (21% DV), excellent source of zinc (33% DV).

Heart-Healthy Makeover:

Many hamburger soups start with high-sodium packaged soup mixes, but this one uses seasonings, sodium-reduced broth and canned tomatoes instead. Whole wheat pasta, an abundance of veggies, plus lean beef round out this heart-healthy approach.



The two-pan plan...

Although this recipe may seem a bit fussy, it makes two pans, so you can freeze one for a future meal, (bake about 1-1/2 hours from frozen). You can also assemble it ahead and refrigerate to bake later (baking 10 minutes longer if refrigerated). Since Stuffed Shells are showier and easier to serve than lasagne, this recipe's perfect for potluck and buffet-style dinners.

FLORENTINE BEEF AND CHEESE-STUFFED SHELLS

1 box (340 g)	<i>jumbo pasta shells (approx. 44 shells)</i>
1 lb (500 g)	Extra Lean or Lean Ground Beef
1	<i>medium onion, finely chopped</i>
2 - 3	<i>large cloves garlic, minced</i>
1 tsp (5 mL)	<i>dried Italian herb seasoning</i>
1 pkg (454 g)	<i>light ricotta cheese</i>
1 pkg (300 g)	<i>frozen chopped spinach, thawed and squeezed dry</i>
1-1/2 cups (375 mL)	<i>part-skim shredded mozzarella cheese</i>
1/2 tsp (2 mL)	<i>pepper</i>
4 cups (1 L)	<i>fat- and salt-reduced pasta sauce</i>
1/4 cup (50 mL)	<i>grated light Parmesan-style cheese</i>

Per Serving (made with extra lean beef): 420 Calories, 27 g protein, 14 g fat, 6 g saturates, 47 g carbohydrate, 5 g fibre, 350 mg sodium; Good source of iron (24% DV) and excellent source of zinc (44% DV)

Cook pasta shells according to package directions. Drain and rinse; set aside. (Don't worry if some shells tear – you won't need them all.)

Meanwhile, cook beef, onion, garlic and Italian seasoning in large deep frypan over medium heat for 10 minutes or until beef is thoroughly cooked and any liquid has evaporated. Remove from heat. Stir in ricotta, spinach, 1 cup (250 mL) of the mozzarella and pepper; combine well. Spoon 2 tbsp (30 mL) into each of about 32 shells.

Spread 1-1/3 cups (325 mL) pasta sauce into each of 13 x 9-inch (3 L) baking dish and 9-inch (23 cm) glass pie plate. Place 20 filled shells in baking dish and 10 to 12 in pie plate. Top shells in baking dish with remaining pasta sauce (none needed for pie plate). Sprinkle Parmesan and remaining mozzarella over shells in both pans. (Can be covered and refrigerated or frozen.) Cover loosely with foil and bake in 350°F (180°C) oven for 30 minutes. Uncover and bake for 5 minutes. **Makes: 10 servings**

Heart-Healthy Makeover:

We used lean ground beef and lighter cheeses along with fat- and salt-reduced pasta sauce. This dish is a great way to sneak in some spinach for the spinach adverse.

