

Who says eating smart means giving up what you love?



Trimmed of fat – either before or after cooking – beef is lean.* And with 14 essential nutrients, beef is a great choice for healthy living and is part of *Eating Well with Canada's Food Guide*.

* Per 100 g raw beef, trimmed of external fat (composite of 26 cuts): 162 Calories, 21 g protein, 8 g fat, 0 g carbohydrate
% Daily Value: 110% vitamin B₁₂, 60% zinc, 45% niacin, 35% selenium, 15% iron, 15% vitamin D, 15% riboflavin, 15% vitamin B₆, 15% phosphorous, 10% pantothenate, 10% thiamine, 10% magnesium, 9% potassium

Beef Information Centre

Questions about beef? beefinfo.org



heinzitup.com

GLAD
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Autumn 2007, Issue 2

Make it SIMPLE SUPPERS BEEF



REAL LIFE:
Managing the weeknight meal

Join the club! Go to beefinfo.org

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Autumn

Back to school, back to schedules, back to reality! Summer's been grand, but with fall's crisp air, busy routines creep back into our lives.

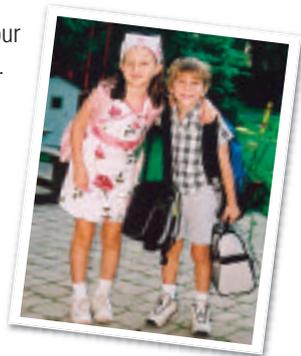
In this fall issue of Make it Beef (MIB), we offer solutions to your meal-planning problems. **Dinner Now** features a fast, good-for-you weeknight recipe using pantry basics such as Heinz® Tomato Ketchup. **How-to** shows you how batch cooking along with Heinz® Chili Sauce can help you create homemade convenience food. And in **Real Life** see how new Glad® SimplyCooking™ Microwave Steaming Bags can provide a healthful recipe for a family on the fly.

We also have a quick nutrition lesson on the importance of iron in **Eat Smart** along with a yummy HeartSmart™ recipe by Bonnie Stern.

We hope you enjoy this issue and encourage you to explore our web links for more great food ideas and nutrition information.

Joyce

Joyce Parslow, Beef Information Centre Kitchens



Learn how to make Mexican Meat Loaf Tacos. See Dinner Made Easy at beefinfo.org Cooking Lessons.

Want to join the club?

Make it CLUB BEEF

We'd love to hear from you! Join the MIB Club to receive our magazines, get recipe ideas, nutrition tips, cooking know-how and more. Just get in touch... it's FREE!

ONLINE
beefinfo.org



An easy meal solution?

It's in the bag!

We were intrigued by the idea of cooking in these microwave steaming bags. Test driving was believing! **Glad® SimplyCooking™ Microwave Steaming Bags** will get you back to your microwave for more than just reheating and defrosting.

Our kitchen trials found these new microwave bags were a dream for steaming veggies – in a snap! Made from heat-resistant, microwaveable food-safe plastic, the steaming bags were easy to use:

- place up to 4 servings of washed veggies in the bag (without water)
- press zipper closure to seal
- microwave for a few minutes (timing printed on the bag).

After waiting just 30 seconds to open, voila – the veggies were done! Both the asparagus and broccoli turned out perfectly tender-crisp and a beautiful bright green.

And there's an added bonus – since there is no water needed for cooking, veggies keep more nutrients than if they were boiled.

We also found these bags were great for making small meals, such as the Asian Noodle Bowl recipe on page 6.

For more about Glad® SimplyCooking™ Microwave Steaming Bags just visit Glad.com/SimplyCooking



Dinner made easier...

By Derrick Ash, BIC Beef Specialist



How do you make a quick weeknight taco dinner when you've forgotten to thaw the ground beef and there's no time to shop for fresh?

The Solution:

Longer shelf life packaged fresh ground beef. These new packages let you keep refrigerated ground beef for about a week. **Now you can buy ground beef on the weekend to use in fast and easy mid-week dinners.**

What to look for: Sold at the fresh meat counter, look for tube packs OR deep tray packs that are sealed with a plastic film overlay.

These packs are labelled with a **Best Before Date** as your guide to storage times. Once opened, use or freeze the meat within a day, just as you would regular-packed fresh ground beef.

How it's done: It's simply a matter of adjusting the air surrounding the meat – the air is either minimized or its' composition is modified. Nothing is added to the meat itself. **Longer shelf life ground beef – it's a simple supper solution.**

The Juggling Act...



Meet Lori Green of Guelph, Ontario – a typical busy Mom of three, who manages week-night meals around after-school ball games, dance lessons, meetings and more. Multiple commitments often means making multiple dinners – difficult to do to say the least. While home-testing our recipes, Lori discovered that the Glad® SimplyCooking™ Microwave Steaming Bags could simplify her staggered meal-time schedules – here’s how it worked for her...

First, she makes two batches of Asian Noodle Bowl, mixing ingredients right in the bags but keeping noodles separate. Both batches are refrigerated. To make **Dinner # 1**, she adds noodles to a single batch and microwaves it – dinner’s ready in minutes. When she needs to make the second meal, she makes **Dinner # 2**, using the the remaining batch that’s waiting in the fridge.

“This was so simple to make – with so few dishes to clean-up,” Lori comments. “And since it’s made from scratch with extra lean ground beef and steam-cooking, I know this recipe is good for us and low in fat. There was no fat to drain off and none added in cooking!”



ASIAN NOODLE BOWL

- | | |
|------------------|--------------------------------|
| 8 oz (250 g) | Extra Lean Ground Beef |
| 2 tbsp (30 mL) | soy sauce |
| 1 tsp (5 mL) | minced fresh ginger |
| 1 | clove garlic, minced |
| 1 cup (250 mL) | sodium-reduced beef broth |
| 1 pkg (200 g) | fresh Asian noodles* |
| 1/2 cup (125 mL) | frozen peas |
| 1/4 cup (50 mL) | thinly sliced sweet red pepper |
| 1 | small carrot, grated |
| 1 | green onion, thinly sliced |
| 1/4 cup (50 mL) | chopped roasted peanuts |

1. Combine in a Glad® SimplyCooking™ Microwave Steaming Bag, beef, soy sauce, ginger and garlic. Gradually stir in broth. Add noodles, peas and red pepper. Mix well and seal bag.

2. Microwave at 70% power for 8 minutes. Let stand for 3 to 5 minutes; mix well. Insert stem of rapid read thermometer into centre of mixture; thermometer should read 160°F (71°C). If not, cook another 30 to 60 seconds on High.

3. Stir in carrot and green onion. Top each serving with peanuts. **Makes 3 servings.**

Per Serving: 416 Calories, 29 g protein, 13 g fat, 46 g carbohydrate, excellent source of iron (29% DV) and zinc (59% DV), 38% DV sodium.



**Cook's Notes: Fresh Asian noodles are available in the produce or Asian sections of the grocery store. This recipe works with Lean Ground Beef too.*

For more great recipes, visit Glad.com/SimplyCooking



Nutrition Information and other mysteries unveiled ...

by Lisa Mina, BIC Registered Dietitian

We see it at the end of lots of recipes – the nutrition information spelled out to look something like this:

Per Serving: 190 Calories, 22 g protein, 7 g fat, 10 g carbohydrate
Good source of iron (17% DV), excellent source of zinc (47% DV), 15% DV sodium.

If you're like most, you have a pretty good understanding of the basic nutrients: calories, protein, fat and carbohydrates. But what about some of the others?

Today's Nutrient Lesson – IRON.

Iron is an important mineral found in every cell of the body.

We all need iron to:

- Build red blood cells.
- Help all our cells work.
- Carry oxygen from the lungs to all parts of the body.
- Help the brain work at its best. In growing children iron helps the brain to develop.

Where do I get iron?

It is important to get iron from a variety of foods. Iron in foods comes in two forms: **heme and non-heme**. Your body absorbs heme iron the easiest, so it is important to eat foods with heme iron. Non-heme iron is not absorbed as well as heme iron. See the next page (p. 8) for a listing of foods with iron.

What does % DV mean?

We use Percent Daily Value (% DV) when we talk about iron content of a food. % DV allows for an easy evaluation of a food's nutritional value. It guides you in knowing if there is a little or a lot of a nutrient in a food.



Foods with heme iron:

- Red meat: beef, lamb, pork
- Liver
- Veal
- Turkey and Chicken (dark meat has more iron)
- Fish and seafood

Foods with non-heme iron:

- Breakfast cereals fortified with iron
- Whole grain and enriched breads and cereals
- Dried beans, peas and lentils
- Seeds and nuts (such as sesame, peanuts)
- Dried fruit (such as raisins and apricots)
- Dark green leafy vegetables
- Eggs



GRILLED STEAK SANDWICHES WITH MELTED ONIONS

Enjoy this Bonnie Stern recipe from the newest Heart and Stroke Foundation Cookbook, **HeartSmart™: The Best of HeartSmart™ Cooking**.

1 tbsp (15 mL) brown sugar
 2 cloves garlic, minced
 1 tsp (5 mL) coarse salt
 1 tsp (5 mL) coarsely ground pepper
 2 lb (1 kg) **Beef Top Sirloin Grilling Steak**,
 about 1-1/2 inches (4 cm) thick,
 trimmed of fat
 1 tsp (5 mL) olive oil

Melted Onions
 2 tbsp (25 mL) olive oil
 4 large onions, thinly sliced
 1 tbsp (15 mL) brown sugar
 1/4 cup (50 mL) balsamic vinegar
 Salt and pepper to taste

2 whole wheat or regular
 baguettes (each about
 16 inches/40 cm long)
 Leaves of baby arugula

Per serving: Calories 470, protein 32 g, fat 12 g,
 saturates 3 g, cholesterol 51 mg, carbohydrate 63 g,
 fibre 8 g, sodium 764 mg, potassium 829 mg
 Excellent source: Niacin; Vitamin B₆,
 Vitamin B₁₂, Iron
 Good source: Thiamine; Riboflavin

1. Combine sugar, garlic, coarse salt and pepper. Pat steak dry; brush with oil and rub with sugar mixture. Marinate for 30 minutes or up to overnight in the refrigerator.

2. To prepare onions, heat 2 tbsp (25mL) oil in large, deep nonstick skillet on medium-high heat. Add onions. Cook for 10 minutes, without stirring, until onions begin to brown. Reduce heat to medium; cook, stirring occasionally, for 30 minutes. Onions should be very brown. Add sugar and vinegar; cook gently, adding water if necessary, until onions are very tender and “melted.” Season with salt and pepper. Keep warm or reheat before serving.

3. Cut each baguette into 4 pieces and then cut each piece in half horizontally.

4. Grill steak for 4 to 6 minutes per side for medium-rare. Let steak rest approx 5 minutes before carving on the diagonal.

5. Drape slices of steak on bread. Top with onions and arugula. **Makes 8 servings.**

Recipes from HeartSmart™: The Best of HeartSmart™ Cooking.
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 Bonnie Stern Cooking Schools Ltd. Published by Random House Canada.

Mouth watering...

These sandwiches are perfect for a casual barbecue served closed or open faced.



big batch ground beef

Cook up convenience when you stock up on value-priced bulk packs of ground beef. By cooking the meat before freezing, you will always have cooked ground beef at the ready to use in your favourite pasta sauce, chili, soup or casserole.

1. Cook 4 lb (2 kg) ground beef in stockpot or Dutch oven using medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon until browned and completely cooked. Drain in colander. Return to pot and add **4 EACH onions and garlic cloves (minced)**; simmer, uncovered, for 12 to 15 minutes until vegetables soften.

2. Spread mixture in single layer on several foil-lined baking trays; cover loosely with plastic wrap and freeze just until meat is firm (about 1 hour).

3. Loosen frozen beef into chunks and scoop meal-sized portions into freezer bags or sealable containers. Freeze for up to 3 months. **Makes about 10 cups (2.5 L).**

Cook's Notes: Use a food processor to mince onions and garlic in a flash. When adding frozen Big Batch Ground Beef to a recipe, you may need to increase recipe's cooking time slightly.



TORTILLA BEEF PIE

Now here's a meat pie that's been brought into the 21st century – no pastry to make, reduced fat and super easy. With Big Batch Ground Beef in the freezer and a few pantry-ready ingredients such as Heinz® Chili Sauce, this recipe is always ready to make.

• 1 can (19 oz/540 mL) red kidney beans • **2 cups (500 mL) Big Batch Ground Beef** • **1/2 cup (125 mL) Heinz® Chili Sauce** • 2 cups (500 mL) shredded low fat Cheddar • 4 large flour tortillas • 2 green onions (chopped)

1. Drain, rinse and mash kidney beans. Combine with thawed **Big Batch Ground Beef** and **Heinz® Chili Sauce** (To thaw beef, microwave at 50% power for 3 to 4 minutes.)

2. Place 1 tortilla on baking sheet. Spread right to edge with one-third of beef mixture. Sprinkle with **one-quarter each Cheddar** and **green onion**. Repeat layers, finishing with tortilla, cheese and green onion.

3. Bake in 400°F (200°C) oven for 10 to 15 minutes or until cheese is melted. Slice into wedges and serve with more Heinz® Chili Sauce. **Makes 6 servings.**

Per Serving (made with Lean Ground Beef): 412 Calories, 29 g protein, 12 g fat, 45 g carbohydrate, excellent source of iron (27% DV), and zinc (46% DV), 39% DV sodium.



For more great Heinz® Chili Sauce recipes, visit heinzitup.com



SOUTHWESTERN STEAK AND KIDNEY BEANS

This recipe is much like having a stir-fry without the complicated cooking urgency that a stir-fry demands. For dinner in 20 minutes, start by making rice. As it cooks, you can get everything else made and ready to serve.

1 tsp (5 mL)	EACH Cajun Spice* and ground cumin
1/4 tsp (1 mL)	EACH salt and hot pepper flakes
1 lb (500 g)	Beef Grilling Steak , 3/4 inch (2 cm) thick
2 tbsp (30 mL)	olive oil
1/2 cup (125 mL)	chopped red onion
1	sweet red pepper, diced
1/2 cup (125 mL)	EACH salsa and frozen corn
1/3 cup (75 mL)	Heinz® Tomato Ketchup
1 can (19 oz/540 mL)	kidney beans, drained and rinsed
	Lime wedges



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1. Combine Cajun spice, cumin, salt and pepper flakes in small bowl. Set aside half of mixture. Sprinkle both sides of steak with remaining mixture.

2. Heat half of the oil in nonstick skillet over medium-high heat. Cook steak until medium, about 5 minutes per side, or to desired doneness. Remove to plate; cover loosely with foil. Let stand for 5 minutes before slicing thinly across the grain.

3. Meanwhile, reduce heat to medium, add remaining oil. Add onion, diced pepper and reserved spice mixture; cook, stirring occasionally, until onion is softened, about 4 minutes. Add salsa, corn, Heinz® ketchup and beans; heat through, about 4 minutes. Toss with steak slices; serve with a squeeze of lime.
Makes 4 servings.

Per Serving: 382 Calories, 32 g protein, 12 g fat, 37 g carbohydrate, excellent source of iron (34% DV) and zinc (62% DV), 41% DV sodium.

For more great Heinz® Ketchup recipes, visit heinzitup.com



**Cook's Notes: If you don't have Cajun Spice use 1/4 tsp (1 mL) EACH paprika, dried oregano, garlic powder and dried thyme.*

Simple supper...

A pan-fried or grilled steak is such a quick weeknight fix and easily stretches to make four servings when sliced into thin strips and combined with veggies and beans. Serve with rice.

