

# Beef. Goodness in every bite.™

Simple dinner favourites start with *Health Check*™.

Burgers, tacos and mac'n' beef – all your children's favourite meals start with *Health Check*™ qualified lean or extra lean ground beef.

Easy to cook and so good for you, ground beef dinners are perfect for busy families.

Every bite of lean beef is packed with 14 essential nutrients,\* such as zinc, iron and B<sub>12</sub>.

Ground beef is 100% beef – all the goodness of beef in a family-friendly format.

Ground beef – Canada's favourite meat!

\*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, B<sub>12</sub> 80% 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, B<sub>12</sub> 70% DV.



**Beef** Information Centre



*Lea Perrins*

Questions about beef? [beefinfo.org](http://beefinfo.org)

[healthcheck.org](http://healthcheck.org)

[heinzitup.com](http://heinzitup.com)

[leaperrins.ca](http://leaperrins.ca)

Spring 2008, Issue 4

# Make it HEALTHY LIVING BEEF



**WHAT'S NEW:**

8 *Health Check*™ qualified lean beef cuts

Building better bites – see **HOW TO**

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# spring

*A new season brings with it a time of renewal – a time to consider new options, organize and get set for that long-awaited change in the weather.*

In this issue of Make it Beef (MIB), the focus is **nutrition** – easy ways to fit good-for-you meals into your daily life.

The recipes feature Health Check™ qualified lean Canadian beef. To learn more about lean beef choices and the Health Check™ program, see **What's New**.

In **Eat Well**, read about a hot topic in nutrition – **naturally nutrient-rich** foods. Sample some of these foods by making the featured recipe from *HeartSmart™: The Best of HeartSmart™ Cooking* by Bonnie Stern.

We made extra efforts to “think healthy” while developing our recipes, so you’ll find wheat germ and grated carrot in the kid-friendly **Real Life** Mini Burgers along with Lea & Perrins® Worcestershire Sauce for zip instead of salt. We also used Heinz® Tomato Juice for a veggie boost in the delicious **Dinner Now** soup.

We hope you find this issue helpful and inspiring as you set new goals for a healthier you.

*Carolyn*

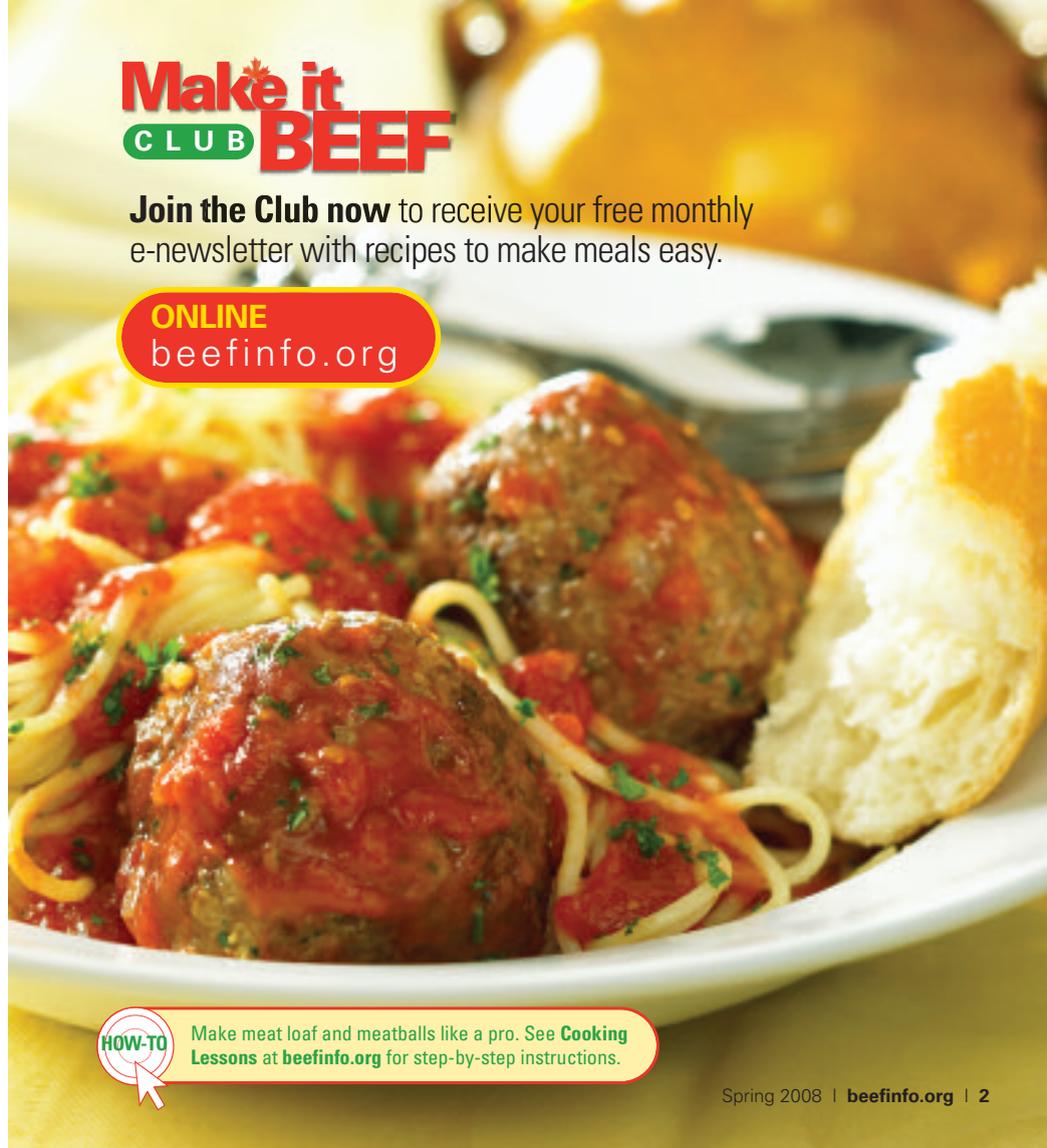
Carolyn Kallio  
Registered Dietitian with Beef Information Centre



## Make it CLUB BEEF

Join the Club now to receive your free monthly e-newsletter with recipes to make meals easy.

ONLINE  
[beefinfo.org](http://beefinfo.org)



Make meat loaf and meatballs like a pro. See **Cooking Lessons** at [beefinfo.org](http://beefinfo.org) for step-by-step instructions.

# Heart-healthy shopping... made easy

## Get with the Program

The Heart and Stroke Foundation developed the Health Check™ program to simplify choosing wisely. Products that qualify for the program have been reviewed by the Heart and Stroke Foundation dietitians to ensure the products meet the Health Check™ nutrition criteria (based on *Eating Well with Canada's Food Guide*). Simply look for packages that have the Health Check™ symbol to pick healthy options.

## What's NEW with Health Check™?

### Lean Beef choices at the meat counter!

There are **EIGHT** cuts of beef **plus** both **Lean** and **Extra Lean Ground Beef** that qualify for the Health Check™ symbol. You may not always see the Health Check™ symbol on all the qualifying beef items, because fresh meats are handled differently than grocery products, often packaged right at the store. So take note of the lean beef choices available in the chart here and keep them in mind next time you're at the meat counter.

## Beef that qualifies for Health Check™

Nutrition information based on beef trimmed of external fat (0-inch trim)

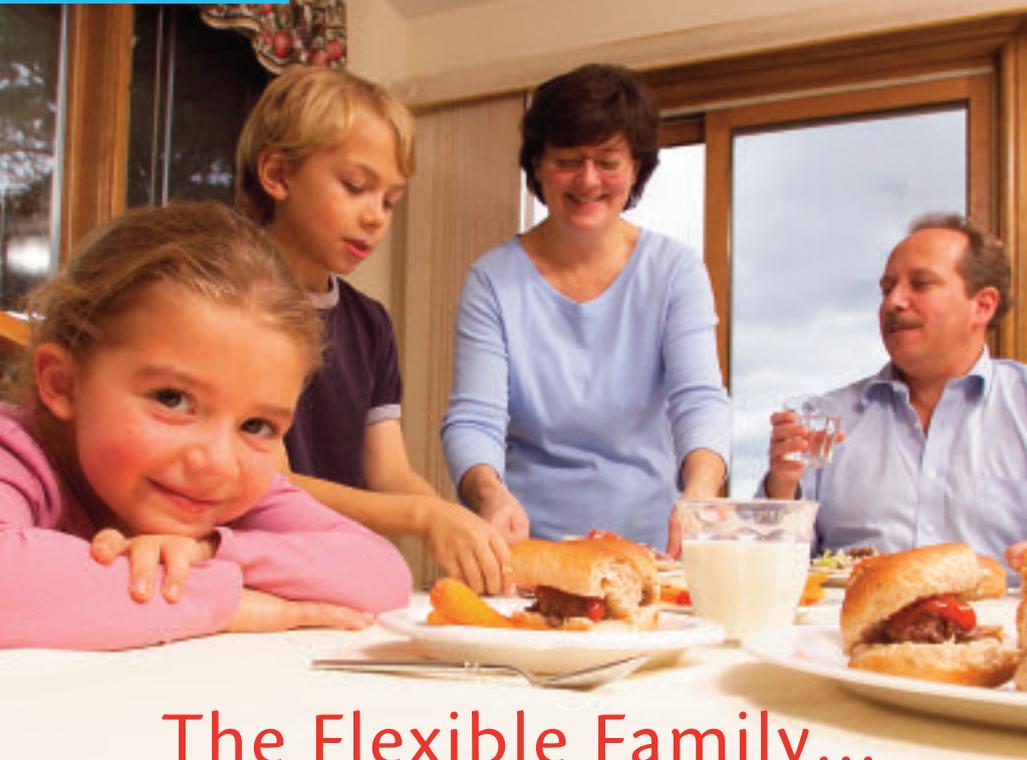
<b>BEEF</b> (100 grams raw meat)	<b>FAT</b> (grams)
<b>Extra Lean Beef:</b>	
Eye of Round	5
Inside Round	5
Sirloin Tip	5
Top Sirloin	6
*Extra Lean Ground Beef	10
<b>Lean Beef:</b>	
Flank	8
Strip Loin	8
Cross Rib	9
Outside Round	9
*Lean Ground Beef	15

\* See back cover for ground beef nutrient information



† Choosing leaner meats (extra lean or 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](http://www.healthcheck.org)

\* 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 B<sub>12</sub>, 60% zinc, 45% niacin, 35% selenium, 15% iron, 15% vitamin D, 15% riboflavin, 15% vitamin B<sub>6</sub>, 15% phosphorous, 10% pantothenate, 10% thiamine, 10% magnesium, 9% potassium



## The Flexible Family...

Jennifer Marett faces the challenge of making a nutritious dinner that appeals to everyone – a meal that interests husband Jay and herself, and one that children, Rebecca and Josh, both like. Here's one way she pulls it off.

**First Jennifer makes the Ground Beef Base Recipe as the springboard for the meal.**

**She splits** the Base Recipe to make kid-friendly **Mini Burgers**, and the more adventurous parent-meal – **Warm Greek Sandwiches**. While the burgers cook, the sandwiches are quickly pulled together.

### GROUND BEEF BASE RECIPE

1-1/4 lb (625 g) **Lean Ground Beef**  
 1/4 cup (50 mL) **Lea & Perrins® Worcestershire Sauce**  
 2 green onions, thinly sliced  
 1 carrot, finely grated  
 1 tbsp (15 mL) wheat germ  
 1/4 tsp (1 mL) pepper

**1. Combine** beef, **Lea & Perrins® Worcestershire Sauce**, onions, carrot, wheat germ and pepper in a bowl.

**2. Divide** mixture into 2 equal portions.

*“I love this ‘convertible recipe’. I get a meal that everyone is happy with, without feeling like I’m running a restaurant!” Jennifer*

**MINI BURGERS:** Form patties from half the Base Recipe, using 1 tbsp (15 mL) for each patty to make 15 (3/4-inch/2 cm thick) patties. Bake on foil-lined baking tray in a preheated 400°F (200°C) oven for about 12 minutes or until digital thermometer inserted into several patties reads 160°F (71°C). Cut 5 hot dog buns into thirds and tuck a patty into each third. (Any extra patties can be frozen for up to 3 months.)

**Per burger (with bun):** 74 Calories, 4 g protein, 2 g fat, 9 g carbohydrate, 120 mg sodium (5% DV). Source of iron (6% DV) and zinc (9% DV).

**WARM GREEK SANDWICHES (SEE COVER):** Stir-fry half the Base Recipe in large nonstick skillet over medium-high heat for 10 minutes or until cooked. Remove from heat; drain and toss with 1/4 cup (50 mL) **calorie-reduced Greek vinaigrette**. Divide among 4 warm **whole wheat pitas**. Top with some shredded **iceberg lettuce**, diced **tomato**, sliced **red onion** and crumbled **feta cheese**. *Makes 4 sandwiches.*

**Per sandwich:** 369 Calories, 20 g protein, 15 g fat, 41g carbohydrate, 740 mg sodium (31% DV). Excellent source of iron (29% DV) and zinc (46% DV).



For more great Lea & Perrins recipes, visit [leaperrins.ca](http://leaperrins.ca)



# The Scoop: Naturally Nutrient-Rich

Most Canadians eat an abundance of foods, but many of us don't get the nutrients we need for good health. It's a paradox – being overfed yet undernourished. It's thought that failing to eat enough **nutrient-rich** foods may be part of this problem. Here's the scoop on this simple nutrition concept.

## Naturally Nutrient-Rich Defined

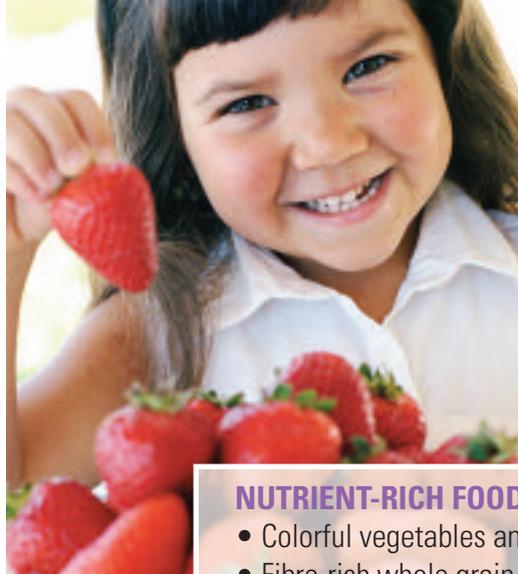
This term refers to the amount of nutrients in a food compared to the calories it contains (nutrients versus calories). **Naturally nutrient-rich foods have high levels of nutrients, such as protein, vitamins and minerals, compared to their calorie content.** "Naturally" means the food is nutrient-rich just as it is, without anything added (i.e. without fortification or enrichment).

## For example...

If you only focus on calories, both a banana and 10 potato chips have about the same amount. But if you look at the nutrients that each offers, the banana provides vitamin B<sub>6</sub>, potassium, fibre, vitamin C and folate (to name a few) while the potato chips have very few nutrients. **It's a matter of nutrient density** – the banana is more **nutrient-rich**.

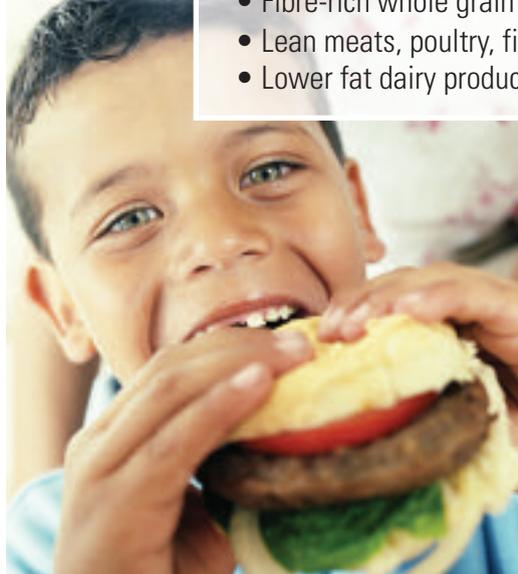
## Decisions, decisions...

Sometimes the choices are obvious but not always. For example, you might dismiss both the burger and fries as junk food. The reality is **the burger is naturally nutrient-rich**. A lean beef burger (not the super-size deluxe version), provides about 180 calories plus significant amounts of many key nutrients, such as protein, iron, zinc and vitamin B<sub>12</sub>. An order of fries with about the same number of calories lacks considerable nutrients. **Choose foods that offer more bang for your bite.**



## NUTRIENT-RICH FOODS

- Colorful vegetables and fruits
- Fibre-rich whole grain foods, enriched grain products
- Lean meats, poultry, fish, eggs, beans and nuts
- Lower fat dairy products



# Light De-light...

There are oodles of noodles and veggies in this heart-healthy one-dish dinner. If sodium content is a concern, you can use Lea & Perrins® or sodium-reduced soy sauce instead of regular soy sauce.



## TERIYAKI NOODLES WITH BEEF

Look for this delicious stir-fry and more in **HeartSmart™: The Best of HeartSmart™ Cooking** by Bonnie Stern and the Heart and Stroke Foundation. Partially freezing the steak makes it easier to cut into thin slices – it only takes 15 to 20 minutes.

1 lb (500 g)	<b>Beef Flank Steak</b> , partially frozen
1/3 cup (75 mL)	Teriyaki Sauce, divided (recipe follows or use ready-made)
1/2 lb (250 g)	whole wheat spaghetti or soba noodles
2 tbsp (25 mL)	vegetable oil, divided
1	EACH onion, carrot and celery stalk, thinly sliced
1	sweet red pepper, seeded and thinly sliced
3	shiitake or regular mushrooms, stemmed and sliced
1-1/2 cups (375 mL)	broccoli florets
2/3 cup (150 mL)	boiling water
4	green onions, sliced on diagonal

**1. Slice** flank steak as thinly as possible on diagonal against the grain. Cut each slice into thirds crosswise. Marinate in 2 tbsp (25 mL) Teriyaki Sauce for about 10 minutes or up to a few hours in refrigerator.

**2. Bring** large pot of water to boil. Add noodles and cook until tender.

**3. Meanwhile**, heat 1 tbsp (15 mL) oil in large, deep nonstick skillet or wok on medium-high heat. Add steak and cook for about 2 minutes or until meat loses its raw appearance. Remove from pan; set aside.

**4. Clean** pan, if necessary, and heat remaining oil. Add onion, carrot, celery, red pepper, mushrooms and broccoli. Stir-fry for 3 to 4 minutes or until vegetables are bright and almost tender.

**5. Return** steak to pan. Add remaining Teriyaki Sauce and boiling water; bring to boil. Reduce heat and simmer for 2 minutes.

**6. Drain** noodles well; add to pan and cook for a few minutes, tossing everything together, until noodles absorb juices but dish is still very moist. Toss with green onions. **Makes 6 servings.**

**TERIYAKI SAUCE:** In small saucepan, combine 3 tbsp (45 mL) EACH **soy sauce, water, rice wine** and **granulated sugar**, 1 **clove garlic**, peeled and smashed, 1-inch (2.5 cm) piece **fresh ginger**, peeled and smashed and 1-inch (2.5 cm) piece **lemon peel**. Bring to boil; cook until mixture is reduced by half. Cool. Discard garlic, ginger and lemon peel. **Makes about 1/3 cup (75 mL).**

**Per serving:** 371 calories, protein 26 g, 11 g fat, 44 g carbohydrates, 655 mg sodium (28% DV). Excellent source of Niacin, Vitamin B<sub>12</sub>, Vitamin C, Vitamin A  
Good source: Vitamin B<sub>6</sub>, Iron, Folate, Thiamine

# Build Better Bites

*We all want to eat smarter – especially when feeding our children. With their smaller tummies, you want to make every bite count. Here are some easy ways to make all your meals better – and better for you.*

- Use just a pinch of salt. You'll be surprised what a difference just a small amount can do.
- Kids love control so give them choices (within reason). Call it the buffet – a plate with three different veggies (and ranch dressing for dipping). They have to pick one – but might pick two!
- Thicken salad dressings with puréed fruits, honey or mustard; use less oil.
- Sneak veggies in under the radar. Add finely shredded, chopped or puréed carrot, beans, spinach or sweet peppers to raw ground beef when making burgers, meatballs or meat loaf.
- When possible, use lower fat dairy products instead of full-fat ones.
- Slip beans, lentils or cooked lean ground beef into casseroles, soups, salads or casseroles to add a protein punch.
- Serve meat with lots of veggies, grains and pastas to round out the meal. Combo dishes are a great way to keep to Canada Food Guide serving sizes without feeling skippy.
- Disguise fruit and vegetables in the meal by serving them in formats such as tomato juice or applesauce instead of pieces.



## THE BETTER TACO SALAD

*This pretty salad is a shining example of Building Better Bites. Makes eight 1-1/2 cup (375 mL) servings.*

- **Stir-fry** 1 **onion**, chopped, 2 **cloves garlic**, minced, 1 lb (500 g) **Extra Lean Ground Beef**, 1-1/2 tsp (7 mL) **chili powder** and pinch **salt** in large nonstick skillet over medium-high heat for 8 to 10 minutes or until beef is browned and completely cooked. Drain if necessary; set aside.
- **Layer** 2 **tomatoes**, chopped, in shallow 12 cup (3 L) glass bowl. Follow with a layer of shredded **iceberg lettuce** (approx half head), cooked ground beef mixture, 3/4 cup (175 mL) shredded **light-style Cheddar cheese** and 1 can (19 oz/540 mL) **kidney beans**, drained and rinsed. Top with **Avocado Dressing** (recipe follows). Garnish with additional shredded light-style Cheddar cheese and sliced **green onion**.

**AVOCADO DRESSING:** Mash 1 ripe **avocado**, peeled and pitted, with potato masher until smooth. Stir in 1 **green onion**, thinly sliced, 1/4 cup (50 mL) **water**, 2 tbsp (30 mL) **EACH fresh lime juice**, **low-fat sour cream** and 1/4 tsp (1 mL) **salt**.

**Per Serving:** 244 Calories, 22 g protein, 11 g fat, 16 g carbohydrate, 450 mg sodium (19% DV). Good source of iron (19% DV) and excellent source of zinc (40% DV).



# The body hug...

Who wouldn't love this very hearty homemade soup on a blustery day?  
Use leftover roast beef as a shortcut or use pan-fried extra lean ground beef.



Dinner Now

## RUSTIC ITALIAN BEEF AND TOMATO SOUP

This simple meal-soup has two unlikely ingredients: tomato juice and day-old bread. The bread is an old-fashioned no-fat trick for thickening. A half cup (125 mL) of tomato juice represents one Food Guide Serving of vegetables.

2 tbsp (30 mL)	olive oil
1	onion, chopped
2	carrots, sliced into half rounds
4	cloves garlic, minced
1/2 tsp (2 mL)	dried rosemary, crumbled
1/4 tsp (1 mL)	EACH salt and pepper
3 cups (750 mL)	<b>Heinz® Tomato Juice</b>
1 cup (250 mL)	sodium-reduced beef broth
2 cups (500 mL)	cooked <b>Extra Lean Ground Beef</b> <b>OR slivers of thinly sliced</b> <b>cooked roast beef</b>
3 cups (750 mL)	large cubes day-old baguette, French stick or ciabatta bread
1/4 cup (50 mL)	grated Parmigiano-Reggiano or Romano cheese
1/4 cup (50 mL)	minced fresh basil or parsley

### Per Serving (made with extra lean ground beef):

200 Calories, 16 g protein, 9 g fat, 14 g carbohydrate,  
670 mg sodium (28% DV).  
Good source of iron (17% DV) and excellent source of  
zinc (33% DV).

**Cook's Notes:** To get 2 cups cooked ground beef,  
brown and drain 1 lb (500 g) lean or extra lean  
ground beef.

- 1. Heat** oil over medium-high heat in large saucepan; cook onion, carrots, garlic, rosemary, salt and pepper, stirring occasionally, until softened, about 8 minutes.
- 2. Add Heinz® Tomato Juice**, beef broth and 1 cup (250 mL) water; bring to boil. Reduce heat and simmer for 10 minutes.
- 3. Add** beef and bread; stir until bread has 'melted' into soup and soup thickens, about 8 minutes. Stir in cheese and basil. **Makes 8 servings.**



For more great Heinz® Tomato Juice recipes, visit [heinzitup.com](http://heinzitup.com)

