

Need dinner inspiration?  
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**Make it**  
**CLUB BEEF**

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- Access to Make it Beef magazines

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**Beef** Information Centre

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



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all you need is [cheese.ca](http://cheese.ca)

Volume 08, Issue 3

**Make it**  
**SIMPLE SUPPERS**  
**BEEF**



**EAT SMART:**  
 The power of protein

**HOW TO:**  
 Down-size meat loaf

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## Autumn...

*With crisper days and cooler nights, lunch boxes and shiny new shoes, life falls back into place with autumn.*

As schedules fill up with hockey, dance practices and homework, it soon becomes obvious that we need some help. Make it Beef (MIB) is here with lots of great meal ideas and, as always, simple recipes that are nutritious and delicious. **Easy to do with Canadian Beef!**

With back to school days, we have some new lessons for you:

- Learn about the power of protein in **Eat Smart**.
- See **How-to** and learn to down-size meat loaf – kids gobble up our Mini Cheeseburger version with its built-in **Heinz® Ketchup** dipping sauce.
- Learn some new meat-counter lingo in **Meaty Matters**.

And with all the commitments you make to others, don't forget about you... add a smile to your lunchtime with good-for-you Beef 'n' Cheddar Wraps, featuring **sliced roast beef** and **Canadian Reserve® Aged Cheddar**.

Welcome back to the fast track!

Joyce  
Home Economist  
Beef Information Centre Kitchen

### Online:

Be a meat loaf master with our step-by-step **Marvellous Meat Loaf Cooking Lessons**.

Go to [beefinfo.org](http://beefinfo.org) 

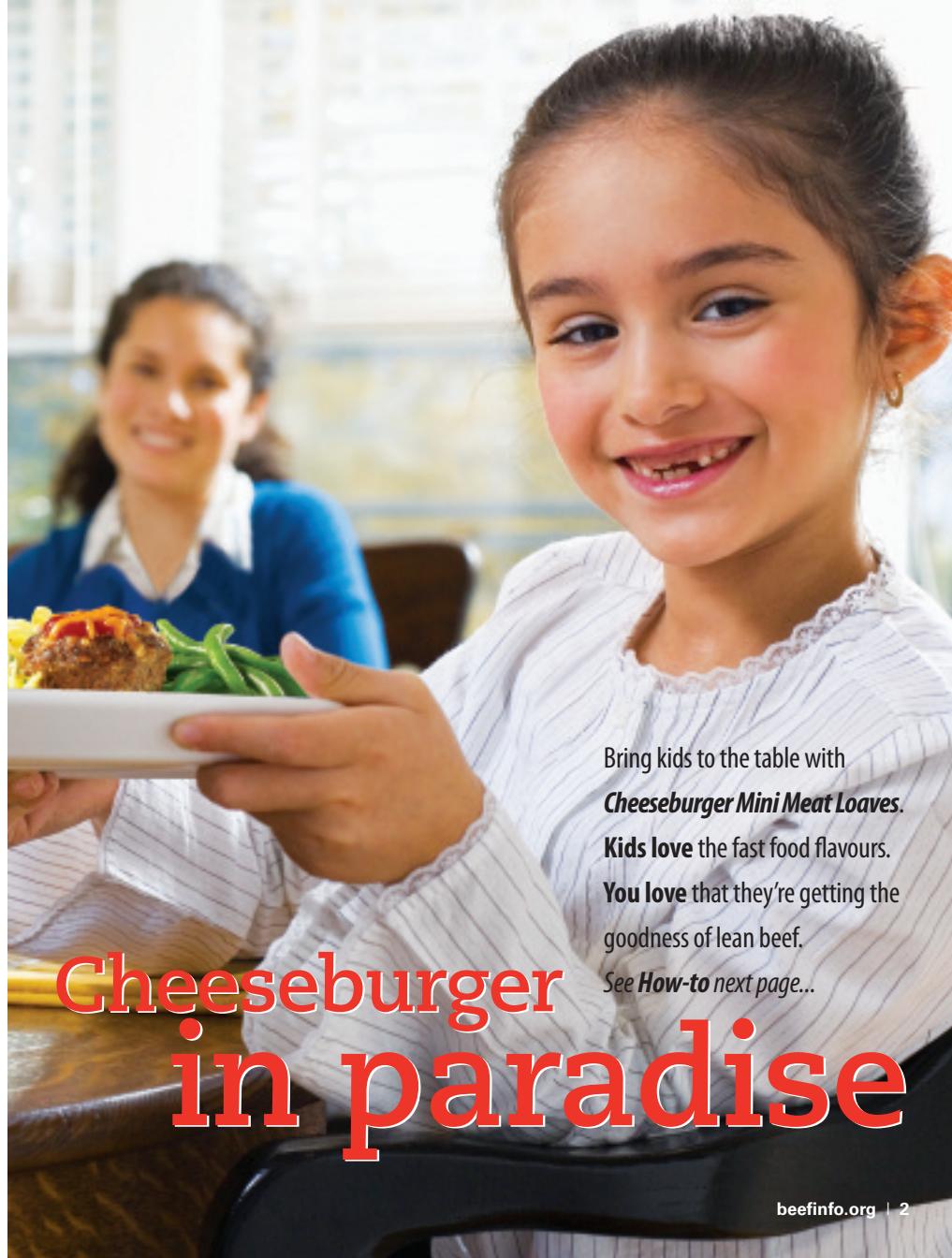


### Cover Story:

Be the pride of the potluck with *Sirloin Gratin*, **p.13**, featuring **Lea & Perrins® Worcestershire Sauce** and **Lean Ground Sirloin**.

### MIB Club:

Sign up for our free monthly e-newsletter service, filled with healthy eating tips and recipe ideas sent straight to your in-box. **See back cover.**



Bring kids to the table with **Cheeseburger Mini Meat Loaves**. **Kids love** the fast food flavours. **You love** that they're getting the goodness of lean beef. *See **How-to** next page...*

# Cheeseburger in paradise

## CHEESEBURGER MINI MEAT LOAVES

Cooking much faster than regular meat loaf, these mini loaves bring new meaning to the term fast food. You can grate the onion so kids don't come across any "unpleasant bits" they want to pick out.

- 1-1/2 lb (750 g) **Extra Lean or Lean Ground Round or Chuck\***
- 1 egg, beaten
- 1 cup (250 mL) shredded **Canadian Cheddar cheese**
- 1/3 cup (75 mL) finely shredded onion
- 1/4 cup (50 mL) dry bread crumbs
- 2 tbsp (30 mL) EACH burger relish and prepared mustard
- 1/4 tsp (1 mL) EACH salt and pepper
- 1/2 cup (125 mL) **Heinz® Ketchup**

**1. Combine** beef, egg, 1/2 cup (125 mL) of the cheese, onion, bread crumbs, relish, mustard, salt and pepper. Mix lightly but thoroughly to blend.

**2. Lightly spray** 12 muffin or custard cups with cooking spray. Divide mixture among cups; make indentation in centre of each with back of spoon. Fill indentations with Heinz® ketchup. Sprinkle each with remaining cheese, dividing equally.

**3. Bake** in 375°F (190°C) oven for 25 to 30 minutes or until digital rapid-read thermometer inserted into meat portion of EACH registers 160°F (71°C). **(Make-ahead:** Let cool. Wrap each separately in plastic wrap or foil; freeze for up to 3 months. Thaw and heat in microwave in just minutes.)

*Makes 6 servings, 2 meat loaves each.*

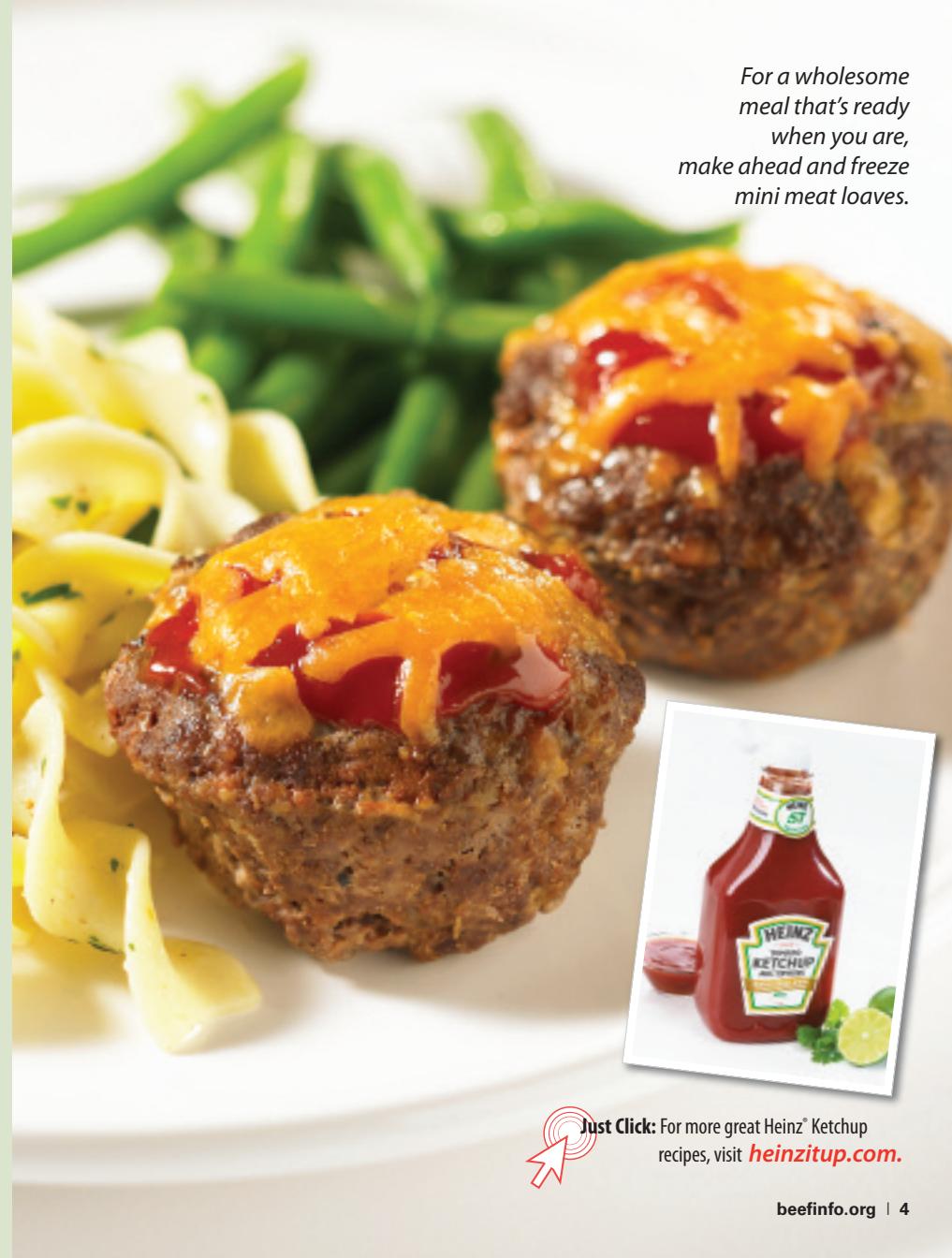
**Per Serving (made with Ground Round):**

317 Calories, 30 g protein, 16 g fat, 12 g carbohydrate  
Good source of iron (19% DV) and excellent source of zinc (67% DV), 25% DV sodium.

\* Or use Lean Ground Beef Sirloin or any other Lean or Extra Lean Ground Beef.

**BRIGHT IDEA:**

Sneak some vegetables into the meat mix – the kids will never notice. Add up to 1/2 cup (125 mL) shredded carrot or zucchini.



For a wholesome meal that's ready when you are, make ahead and freeze mini meat loaves.



**Just Click:** For more great Heinz® Ketchup recipes, visit [heinzitup.com](http://heinzitup.com).



# Liven up lunch!

We always worry about what to pack for the kids' lunches but Hey – what about us? Liven up your brown-bag lunch with these fabulous wraps. They're a great way to use up any roast beef and fine cheese that's left over from your weekend get-together.

## BEEF 'N' FINE CHEDDAR WRAPS

By adding cashews, pepper jelly and watercress, your lunch bag looks **soooo** grown up! And the Canadian beef and aged Cheddar combination make them **soooo** good for you. Use very thinly sliced roast beef for the wraps so that they don't get too bulky when rolling up. You can use deli roast beef if you don't have any leftover roast.

- 4 large flour burrito-size tortillas
- 1/4 cup (50 mL) red pepper jelly (hot or sweet)
- 1 cup (250 mL) shredded **Canadian Reserve® Aged Cheddar**
- 1 bunch watercress, arugula or handful of baby greens
- 2 cups (500 mL) **shaved cooked roast beef** (about 10 oz/300 g)
- 1/2 cup (125 mL) cashew pieces
- Pepper

**1. Spread** each tortilla right to edge with 1 tbsp (15 mL) red pepper jelly. Top each with 1/4 cup (50 mL) shredded cheese, one quarter each of the watercress and beef and 2 tbsp (30 mL) cashew pieces. Season with pepper.

**2. Roll up each tightly.** Eat right away or wrap each in plastic wrap and refrigerate for up to 8 hours. **Makes 4 wraps.**

**Per Wrap:** 626 Calories, 37 g protein, 27 g fat, 60 g carbohydrate  
Excellent source of iron (39% DV) and zinc (78% DV), 24% DV sodium.



**Just Click:**  
Looking for more great Canadian Cheese recipe ideas? Then visit [allyouneedischeese.ca](http://allyouneedischeese.ca)

**BRIGHT IDEA:**  
To make wraps into bite-size hors d'oeuvres, refrigerate tightly covered wraps for 1 hour or up to 24 hours. To serve, trim off ends and discard. Cut on diagonal into 3/4-inch (2 cm) thick slices.  
**Makes 40 pieces.**

# Protein Power Play

by Carolyn Kallio, BIC Registered Dietitian

*It's 9 p.m. and you head to the kitchen for a snack. Why is your stomach rumbling – after all, you had a big Caesar salad for dinner didn't you? Here are some of the reasons...*

Protein may help you control hunger, eat less and curb your snacking urge. Recent studies indicate that protein can help you feel full longer than carbohydrate or fat-rich foods. So adding lean meat or cheese to your salad makes it more meal-worthy and helps to stave off hunger and fatigue.

## A weighty matter

Studies found that people on a higher protein diet (for at least up to a year) generally ate fewer calories and lost more body fat than those on other diets. With improved appetite control, you may reduce your overall calorie intake, which may result in weight loss.

## Burn baby burn

Some further findings: our body actually burns a few more calories with protein-rich meals compared to fat- or carbohydrate-rich meals.

## Big bonus

Weight-loss diets rich in lean protein were found to help improve blood triglyceride (fat) levels and blood glucose (sugar) levels – great news if you want to lower the risk of heart disease and diabetes.

**Lean Canadian Beef** goes into overtime as a great source of protein PLUS 14 nutrients essential to your good health, including all five B-complex vitamins.



## Protein Pointers

**Aim to include a protein source at every meal and snack – try these simple tips:**

- **Satisfying Salads:** Toss greens or grains with slivers of grilled steak or roast beef or Swiss cheese.
- **Robust Wraps:** Tuck taco-seasoned cooked lean ground beef, shredded Cheddar cheese, lettuce, salsa and avocado into whole-wheat tortillas.
- **Cup of Cheer:** Enjoy a glass of milk with your meal.
- **Full-Filling Fruit:** Top fruit with some cottage cheese after your workout.
- **Pumped-up Pasta:** Add some cooked ground beef to your basic jar of tomato sauce and top the pasta plate with some grated cheese.

Visit *Eating Well with Canada's Food Guide:* [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide).

It's important to aim for a healthy balance of foods from each food group.

# High sticking!

There's no penalty when it comes to making these speedy kabobs. You get a delicious all-in-one dinner, packed with the powerful protein that lean Canadian beef provides along with the goodness of grains and grilled veggies. You shoot – you score!



## MOROCCAN-STYLE BEEF BROCHETTES

This Health Check™ reviewed recipe features a zingy lemon dressing that works as a 3-for-1 bonus: you get a marinade for the meat, dressing for the couscous and dipping sauce for the brochettes. Other Health Check™ qualified lean beef you can choose: Flank Steak, Sirloin Tip or Strip Loin Steaks.

2	cloves garlic, minced
2	green onions, thinly sliced
1/4 cup (50 mL)	minced fresh cilantro
	Grated rind and juice of 1 lemon
2 tbsp (30 mL)	mild curry paste
4 tsp (20 mL)	olive oil
1 tbsp (15 mL)	minced gingerroot
Pinch	salt
1 lb (500 g)	<b>Top Sirloin Beef Grilling Steak</b> (1-inch/2.5 cm thick), trimmed and cut into 1-inch (2.5 cm) cubes
1 cup (250 mL)	whole wheat couscous
1	EACH sweet red and green pepper, seeded and cut into 1-1/2 inch (4 cm) chunks
1/2 cup (125 mL)	low-fat plain yogurt

**1. Combine** 1/2 cup (125 mL) water, garlic, green onions, cilantro, lemon rind and juice, curry paste, olive oil, gingerroot and salt. Remove about 1/2 cup (125 mL) and set aside. In large sealable freezer bag, toss beef with remaining mixture; refrigerate for 30 minutes.

**2. Meanwhile, prepare** couscous according to package directions, using 1-1/4 cups (300 mL) water; stir in 1/4 cup (50 mL) of the reserved dressing. Set aside. Alternately thread beef and pepper chunks onto skewers, discarding marinade.

**3. Grill or broil** brochettes using medium-high heat for 5 minutes per side or until medium-rare. Meanwhile, stir remaining reserved dressing into yogurt for dipping sauce. Serve grilled brochettes with couscous and dipping sauce.

**Makes 8 brochettes or 4 servings.**

**Per Serving:** 435 Calories, 32 g protein, 14 g fat, 49 g carbohydrate. Excellent source of iron (31% DV) and zinc (61% DV), 11% DV sodium.

### BRIGHT IDEA:

For the quickest fix, make this meal using store-made fresh beef kabobs, marinating the entire meat and veggie kabobs as directed in the recipe above.

# The Name Game

By Derrick Ash, BIC Beef Specialist

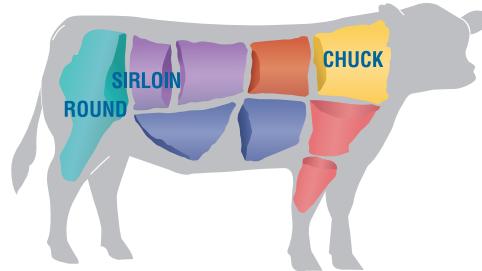
Practically a pantry staple, ground beef can't be beat when it comes to quick affordable family meals. Here is a quick guide to understanding some of the new names in Canadian ground beef at the meat counter.

## The Basics

Most ground beef is made by grinding together trimmings from a variety of beef cuts, such as the flank, brisket plate, round, chuck and sirloin. All ground beef is labelled with the descriptions: **Extra Lean, Lean, Medium or Regular**, depending on the maximum fat content.

## Meet Chuck

Some ground beef is made from individual beef cuts – not a mix. These are labelled with their cut name: **Ground Chuck, Ground Round and Ground Sirloin**. The beef cut used influences flavour – so Ground Sirloin tastes like Sirloin Steak for example. In fact, recent taste tests found **Ground Sirloin and Ground Chuck were preferred** over mixed ground beef. Use any of these grinds just as you would lean or extra lean ground beef.



## And who is Angus?

Terms such as Angus, Kobe, Herford and Wagyu refer to a cattle breed and often represent a trademarked brand of beef. Ground beef described by breed name will contain, at the least, a set minimum percentage of the breed. Beef that bears a trademarked brand makes the promise to deliver the characteristics that the brand represents.

## Savour the flavour

So enjoy the ground beef choices out there by introducing yourself to Mr. Chuck, Round or Sir Loin (that's sirloin to us). Take Sir Loin out for a taste-drive in Sirloin Gratin (p.13).

†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)

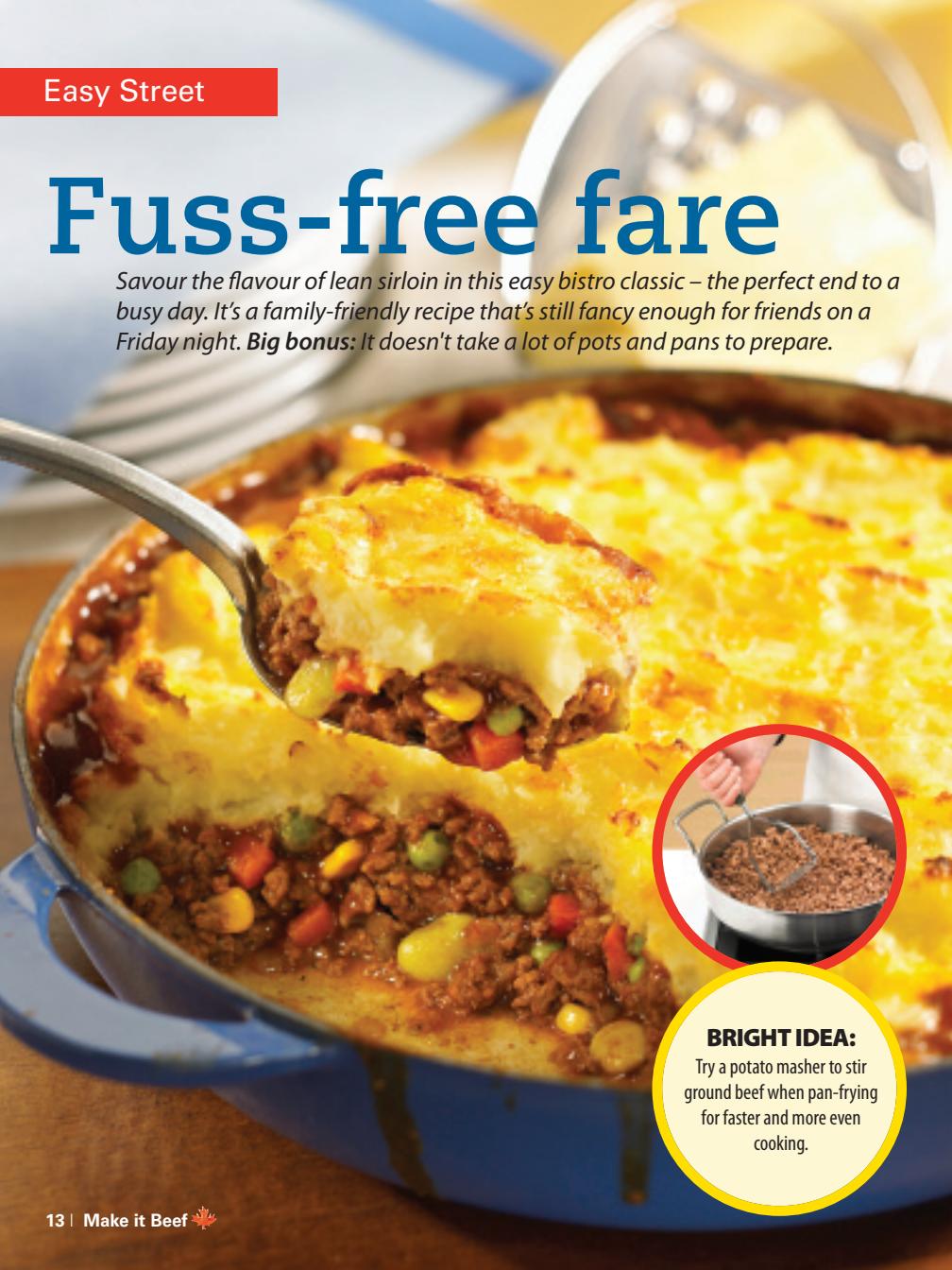
## Ground Beef Shopping Guide

Name	Description	Best Use
Ground Sirloin  *	Either Extra Lean or Lean with good beefy flavour Maximum 10 to 17% fat	Signature burgers and casseroles
Ground Chuck  *	Either Extra Lean or Lean with rich beefy flavour Maximum 10 to 17% fat	Flavourful burgers and meatballs, tasty ground beef dishes
Ground Round  *	Beef that's Extra Lean Maximum 10% fat	Recipes where you don't drain the cooked beef: meat loaves, stuffed peppers, cabbage rolls
Medium Ground Beef	Mixed beef Maximum 23% fat	Use when broiling and in recipes where you drain the cooked beef before adding to sauces or other ingredients
Regular Ground Beef	Mixed beef Maximum 30% fat	



# Fuss-free fare

Savour the flavour of lean sirloin in this easy bistro classic – the perfect end to a busy day. It's a family-friendly recipe that's still fancy enough for friends on a Friday night. **Big bonus:** It doesn't take a lot of pots and pans to prepare.



**BRIGHT IDEA:**  
Try a potato masher to stir ground beef when pan-frying for faster and more even cooking.

## SIRLOIN GRATIN

For the ultimate convenience, instead of making the Buttermilk Mashed Potatoes, use 1 package (454 g) ready-made mashed potatoes or 3 cups (750 mL) leftover mashed potatoes.

- |                 |   |
|-----------------|---|
| 1               | onion, chopped  |
| 1 lb (500 g)    | <b>Lean Ground Beef Sirloin*</b> (or one 454 g pkg)   |
| 1/4 tsp (1 mL)  | dried thyme   |
|                 | Pepper  |
| 1/4 cup (50 mL) | <b>Lea &amp; Perrins® Worcestershire Sauce</b>        |
| 2 tbsp (30 mL)  | tomato paste  |
| 1 tbsp (15 mL)  | all-purpose flour                                     |
| 2 cups (500 mL) | frozen mixed vegetables                               |
| 1 cup (250 mL)  | sodium-reduced beef stock                             |
|                 | Buttermilk Mashed Potatoes (recipe follows)           |
| 1 cup (250 mL)  | shredded <b>Canadian Reserve® Aged Cheddar Cheese</b> |



**1. Cook** onion, beef, thyme and pepper (to taste) in 12-inch (30 cm) ovenproof skillet or gratin dish over medium-high heat, breaking up meat with wooden spoon, until beef is browned and onion is softened, about 10 minutes.

**2. Reduce heat** to medium; stir in Lea & Perrins® Worcestershire Sauce, tomato paste and flour. Stir in vegetables and stock; simmer until slightly thickened, about 3 minutes.

**3. Gradually stir** half of the cheese into potatoes; spread evenly over beef mixture. Top with remaining cheese; bake in 425°F (220°C) oven until lightly golden, about 25 minutes. Broil until topping is rich golden-brown, about 3 minutes. *Makes 8 servings.*

**Buttermilk Mashed Potatoes:** Cover 1-1/2 lb (750 g) potatoes, peeled and cubed, with cold salted water. Bring to boil over medium-high heat; reduce heat and simmer until tender, about 25 minutes. Drain and return to pot over medium heat; heat until dry, about 1 minute. Remove from heat. Stir in 1/2 cup (125 mL) buttermilk and 1/4 cup (50 mL) butter; mash until smooth.

**Per Serving:** 387 Calories, 20 g protein, 20 g fat, 35 g carbohydrate  
Good source of iron (19% DV) and excellent source of zinc (41% DV), 27% DV sodium.

\*Or use Lean Ground Beef Chuck or Round or any other Lean or Extra Lean Ground Beef.

**Just Click:**  
Looking for more great Lea & Perrins® recipe ideas? Then visit [leaperrins.ca](http://leaperrins.ca).