

# Bright idea.

Canadian beef is brimming with **14 ESSENTIAL** nutrients including: iron, zinc, vitamin D and all five B-complex vitamins PLUS high-quality protein. And trimmed of fat, beef is a great lean choice for a healthy diet.

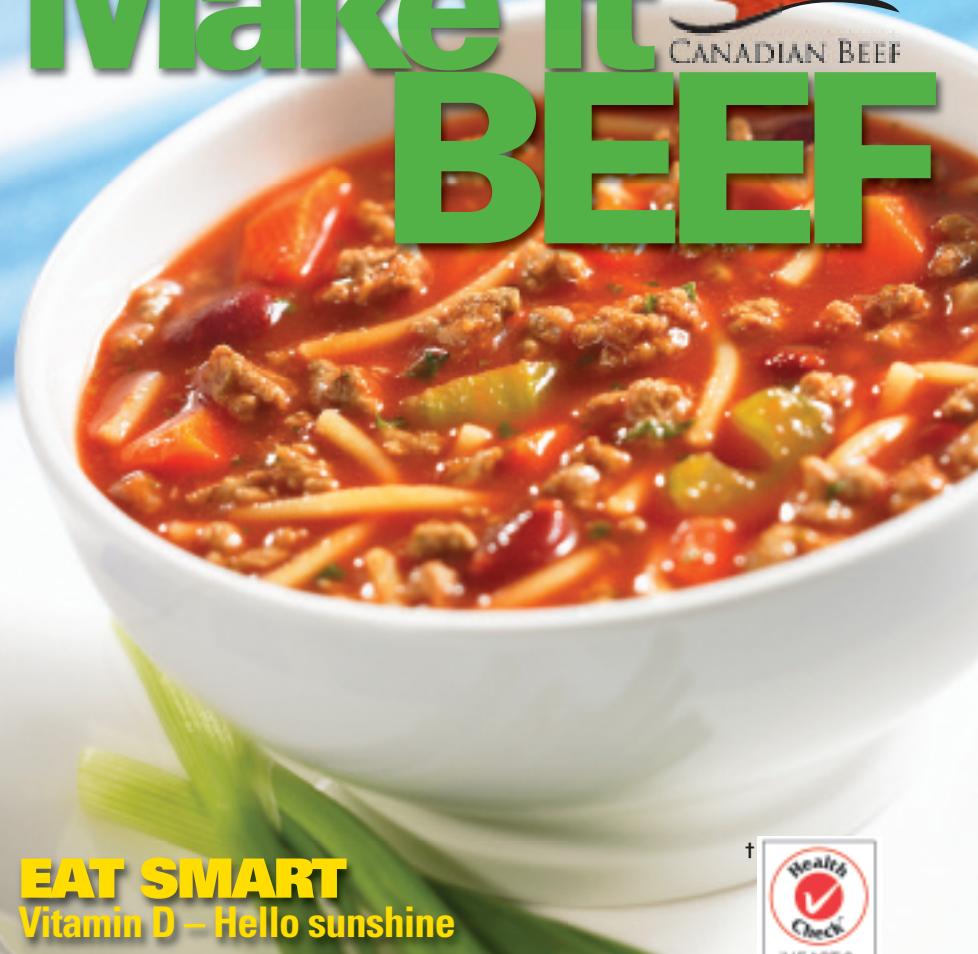
For more recipes and nutrition information visit [beefinfo.org](http://beefinfo.org)



Per 100 gram raw lean beef, trimmed of external fat, (composite of 26 cuts): 162 Calories, 21 g protein, 7.8 g fat, 0 g carbohydrate, % Daily Value: potassium 9%, iron 15%, DV, vitamin D 10%, DV, thiamine 10%, DV, riboflavin 15%, DV, niacin 45%, DV, vitamin B<sub>6</sub> 15%, DV, vitamin B<sub>12</sub> 110%, DV, pantothenate 10%, DV, phosphorus 15%, DV, magnesium 10%, DV, zinc 60%, DV, selenium 40%, DV

Volume 09, Issue 1

# Make it BEEF



**EAT SMART**  
Vitamin D – Hello sunshine

**SUPPER SOUP**  
Pantry cooking with Canadian Beef



**Beef** Information Centre

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



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

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## Spring

*With spring on the horizon, we eagerly anticipate change – change in the weather, change in the season and change for Canadian Beef!*

At Make it Beef, we've got some flag-waving to do for Canadian Beef and all its goodness. Keep your eyes open for our new symbol of quality home-grown beef – produced with pride and sold or served to you with confidence.



Another big change – check out what's new at [beefinfo.org](http://beefinfo.org)! More than just a face-lift, **we have a whole new website for you** – it's packed full of helpful nutrition talk and tips, recipes, cooking know-how and more. Make [beefinfo.org](http://beefinfo.org) your information centre for all things beef.

And while you're at [beefinfo.org](http://beefinfo.org), sign up for the **Make it Beef Club**. Members receive a free monthly e-newsletter designed to help you with meal planning ideas, healthy eating and cooking tips.

So see what Canadian Beef has to offer at [beefinfo.org](http://beefinfo.org). We're sure to have just what you need to cook and enjoy Canadian Beef at its best.

Welcome to our new web!

**JUDY SALISBURY** PHEc

Customer Service Manager  
Beef Information Centre

### Cover:

Go on a pantry raid with easy-cooking MMMM-Minestrone, starring sizzling ground sirloin and Heinz® Tomato Juice.

**See Dinner Now (p. 13)**



### Inside:

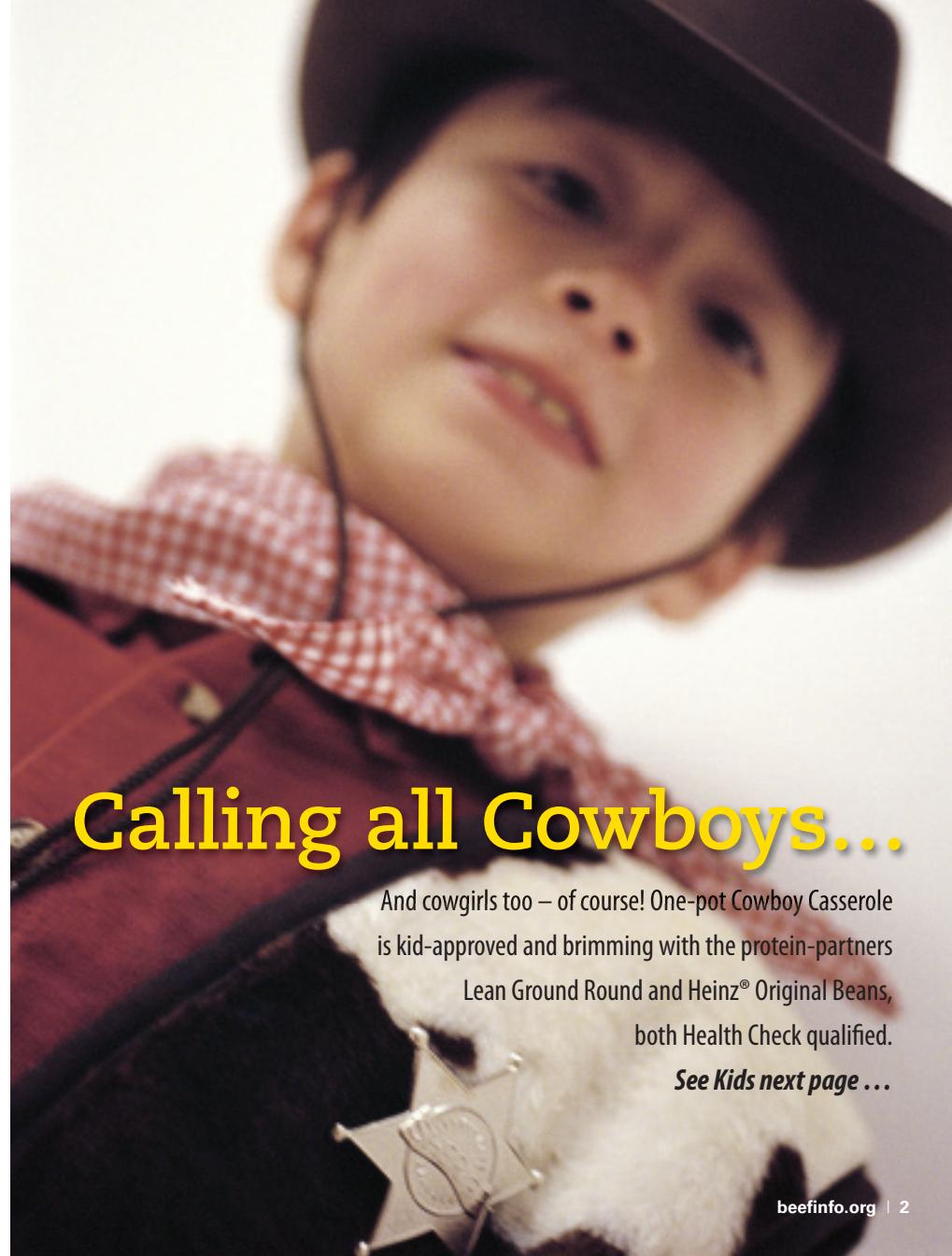
ALL the recipes in this issue have been reviewed by Health Check™.



\* 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).

### Online:

See **How-to** for making easy restaurant-style pan-seared steaks (**p. 7**). **Visit [beefinfo.org](http://beefinfo.org)** for the feature cooking lesson.



# Calling all Cowboys...

And cowgirls too – of course! One-pot Cowboy Casserole is kid-approved and brimming with the protein-partners Lean Ground Round and Heinz® Original Beans, both Health Check qualified.

**See Kids next page ...**

# Yee-haw...

Don't let the silly name fool you. This retro-inspired recipe packs in some serious nutrition. Top with grated cheese to get all four food groups in each serving.



EXCELLENT SOURCE OF ZINC  
VERY HIGH SOURCE OF FIBRE

## COWBOY CASSEROLE

Round up your posse with this yummy quick and easy one-pot casserole. Save any leftovers to pack in a thermal container for a hot-lunch idea.

1 tbsp (15 mL)	vegetable oil
1	onion, chopped
2	cloves garlic, minced
1 lb (500 g)	<b>Extra Lean or Lean Ground Beef Round*</b>
1 to 2 tbsp (15 to 30 mL)	chili powder
1 can (28 oz/796 mL)	no-salt added diced tomatoes
1 cup (250 mL)	sodium-reduced chicken broth
1 can (14 oz/ 398 mL)	<b>Heinz® Deep-Browned or Original Beans in Tomato Sauce</b>
2 cups (500 mL)	frozen mixed vegetables
2 cups (500 mL)	dried wagon wheel or penne pasta

**1. Heat** oil over medium-high heat in large heavy saucepan or Dutch oven. Add onion and garlic; cook until aromatic, about 1 minute. Add beef, breaking up with wooden spoon; cook until browned, about 5 minutes. Drain, if desired.

**2. Stir** in chili powder, tomatoes, broth, canned beans and frozen vegetables; bring to boil.

**3. Stir** in pasta; reduce heat, cover and simmer until pasta is tender, about 15 minutes. **Makes 8 servings.**

**Per serving:** 305 Calories, 20 g protein, 8 g fat, 39 g carbohydrate. Good source of iron (23% DV) and excellent source of zinc (34% DV), 14% DV sodium, 26% DV fibre.

\*Other options: Lean/Extra Lean Ground Sirloin, Lean Ground Chuck or Lean/Extra Lean Ground Beef

### BRIGHT IDEA:

Use Heinz® Tomato Juice instead of the broth for added vitamins A and C.



**Just Click:** Want more kids recipes? Visit [beefinfo.org](http://beefinfo.org) and [heinzbeans.ca](http://heinzbeans.ca).

## Health Check™ Changes: Keeping Pace

by the Registered Dietitians of the Beef Information Centre

New findings in nutrition are always in the headlines. In its commitment to help Canadians eat well, the Heart and Stroke Foundation's Health Check program has recently changed its nutrient criteria to keep up the pace – helping you keep pace too!

The Health Check symbol makes it easy to identify foods that fit into an overall healthy diet. Foods displaying the Health Check symbol have been reviewed by the Heart and Stroke Foundation's registered dietitians and meet specific Health Check nutrient criteria.

The Health Check criteria are based on recommendations from *Eating Well with Canada's Food Guide* – food companies are not involved in the process.

**Health Check is the only non-profit and independent food information program in Canada.**

### What's UP:

Recent changes to Health Check criteria ensure that the program is up to date and more rigorous than ever. Health Check revisions include a focus on the nutrients we should all have more of in our diets, such as **fibres**.

### What's DOWN:

The revised Health Check criteria also focus on nutrients that we need to try to limit in our diets, such as **fat and salt**. New criteria have also been set for **sugar and trans fat** content.

### What's IN:

More than 1,800 products found in grocery stores meet today's Health Check program's criteria, **including selected well-trimmed Canadian beef and varieties of lean and extra lean ground beef**. Lean beef choices (see chart) are a great source of protein, zinc, iron and B-vitamins. What's the best way to include beef in a healthy diet? Choose lean beef and prepare it with limited added fat and salt, and follow the serving sizes in *Eating Well with Canada's Food Guide* (2-1/2 ounces/75 g).

For more tips on shopping for healthy choices, meal planning plus healthy recipes, visit [healthcheck.org](http://healthcheck.org) or [beefinfo.org](http://beefinfo.org).

### Health Check Qualified Beef

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

Lean Beef Choices (100 grams raw)	Fat (grams)
Eye of Round	5
Inside Round	5
Sirloin Tip	5
Top Sirloin	6
Strip Loin	8
Flank	8
Cross Rib	9
Outside Round	9
Extra Lean Ground Sirloin or Round	10
Extra Lean Ground Beef	10
Lean Ground Sirloin, Round or Chuck	15
Lean Ground Beef	15

*"Health Check nutrient criteria will continue to evolve, taking into account the latest scientific findings and market realities."*

Carol Dombrow,  
Registered Dietitian,  
Heart and Stroke Foundation



**Health Check™**  
... helping you eat well!



# Pan panache...

*Pan-searing is easy, elegant and can even be skinny on fat, using Health Check qualified lean beef and this simple method.*



## PAN-SEARED MEDALLIONS WITH PORT SAUCE

*For a quick restaurant-steak experience at home, use thick-cut beef medallions, pan-seared and served with this simple sauce. You'll be surprised that it's this easy! Top Sirloin is another Health Check qualified lean option you can use.*

- |                  |   |  |
|------------------|---|--|
| 1-1/2 lb (750 g) | <b>Strip Loin Beef Medallions/Steak,</b><br>1-inch (2.5 cm) thick<br>(about 6 medallions) | <b>1. Season</b> medallions with salt and pepper. Heat oil over medium-high heat in heavy skillet; add medallions and cook until golden brown, about 6 to 7 minutes per side for medium. Remove from pan; keep warm. |
| 1/2 tsp (2 mL)   | EACH salt and pepper  |  |
| 4 tsp (20 mL)    | vegetable oil   |  |
| 1                | onion, chopped  |  |
| 1 tbsp (15 mL)   | chopped fresh sage<br>(or 1 tsp/5 mL crumbled dry)  | <b>2. Reduce</b> heat to medium; fry onion and sage until softened, about 2 minutes.   |
| 1 cup (250 mL)   | sodium-reduced beef stock   |  |
| 1/3 cup (75 mL)  | port or red wine  | <b>3. Add</b> stock and port; bring to boil to deglaze pan, stirring up any browned bits with wooden spoon.  |
| 1 cup (250 mL)   | canned whole berry cranberry sauce  | Stir in cranberry sauce; bring to boil and cook until slightly reduced, about 5 minutes. Stir in orange rind. Serve with medallions. <b>Makes 6 servings.</b>  |
| 1 tsp (5 mL)     | finely grated orange rind   |  |

**Per Serving:** 271 Calories, 26 g protein, 7 g fat, 22 g carbohydrate. Good source of iron (21% DV), excellent source of zinc (64% DV), 16% DV sodium, 10% DV vitamin D.

## Pan-sear Cooking Lesson

- Start with thick-cut Beef Grilling Medallions or Steak.
- Use a heavy stainless steel pan – nonstick pans won't brown the meat.
- Heat oil/butter until sizzling but not smoking. Test that a drop of water sizzles in pan on contact.
- Avoid overcrowding the pan because meat will steam. Cook in batches if necessary.
- Turn steak after a golden crust forms and meat lifts easily from pan. If meat's sticks, it's not ready to turn.



**Just Click:** See our Cooking Lesson on pan-searing. Visit [beefinfo.org](http://beefinfo.org)

EXCELLENT SOURCE OF PROTEIN  
SOURCE OF VITAMIN D

# Sunny Disposition: **Vitamin D**

by the Registered Dietitians of the Beef Information Centre

*Vitamin D is unique – it's one of the few vitamins your body can make. But to make vitamin D the skin needs to be exposed to sunlight in the great outdoors – and that can be a bit tricky during Canadian winters. Here's why vitamin D is so important and how we can ensure it is included in the diet.*

## Why you need it

Vitamin D builds strong bones and teeth by enhancing the role of calcium and phosphorus in bone development. New research suggests that vitamin D may help protect our health in many more ways. It may reduce the risk of some cancers and may even help prevent multiple sclerosis, type 1 diabetes and rheumatoid arthritis.

## How you get it

Getting enough vitamin D sounds pretty simple – but it's not as easy as you might think. With limited sunlight in winter and the use of sun block in summer, we face reduced exposure to vitamin D-producing rays. As well, aging also reduces the skin's ability to make vitamin D. That's why aiming to get vitamin D from foods is key. **Some good news: beef is a source of vitamin D that's so easy to work into your meal plans.**

## Food sources of vitamin D include:

- Cows' milk and most fortified soy beverages
- Oily fish such as sardines, tuna and salmon
- Beef
- Egg yolks

## How to get more

- **Twice a day:** Aim to drink a glass of milk with two meals each day.
- **Salad toppers:** Add beef, salmon or a hard boiled egg to a salad for lunch or dinner.
- **Bake and cook with milk:** Use milk in cooking and baking instead of water. Try adding milk to pancakes, soups, hot chocolate and muffins.
- **Beef up:** Add cooked beef to tomato sauce, soups, sandwiches or pizza.
- **Over 50:** Take a daily vitamin D supplement of 400 IU as recommended by Health Canada.



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

# Sunny side up...

Enjoy the bright flavours and exotic scents of this sunny Moroccan dish. It will boost your iron and lift your spirits, too.



EXCELLENT SOURCE OF IRON  
AND VITAMIN C

## TAGINE-STYLE BEEF AND RICE

Beat the end-of-winter blues by cooking up this mini mental vacation – who would have thought ground beef could be this exciting! Cut cooking time in half by using long grain rice instead of brown.

2 tsp (10 mL)	vegetable oil
1	onion, chopped
3	cloves garlic, minced
1 lb (500 g)	<b>Extra Lean or Lean Ground Beef Sirloin*</b>
3/4 tsp (4 mL)	EACH ground allspice and cinnamon
1 cup (250 mL)	brown rice
2 cups (500 mL)	sodium-reduced chicken broth
1	EACH sweet red and yellow pepper, diced
1 cup (250 mL)	dried fruit (e.g. diced apricots, currants, cranberries)
3 tbsp (45 mL)	minced fresh mint
2 tbsp (30 mL)	lemon juice
1/2 cup (125 mL)	raw sunflower seeds

### BRIGHT IDEA:

To make a quick lunch next day, warm leftovers and add a splash of berry or balsamic vinaigrette.

**1. Heat** oil over medium heat in large heavy saucepan or Dutch oven. Add onion and garlic; cook until aromatic, about 1 minute. Add beef; cook, breaking up with wooden spoon, until browned, about 5 minutes. Drain, if desired.

**2. Stir** allspice, cinnamon, rice and broth; bring to boil. Reduce heat to low; cover and simmer until liquid is absorbed and rice is tender, about 40 minutes.

**3. Remove** from heat. Stir in sweet pepper, dried fruit, mint and lemon juice. Top each serving with sunflower seeds. **Makes 6 servings.**

**Per serving:** 402 Calories, 24 g protein, 14 g fat, 47 g carbohydrate  
Excellent source of iron (27% DV) and zinc (54% DV), 11% DV sodium, 105% DV vitamin C.

\*Other Options: Extra Lean/Lean Ground Round, Lean Ground Chuck, Lean/Extra Lean Ground Beef

