

Bundled up with nutrients

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

For more recipes and nutrition information visit 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% DV, iron 15% DV, vitamin D 10% DV, thiamine 10% DV, riboflavin 15% DV, niacin 45% DV, vitamin B6 15% DV, vitamin B12 110% DV, pantothenate 10% DV, phosphorus 15% DV, magnesium 10% DV, zinc 60% DV, selenium 40% DV

Beef Information Centre

Questions about beef? beefinfo.org



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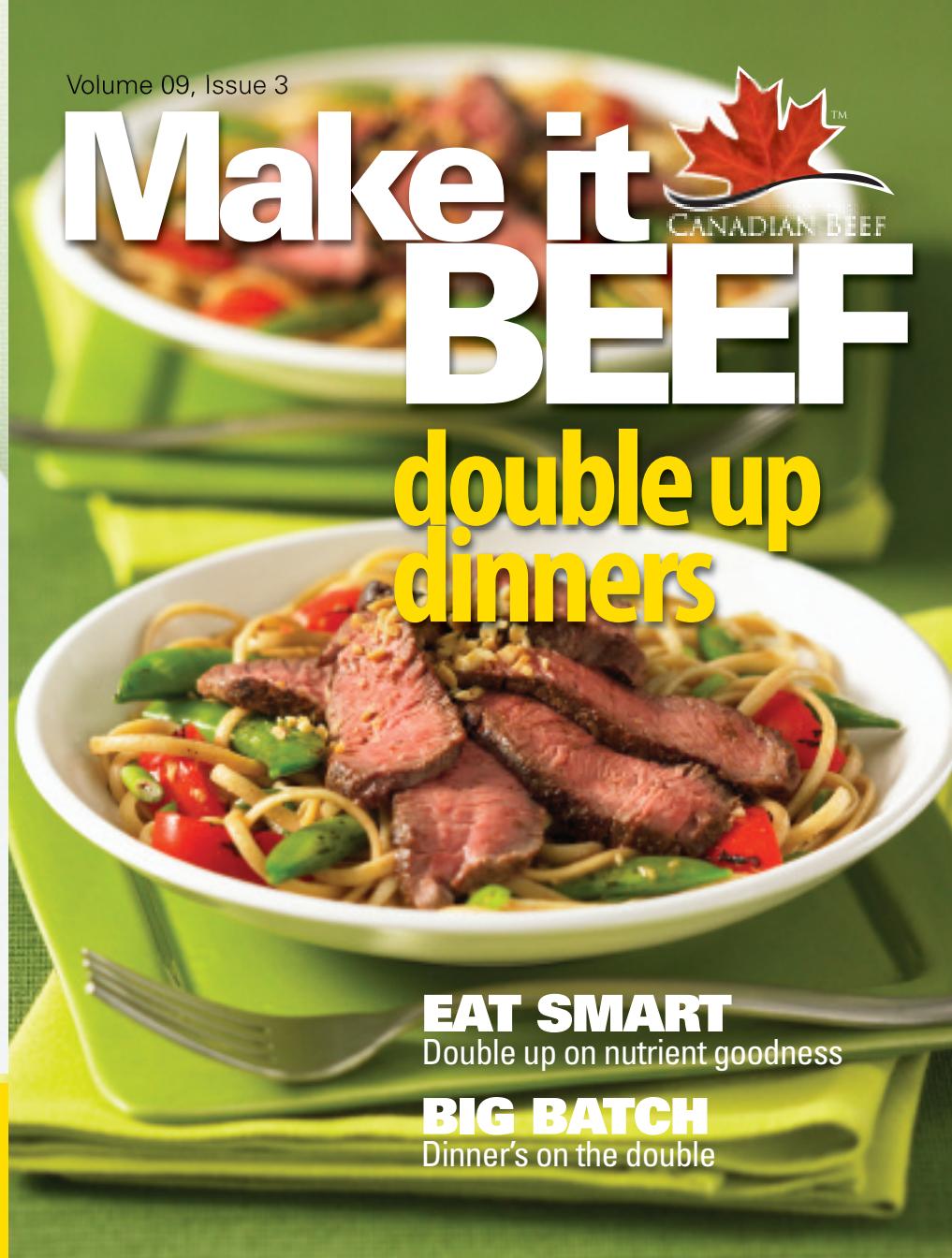
Volume 09, Issue 3

Make it **BEEF**

double up dinners

EAT SMART
Double up on nutrient goodness

BIG BATCH
Dinner's on the double





“Double, double” – it’s part of the Canadian psyche and a smart way to think about making dinners fast, easy and good for you too.

This issue of Make it Beef has lots of doubling tips and tricks and so-oo simple recipes too:

- **Make meals on the double.** Give your cooking a jump-start with **So Simple Big Batch Beef** – a seasoned ground beef that you make ahead and stash in the freezer (p. 4).
- **Double up when you cook.** Try **Slow-Cooker Southwestern Pulled Beef** to make multiple meals from just one recipe.
- **Double your options.** Make **Souvlaki Sirloin** and choose from three dinner options.
- **Do double time dinners.** When making dinner, simply put an extra steak on the barbecue, roast some extra vegetables or cook extra rice or pasta. Toss extras together next day for a simple salad or stir-fry.

So here’s to seeing double – for easy meals with Canadian Beef!

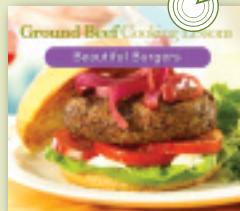
Joyce

Joyce Parslow, P. H. Ec.
Beef Information Centre Kitchens



Online

Paired with lean Canadian Beef, Lipton Recipe® Soup is a great time-saver. It’s the super simple seasoning in meat loaf, burgers and more. Watch Beautiful Burgers video online to see how. Click on **Cooking Lessons** at beefinfo.org.



E-mail Meals

Make meal-planning easy with the Make it Beef Club. Once a month you’ll get a free issue filled with healthy eating tips and recipe ideas sent straight to your in-box. Sign up at beefinfo.org. For dinner inspiration, **JOIN THE CLUB!**



Dinner on the double!



One batch =

Cook up and stash a batch of Big Batch Beef in the freezer for lots of speedy So Simple scratch-dinners.



EXCELLENT SOURCE OF PROTEIN,
ZINC AND VITAMIN B₁₂



three

15-minute meals

SO SIMPLE BIG BATCH BEEF

Season bulk buys of Lean or Extra Lean Ground beef with Lipton Recipe® Onion Soup Mix. Lipton® Soup adds all the flavour – no need to spend time chopping onions and garlic!

1. Thoroughly cook 4 lb (2 kg) Lean or Extra Lean Ground Beef with 1 pouch Lipton Recipe Onion or Onion Roasted Garlic Soup Mix in deep skillet on medium-high heat for 9 to 10 minutes, breaking up into small chunks with back of spoon or potato masher, until browned. Drain.
2. Spread mixture in single layer on several foil-lined baking trays; cover loosely with plastic wrap and freeze until meat is firm (about 1 hour).
3. Loosen frozen beef, breaking into small chunks; scoop meal-sized portions into freezer bags or sealable containers. Freeze for up to 3 months. *Makes about 10 cups (2.5 L).*

Per cup (250 mL) made with Lean Ground Beef and Lipton Recipe Onion Soup Mix: 320 Calories, 35 g protein, 18 g fat, 2 g carbohydrate. Excellent source of iron (25% DV), Vitamin B₁₂ (174% DV) and zinc (90% DV), 16% DV sodium.

BRIGHT IDEA

Double up on nutrition by sneaking some vegetables in while cooking the meat mix. Add up to 1 cup (250 mL) diced sweet peppers, shredded carrot or zucchini.



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Make fast food fabulous by stirring in the goodness of beef. Add a scoop of Big Batch Beef as you heat up your favourite spaghetti sauce, soup or casserole OR follow the directions here to make these three So Simple recipes.

SO SIMPLE PROVOLONE BEEF PIZZA

- 12-inch (30 cm) ready-made or rolled pizza dough crust
- 1/2 cup (125 mL) pizza sauce
- 1 cup (250 mL) frozen **So Simple Big Batch Beef**
- 1 cup (250 mL) halved grape or cherry tomatoes
- 1 cup (250 mL) shredded Provolone cheese
- 1 cup (250 mL) Half red onion, thinly sliced
- Torn fresh basil leaves

Top crust with pizza sauce, **Big Batch Beef**, tomatoes, Provolone cheese, red onion and basil. Bake in 425°F (220°C) oven for about 15 minutes, until cheese is melted and crust is crispy and golden. *Makes 6 slices.*

Cheeseburger Version: Eliminate tomatoes, onion, Provolone cheese and basil. Top with 2 cups (500 mL) shredded **Cheddar and mozzarella cheese blend**.

SO SIMPLE SPAGHETTI SAUCE

- 1-1/2 cups (375 mL) diced vegetables (such as carrot, zucchini, celery, sweet peppers)
- 2 cups (500 mL) frozen **So Simple Big Batch Beef**
- 2 cans (19 oz/540 mL EACH) Italian-style tomatoes
- 1 can (5-1/2 oz/156 mL) tomato paste

Pan-fry diced vegetables in saucepan in a bit of oil. Stir in remaining ingredients; heat to simmer, breaking up tomatoes with back of spoon. Simmer, stirring occasionally, for 15 minutes. *Makes 6 cups (1.5 L).*

SO SIMPLE MEXICALI BEEF

Use over nachos, fill tortillas, or serve as a chili.

- 1 can (28 oz/796 mL) diced tomatoes, drained
- 2 cups (500 mL) frozen **So Simple Big Batch Beef**
- 1 can (19 oz/540 mL) kidney or black beans, drained and rinsed
- 1 cup (250 mL) frozen corn kernels
- 1 sweet green pepper, diced
- 2 tbsp (30 mL) chili powder
- 1 tsp (5 mL) ground cumin.

Combine ingredients in saucepan. Simmer over medium heat, stirring occasionally, for 15 minutes. *Makes 7 cups (1.75 L).*

BRIGHT IDEA

INSTANT MEXICAN BEEF:

Combine 1 cup (250 mL) EACH frozen **Big Batch Beef** and salsa; heat in microwave until hot. Serve on a nacho platter or use as a quesadilla filling.





Double up on nutritional goodness

by the Registered Dietitians of the Beef Information Centre

Want a secret recipe for healthy eating? Pick ingredients that pack in a nutrient punch. Our Szechwan Beef is great example of how to do just that.

Terrific Toppings

Toppings such as unsalted peanuts add nutrients to your recipes. Use flavourful vinegars and unsaturated oils such as sesame – just a dash will do.

Powerful Protein

On average, lean beef has:

- 4 times more iron
- 5 times more vitamin B₁₂
- 5-1/2 times more zinc

compared to an equal serving of chicken breast*.

*Per 100 gram raw chicken breast: 112 Calories, iron 2% DV, Vitamin B₁₂ 20% DV, Zinc 8%

Sensible Seasonings

Smart seasonings such as fresh gingerroot and Chinese five-spice powder, deliver taste without fat, sugar and salt.

Think flavour-rich.

Clever Carbs

Use carbs that contribute: whole wheat pasta has fibre, essential vitamins and minerals and even some protein.

Crunch with Punch

Colourful veggies are rich in antioxidants and vitamins. Swap celery with nutrient-rich snap peas in salads or stir-fries.

SZECHWAN BEEF (ON COVER)

- | | |
|------------------|--|
| 3 | green onions |
| 2 cups (500 mL) | sugar snap peas, trimmed |
| 2 | sweet red peppers, cut into chunks |
| 2 tbs (30 mL) | hoisin sauce |
| 2 tsp (10 mL) | EACH rice vinegar, minced fresh gingerroot and garlic |
| 1 lb (500 g) | Beef Top Sirloin Grilling Steak , 3/4-inch (2 cm) thick |
| 1/2 tsp (2 mL) | Chinese five-spice powder |
| | Sesame Noodles (recipe follows) |
| 1/2 cup (125 mL) | unsalted roasted peanuts, chopped |

1. Slice green onion tops; set aside. Cut remaining onion sections into 2-inch (5 cm) lengths; toss together with peas, peppers, hoisin, vinegar, gingerroot and garlic on large rimmed foil-lined baking sheet. Set aside.

2. Rub beef all over with Chinese five-spice powder. Grill over medium-high heat for 3 to 4 minutes per side. Cover with foil; let rest for 10 minutes, before thinly slicing.

3. Meanwhile, broil vegetables for 5 to 8 minutes, stirring occasionally, until lightly charred. To serve, mound Sesame Noodles on plates; top with broiled vegetables and beef slices. Sprinkle with peanuts. *Makes 6 servings.*

Sesame Noodles: Cook 1 pkg (375 g) **whole wheat linguine** according to package directions. Drain and toss with the reserved sliced green onion tops, 1 tsp (5 mL) **sesame oil** and 1/2 tsp (2 mL) **red pepper flakes**.

Per Serving: 440 Calories, 32 g protein, 11 g fat (2 g saturated fat, 0.1 g trans fat, 40 mg cholesterol), 60 g carbohydrate (9 g fibre), 320 mg sodium. Excellent source of iron (38% DV), fibre (37% DV) and zinc (71% DV), 13% DV sodium.

†The Heart and Stroke Foundation's registered dietitians have reviewed lean beef cuts to ensure they meet the specific nutrient criteria developed by the Health Check™ program based on the recommendations in *Canada's Food Guide*. A fee is paid by each participating company to help cover the cost of this voluntary, not-for-profit program. See healthcheck.org.

BRIGHT IDEA

For Health Check™ qualified beef options, look for beef that has the words loin, round or lean/extra lean in the name.

Goodness in every bite.

†This recipe has been evaluated by the Heart and Stroke Foundation registered dietitians and is part of a healthy diet based on the recommendations in *Eating Well with Canada's Food Guide*.

Make-ahead

Double Duty Dinner

Enjoy this pulled beef pot roast with baked or mashed potatoes. Turn the page to see how leftovers can become several next-day dinner options. The Pulled Beef can also be tucked in the freezer for frequent future fast meals!

BRIGHT IDEA:
No slow-cooker? No problem. Simply simmer pot roast, covered, in 325°F (160°C) oven for 2 to 3 hours.

SLOW-COOKER SOUTH-WESTERN PULLED BEEF

2 tbsp (30 mL) 4 lb (2 kg)	vegetable oil Beef Cross Rib or Boneless Blade Pot Roast
1 pkg (250 mL) 1 can (28 oz/796 mL)	Knorr® beef broth EACH crushed tomatoes and whole tomatoes
1 pouch	Lipton Recipe® Onion or Onion Roasted Garlic Soup Mix
2 tbsp (30 mL)	EACH tomato paste, chili powder and ground cumin
1/4 tsp (1 mL)	EACH black and cayenne pepper
2 tbsp (30 mL)	all-purpose flour

1. **Heat** oil in Dutch oven or heavy deep skillet over medium-high heat; brown beef all over, turning with tongs. Transfer to slow-cooker. Drain fat.

2. **Reduce heat to medium.** Add broth, tomatoes, Lipton Recipe Onion Soup Mix, tomato paste, chili powder, cumin, black pepper and cayenne to Dutch oven. Bring to boil over medium-high heat, stirring up any brown bits. Pour over beef. Cover and cook on low setting for 8 to 10 hours until beef is fork-tender.

3. Skim fat from liquid. Leave meat in sauce, remove twine. Whisk flour into 1/4 cup (50 mL) cold water; whisk into sauce in slow-cooker. Cover and cook on high, stirring once, until thickened, about 15 minutes. Use two forks to pull the beef into shreds.

Makes 13 cups (3.25 L).

Per cup (250 mL): 290 Calories, 30 g protein, 14 g fat, 12 g carbohydrate
Excellent source of iron (37% DV) and zinc (80% DV).



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HOT BEEF SANDWICHES

Heat some **Pulled Beef** in microwave or saucepan. Spoon over split sub buns and top with **ready-made coleslaw** OR **pan-fried onions** and **sliced pickled jalapeño peppers**. Serve with green salad or raw veggies and dip.



QUICK QUESADILLAS

Spoon 1/2 cup (125 mL) **Pulled Beef** on half of 1 **large flour tortilla**; top beef with some **shredded Cheddar cheese** and sliced **pickled jalapeño peppers**. Fold tortilla over filling; repeat with 3 more tortillas. Bake on parchment paper-lined baking sheet in 400°F (200°C) oven, turning once, until golden, about 8 minutes per side.

Makes 4 servings.

TACO TIME

Heat some **Pulled Beef** in microwave or saucepan; spoon into warmed taco shells or flour tortillas with your favourite taco fixings.



MEXICAN SHEPHERD'S PIE

In 9 x 13-inch (3 L) baking dish, combine 4 cups (1 L) **Pulled Beef**, 1 can (19 oz/540 mL) **EACH chili-style stewed tomatoes** and **kidney beans** (drained and rinsed) and 2 cups (500 mL) **frozen corn**. Top with 4 cups (1 L) **mashed potatoes** (homemade or 1 pkg/907 g ready-made). Bake in 350°F (180°C) oven until heated through, about 30 minutes.

Double Take

Form this savoury sirloin into meatballs, mini slider burgers or regular burgers. Try the super-easy square meatballs if you're short on time. Hey – it's hip to be square!



SOURCE OF B-COMPLEX VITAMINS.

SOUVLAKI SIRLOIN MEATBALLS AND MORE

To round out these dinners, serve any of the versions with our yummy Greek Vegetable Sauté, and your favourite creamy Greek salad dressing.

1 lb (500 g)	Lean Ground Beef Sirloin or Chuck
1/4 cup (50 mL)	fresh or dried bread crumbs
1/4 cup (50 mL)	crumbled feta cheese (optional)
1	small onion, finely chopped
1 tsp (5 mL)	dried oregano leaves
1	lightly beaten egg
1/4 tsp (1 mL)	EACH salt and pepper

1. **Lightly combine** ingredients; shape into meatballs.

2. **Bake** on parchment paper or foil-lined rimmed baking sheet in 375°F (190°C) oven for 15 minutes until digital instant-read thermometer inserted into several meatballs reads 160°F (71°C). Serve with Greek Vegetable Sauté. **Makes about 25 meatballs.**

Per 4 meatballs: 150 Calories, 15 g protein, 9 g fat, 2 g carbohydrate. Source of iron (13% DV) and excellent source of zinc (37% DV), 6% DV sodium. Source of B-complex vitamins: thiamine (5% DV), riboflavin (13% DV), niacin (26% DV), B₆ (8% DV) and B₁₂ (50% DV).

Speedy Square Meatballs:

Line baking sheet with foil and lightly oil. Shape beef mixture into 7- inch (18 cm) square, about 1/2 inch (1 cm) thick. Cut into 25 squares; do not separate. Bake as directed above. Separate into individual cooked meatballs.



Mini Burger Sliders: Shape beef mixture into 12 balls. Flatten each into twelve 3/4-inch (2 cm) thick patties. Bake as directed above. Serve tucked into dinner rolls, topping each with **Greek Vegetable Sauté** and Greek dressing.

Burgers: Shape beef mixture into four 3/4-inch (2 cm) thick patties. Grill over medium-high heat on lightly oiled grill for 5 to 7 minutes per side until digital instant-read thermometer inserted sideways into each patty reads 160°F (71°C). Serve tucked into Greek pita breads; top with **Greek Vegetable Sauté** and Greek dressing.

BRIGHT IDEA

Fresh homemade bread crumbs make all the difference in tenderness. **To make:** finely grind half of a day-old baguette in food processor for 1 to 2 minutes or chop with knife. Makes about 4 cups (1 L).

Greek Vegetable Sauté:

In large nonstick skillet, heat 1 tbsp (15 mL) **vegetable oil** over medium-high heat. Add 2 **onions**, cut into wedges, 2 **sweet yellow peppers**, seeded and thinly sliced and 1/4 tsp (1 mL) **EACH dried oregano leaves, salt and pepper**. Cook, stirring, until vegetables are softened and slightly golden, about 8 minutes.

Makes 2 cups (500 mL).

Have you tried?

Ground Sirloin is made from beef sirloin, not a mix of beef cuts. **Ground Round** and **Lean Ground Chuck** are also available from single beef cuts.