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Volume 10, Issue 2

Make it **BEEF**

great expectations



EAT SMART
Easy as 1, 2, 3

WHAT'S NEW
Hidden gems



Anticipation. It is the scheming and dreaming that's half the fun of the holiday season – the planning needed to gather friends and family and take on those extra tasks and special events.

To help pull it all together, we've got some terrific meal ideas – from everyday to special celebrations, all with good-for-you **Canadian Beef**.

- To eat smart this holiday season our Health Check™ qualified **Stoplight Beef Stir-fry** (p.12) fits the bill by pairing the powerhouse of beef with veggies and whole grains.
- For that classy dinner party make **Pan-Seared Bavette** (p. 4), with one of the new alternative steaks (see **What's New**, p. 2).
- For your main event meal this year try something new – a lean **Beef Strip Loin Roast**, for a roast beef dinner that's both easy and elegant. Serve with our simple but impressive side, **Easy Rice Primavera Timbales** made with **Green Giant® Valley Selections® Vegetable Rice Primavera** (p. 13).
- Our **Scratch Big Batch Beef** comes to the rescue as the week-night supper solution. Make a batch ahead to use in **Speedy Sloppy Joes**, **No-Bake Lasagne** or **Our Best Traditional Tourtière**.

Wishing you and yours happy holidays,

Joyce

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



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Some new options in sirloin to try:

These hidden gems pack some delicious flavour and are moderately priced, making it easy to impress. Just ask some butchers what their favourite steak is and chances are, one of these cuts will be on their list.

Diamonds in the rough

What's New



BOTTOM SIRLOIN (RECIPE P. 4)

Better known as Quebec's little darling, Bavette, this modestly priced steak delivers BIG beefy flavour and tender texture when sliced across the grain to serve. It's large-grained texture is similar to Flank Steak. This sirloin marinates well and is great in Latin and Asian recipes as steak, strips or kabobs.



BOTTOM SIRLOIN TIP

With tenderness comparable to Strip Loin, economical Bottom Sirloin Tip can be found as strips for fajitas and stir-fries. It can also be cut into Sirloin Tip Medallions, kabob cubes or Sirloin Tip Beef Quick Roast.



BOTTOM SIRLOIN TRI-TIP

(Pictured above as kabobs, strips, steaks and roast.) This cut first came to fame in the Santa Maria California Barbecue, served up charcoal grilled. This flavourful cut comes as a small triangular-shaped roast that can be cut into steaks, strips or kabobs. Oven-roast the Tri-tip roast and pan-fry or grill the steaks and strips. Tri-tip marinates well.



GROUND SIRLOIN

Ground Sirloin is the steak of ground beef – a Lean or Extra Lean ground beef that's made from Sirloin Steak. So if you're looking to add a little cachet to your favourite chili, make it a Sirloin Chili made with Ground Sirloin.

East meets West is *best!*

Quebec maple syrup laced with punchy Asian spice – that's nice!

PAN-SEARED BAVETTE WITH CHILI-MAPLE SAUCE

Bistros serve up fancy foods fast at affordable prices. Bring the bistro home with this pan-seared steak featuring Bottom Sirloin – it tastes like a million but won't break the bank. Pan-searing is a technique that's perfect for last-minute entertaining, requiring little effort and time to prepare and cook.

1-1/2 lb (750 g)
3/4 tsp (4 mL)

Beef Bottom Sirloin Steaks

Chinese five spice powder
Salt and pepper

2 tsp (10 mL)

EACH butter and vegetable oil

1 tbsp (15 mL)

Asian chili-garlic sauce

1/4 cup (50 mL)

maple syrup

1-1/2 cups (375 mL)

sodium-reduced chicken broth

1 tsp (5 mL)

cornstarch

2

green onions, thinly sliced

1. Season steaks all over with Chinese five spice powder and salt and pepper to taste.

2. Heat butter and oil over medium-high heat in large stainless steel or cast iron skillet. Add steaks. Sear and cook until golden brown and medium-rare, about 3 to 6 minutes per side. Remove steaks to plate; cover loosely with foil.

3. Return skillet to medium-high heat. Add broth, maple syrup and chili-garlic sauce; bring to boil, scraping up any browned bits from bottom of pan. Meanwhile, mix cornstarch with 2 tsp (10 mL) water; whisk into sauce and cook until thickened, about 2 minutes. Stir in green onions. Serve drizzled over steaks. *Makes 4 servings.*

BRIGHT IDEA

Top Sirloin, Flank or
Tri-tip Steaks
can stand in for the
Bottom Sirloin.

Per serving: 305 Calories, 39 g protein, 9 g fat, 16 g carbohydrate. Iron (30% DV), zinc (112% DV), niacin (62% DV), 18% DV vitamin D, 15% DV sodium.

I'm awfully fond of you...

Pan-searing produces lots of crusty browned bits in the bottom of the pan, known as *fond*. Fond provides the rich flavourful base for amazing steak sauces. So after you pan-sear, don't wash the pan – save it for the sauce!

EXCELLENT SOURCE OF IRON, ZINC AND NIACIN
GOOD SOURCE OF VITAMIN D



Just Click: Watch our Pan-searing video and print off Cooking Lessons at beefinfo.org.

BIG BATCH BEEF is back!

1 = **3**
batch fast meals



LOW IN SODIUM
EXCELLENT SOURCE OF VITAMIN B₁₂

No Bake Beef and Veggie Lasagna (p. 7)

Make up our **SCRATCH BIG BATCH BEEF** to tuck in the freezer for dinners on the fly. With **BIG BATCH BEEF**, you will have cooked ground beef ready for the three Dinner Now recipes next page.

SCRATCH BIG BATCH BEEF

Scratch Big Batch Beef is not only a speedy supper solution, it's a nutrition bonus too – stir in a scoop as an easy way to enrich soups, spaghetti sauces and more.

4 lb (2 kg) Extra-Lean or Lean Ground Beef or Lean Ground Sirloin, Chuck or Round
4 EACH onions and cloves garlic, minced

- 1. Cook** ground beef in Dutch oven over medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon, until browned and completely cooked. Drain, and return to pot. Add onion and garlic simmer for 12 to 15 minutes until vegetables are softened.
- 2. Spread** mixture in a single layer on several foil or parchment paper-lined baking trays; freeze just until meat is firm, about 1 hour.
- 3. Loosen** beef mixture into chunks; scoop meal-sized portions into freezer bags. Freeze for up to 3 months. *Makes about 10 cups (2.5 L).*

Per cup (250 mL) (made with Lean Ground Beef): 307 Calories, 38 g protein, 14 g fat, 5 g carbohydrate
Excellent source of iron (26% DV), zinc (96% DV) and vitamin B₁₂ (170% DV), 5% DV sodium.

BRIGHT IDEA

You can simplify Big Batch Beef by using the food processor to mince the onions and garlic – just pulse quartered onions and peeled garlic cloves a few times to mince.



Just Click: For more beef recipes visit beefinfo.org.

1 NO-BAKE BEEF AND VEGGIE LASAGNE (PICTURED P. 5)

Combine 2 cups (500 mL) EACH frozen SCRATCH BIG BATCH BEEF and spaghetti sauce and 1 cup (250 mL) Green Giant* Valley Selections* California Mix frozen vegetables in medium saucepan; cover and simmer over medium heat, stirring occasionally, until hot, 10 to 15 minutes. Remove from heat; stir in 2 cups (500 mL) grape tomatoes, halved.

Meanwhile, cook 6 lasagne noodles according to package directions; cut each crosswise into 3 pieces; set aside. In small bowl, combine 3/4 cup (175 mL) ricotta cheese, 1/4 cup (50 mL) grated Parmesan cheese and salt and pepper to taste.

To assemble: Scoop some hot beef mixture onto each of 4 plates and top each with 2 noodle pieces, overlapping. Top each with spoonful of ricotta mixture, followed by more beef mixture. Repeat noodle, ricotta and beef layers (there will be two extra noodle pieces left over). Garnish each with a sprinkling of grated Parmesan and some fresh basil if you wish. *Makes 4 servings.*

Per serving: 517 Calories, 35 g protein, 19 g fat, 51 g carbohydrate
High in fibre (17% DV), excellent source of iron (35% DV) and zinc (71% DV), 33% DV sodium.

2 SPEEDY SLOPPY JOES

In large heavy saucepan, **combine** 2 cups (500 mL) frozen SCRATCH BIG BATCH BEEF, 1 can (7.5 fl oz/213 mL) pizza sauce, 1-1/2 cups (375 mL) Green Giant* Valley Selections* California Mix frozen vegetables or Green Giant* Frozen Sweet Peas, 2 tsp (10 mL) Worcestershire sauce and 1/4 cup (50 mL) water. **Cover and simmer** over medium heat, stirring occasionally, until hot, about 10 to 15 minutes. Use to top 4 toasted hamburger buns or baked potatoes. *Makes 4 servings.*

Per serving: 382 Calories, 26 g protein, 12 g fat, 41 g carbohydrate
High in fibre (17% DV), excellent source of iron (33% DV) and zinc (53% DV), 22% DV sodium.



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BRIGHT IDEA

Store-bought pie pastry comes all rolled out and ready to go. Look for it in the chilled cookie dough section.

3 OUR BEST TRADITIONAL TORTIÈRE

In large deep skillet over medium-high heat, **pan-fry** 2 cups (500 mL) frozen SCRATCH BIG BATCH BEEF, 1/2 lb (250 g) ground pork, 3/4 cup (175 mL) sodium-reduced chicken broth, 1 stalk celery, diced, 1/2 tsp (2 mL) EACH dried thyme and sage, and 1/4 tsp (1 mL) EACH ground cloves and cinnamon, until no liquid remains.

Remove from heat. Stir in 1-1/2 cups (375 mL) left over mashed potatoes and 2 tbsp (30 mL) minced fresh parsley. **Spoon into** a 9-inch (23 cm) pie shell. Top with second pie crust and cut steam vents in top crust. **Bake** in 400°F (200°C) oven until hot and golden brown, 35 to 45 minutes. *Makes 8 servings.*

Per serving: 412 Calories, 18 g protein, 24 g fat, 30 g carbohydrate
Good source of iron (18% DV) and excellent source of zinc (34% DV), 21% DV sodium.

Stir-fry good for you,

A, B, C...

BRIGHT IDEA

For the best in beef, shop for Canada AAA or AA – the more A's the better! (how Canadian—EH?)

With colourful veggies and †Health Check™ qualified lean Canadian beef, our *Stoplight Stir-fry* recipe (next page) ensures your family gets their nutritional needs met from A to Z!



Stoplight Beef Stir-fry (p. 11)

Antioxidants and vitamin A abound in this stir-fry. And did you know that the Canadian beef is an excellent source of the antioxidant selenium? This essential mineral is involved in the formation of proteins that help defend against damage to cells in your body.

Both sweet peppers and broccoli provide **vitamin A**. Vitamin A helps keep your skin healthy, promotes the normal development of bones and teeth and maintains night vision.

Beef and broccoli both deliver BIG on **B** vitamins. B vitamins play a variety of important roles – including healthy growth and development, energy metabolism as well as tissue and red blood cell formation.

Beef is a source of six essential B vitamins. In fact it's one of the best sources of B₁₂. On average, **lean beef has 5 times more vitamin B₁₂ compared to an equal serving of chicken breast.***

Broccoli is an excellent way to boost your intake of folate, another vital B vitamin. Folate is well known for promoting the healthy early development of your baby during pregnancy.

Choose a Health Check™ qualified beef such as Beef Strip Loin or Top Sirloin Grilling Steak. **All trimmed beef with the words “loin” or “round” in the name make the list for Health Check qualified beef.**

Colourful sweet peppers, broccoli and citrus juice contribute a considerable dose of **vitamin C**. Your body's bones, teeth, cartilage and gums all depend on vitamin C for healthy development and maintenance. As an antioxidant, vitamin C also helps protect against damage to cells.

Finish off your nutrition alphabet with Z for Zinc. The beef in the Stoplight Stir-fry contributes a natural source of zinc, another one of those nutrients your body just has to have. Children rely on zinc for healthy growth and development. Plus it contributes to healthy mental development and performance. Your body's immune system depends on zinc to help fight infections. **Lean beef is naturally rich in zinc, providing more than half of your daily requirement in just one serving.**

MORE B'S PLEASE: Canadian Beef is a B-vitamin powerhouse. **Serve our Stoplight Stir-fry over brown rice for another vitamin B BOOST!**

*Per 100 gram raw chicken breast: 112 Calories, vitamin B₁₂ 20% DV.

†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. * 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

Stir-fry simple,

Looking for a simple way to eat well?
Put on the brakes! Stoplight Stir-fry
is the perfect supper solution.



1, 2, 3...



EXCELLENT SOURCE OF POTASSIUM,
IRON AND ZINC

STOPLIGHT BEEF STIR-FRY

The trio of sweet peppers in red, yellow, green was the inspiration for the name of this quick-cooking stir-fry. You can substitute Strip Loin Grilling Steaks for the Top Sirloin if you like – no need to cut them in half to start.

MARINADE

- 2 tbsp (30 mL) sodium-reduced soy sauce
- 2 cloves garlic, minced
- 1 lb (500 g) **Top Sirloin Grilling Steak**, trimmed, about 3/4-inch (2 cm) thick

SAUCE

- 1/2 cup (125 mL) sodium-reduced beef or chicken broth
- 2 tbsp (30 mL) EACH lemon juice, hoisin sauce and packed brown sugar
- 1 tbsp (15 mL) cornstarch

STIR-FRY

- 1 tbsp (15 mL) vegetable oil
- 1 EACH red, green and yellow sweet peppers, seeded and thinly sliced
- 2 cups (500 mL) broccoli florets
- 1 tbsp (15 mL) minced fresh gingerroot
- 3 cloves garlic, sliced
- 1/4 cup (50 mL) toasted slivered almonds, optional

1. MARINADE: Combine soy sauce and minced garlic in medium bowl. Cut steak in half lengthwise and then crosswise into thin strips; toss with marinade to combine. Let stand for 5 to 10 minutes.

2. SAUCE: Meanwhile combine broth, lemon juice, hoisin, brown sugar and cornstarch in small bowl; set aside. Remove beef from marinade and pat strips dry with paper towel (reserving marinade).

3. STIR-FRY: Heat half the oil in 12-inch (30 cm) non-stick pan over medium-high heat until sizzling. Scatter half the beef strips into pan; cook for 1 to 2 minutes or until browned but still pink inside. Return beef to bowl with marinade; set aside. Repeat with remaining beef.

4. Heat remaining oil in pan over medium high heat. Add peppers and broccoli; stir-fry for 2 minutes. Add a splash of water; cover and cook until tender-crisp, about 2 minutes. Push veggies to side of pan to clear the centre; add gingerroot and garlic to clearing and cook until just fragrant, 15 to 20 seconds. Add sauce, meat and reserved marinade; toss together and heat through until bubbling and sauce thickens slightly. Serve topped with almonds (if desired). **Makes 4 servings.**

Per serving: 281 Calories, 29 g protein, 9 g fat, (2 g saturated fat, 0.2 g trans fat, 61 mg cholesterol), 23 g carbohydrate (3 g fibre), 587 mg sodium, 742 mg potassium. Iron (28% DV), zinc (69% DV) and potassium (21% DV), 24% DV sodium.

† 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 Canada's Food Guide. See healthcheck.org.

BEEF STIR-FRY KNOW-HOW

- Stream-line:** Manage make-ahead easily by slicing, dicing and mixing the day ahead while you prep dinner for that night; cover and refrigerate prepped ingredients. The stir-fry is all ready to cook next day!
- Think Thin:** Sharpen up your knife to carve steak thinly, strips about 1/8-inch (3 mm) thick and 2-inch (5 cm) long.
- Marinade Magic:** A quick soy sauce-and-garlic marinade infuses the meat with flavour and helps keep beef juicy.
- Pan Perfection:** Use the largest nonstick skillet you have – too small and ingredients steam instead of sear. Home woks don't make enough contact with heating surface for stir-fry success.
- Last but not least:** Add garlic and gingerroot late in the process to avoid scorching.

The Main Event

FENNEL-CRUSTED STRIP LOIN ROAST WITH PORT WINE SAUCE

*Beef Strip Loin is a great roast to consider for entertaining – it's ever-tender and has amazing flavour! Since it's boneless, Strip Loin Roast is simple to carve and there's little waste. **Bonus:** Fully trimmed Strip Loin is lean – lean enough to be Health Check qualified! And because of its flat, thin shape, a Strip Loin Roast cooks quite quickly for its weight.*

1/4 cup (50 mL) minced fresh parsley
1 tbsp (15 mL) crushed fennel seeds
1 tbsp (15 mL) olive oil

Coarse salt and pepper
**Beef Strip Loin Premium
Oven Roast**

PORT WINE SAUCE

2 shallots, minced
1 cup (250 mL) red wine
1/2 cup (125 mL) ruby port
1-1/2 cups (375 mL) sodium-reduced beef broth
2 tbsp (30 mL) cornstarch
1 tbsp (15 mL) butter

Easy Primavera Rice Timbales
(See recipe below)

Per serving: 255 Calories, 29 g protein, 11 g fat,
4 g carbohydrate
Good source of iron (22% DV), potassium (15% DV)
and vitamin D (16% DV) and excellent source of
zinc (63% DV), 7% DV sodium.



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1. Combine parsley, fennel seeds, olive oil and salt and pepper to taste. Rub all over roast.

2. Place roast on rack in shallow roasting pan. Insert oven-safe meat thermometer into centre of roast. Cook, uncovered, in 450°F (230°C) oven for 10 minutes. **Reduce heat to 275°F (140°C);** roast until thermometer reads 135°F (57°C) for medium-rare, about 1-3/4 to 2 hours, or to 150°F (66°C) for medium. Remove from oven. Cover roast loosely with foil and let stand for 15 to 30 minutes before carving.

3. Meanwhile, make Port Wine Sauce: Drain off all but 2 tbsp (30 mL) of the drippings from roasting pan. Place pan over medium heat and add shallots; cook, stirring until shallots soften. Stir in wine and port, stirring up any browned bits from bottom of pan. Bring to boil; reduce heat to medium and simmer until reduced by half, about 7 minutes. Stir in broth. Combine cornstarch with 1/4 cup (50 mL) cold water and whisk into simmering sauce, cook stirring until thickened, about 5 minutes. Strain (if desired) and return to pan. Whisk butter into sauce; season with salt and pepper to taste. **Makes 8 to 12 servings.**

EASY PRIMAVERA RICE TIMBALES: Prepare 2 packages (400 g EACH) **Green Giant* Valley Selections* Vegetable Rice Primavera** according to package directions. Stir in 1/2 cup (125 mL) slivered almonds, toasted (optional). Divide among 8 custard cups, pressing mixture into each cup. Invert each onto a dinner plate and unmould. Add slices of roast to each plate; drizzle each with Port Wine Sauce to serve. **Makes 8 Timbales.**

Big productions and great expectations...

Although making a roast may seem like a big deal, it's really easy! Follow our simple 2-step "low and slow" method to get you the most evenly cooked, tender and tasty roast.

BRIGHT IDEA Save 75¢

See Green Giant*
Valley Selections* coupon
on the back cover.



GOOD SOURCE OF POTASSIUM
AND VITAMIN D