

Beef



Recipes for balanced living



Lean beef is nutritious and part of a healthy eating plan.

Healthy living includes eating well and staying active. Moderation, variety and balance are the basis for a healthy eating plan.

Lean Beef gives you Z-I-P!

Z is for Zinc. Zinc boosts your immune system and promotes children's healthy growth. Zinc improves wound healing and helps maintain a healthy appetite. **Beef is an excellent source of zinc.**

I is for Iron. Iron helps carry oxygen to all parts of your body to fuel your daily activities. Iron deficiency may decrease your energy level, attention span and learning ability. Women, teenage girls and infants have high requirements for iron. **Beef is the richest food source of highly absorbable iron.**

P is for Protein. Protein builds and repairs muscle, organs and bones. **Beef is an excellent source of high-quality protein.**



Orange Ginger Beef Stir-Fry

Preparation Time: 10 min Cooking Time: 10 min



Cook's Notes:

Look for Chinese Five Spices and hoisin sauce in the Asian section of grocery stores.

Sauce: Whisk together 1/4 tsp (1 mL) finely grated orange peel, 1/2 cup (125 mL) EACH orange juice and hoisin sauce, 1 tbsp (15 mL) EACH cornstarch and minced gingerroot, 1/2 tsp (2 mL) Chinese Five Spices and 1/4 tsp (1 mL) dried chili pepper flakes. Set aside.

- Cut 1 lb (500 g) Beef Top Sirloin Grilling Steak (3/4"/2 cm thick) in half lengthwise. Cut crosswise into 1/4" (5 mm) strips and trim all fat.
- Heat 2 tsp (10 mL) vegetable oil in large non-stick skillet until sizzling hot; stir-fry beef strips and 2 minced garlic cloves for 3 min until beef is brown but still pink inside (cook in 2 batches). Remove beef.
- Add 4 cups (1 L) pre-cut stir-fry vegetables and 3 tbsp (45 mL) water to skillet; cover and cook 4 min until tender-crisp. Add Sauce and cook 2 min until sauce bubbles and thickens. Stir in beef and any juices; heat through. Serve over rice. **Makes 4 servings.**

Per serving: 290 Calories, 27 g protein, 8 g fat, 27 g carbohydrate, excellent source of iron (27% DV*) and zinc (56% DV), 26% DV sodium
*DV= Daily Value

Health Notes:

How you prepare food at home can make a big difference in the amount of fat you eat in your meals. Here are some low-fat cooking tips for you to try.

Trim meats and poultry of visible fat and skin before eating and drain fat from cooked ground meats. A broiled Strip Loin steak trimmed of all visible fat will have about half the fat of one that is untrimmed.

Use low-fat cooking methods such as barbecuing, broiling or roasting. Stir-fry the low-fat way using a non-stick pan or lightly spray with cooking oil. A 2-second spray of cooking oil adds only 2 g fat!

Dress your salads lightly with low-fat dressings or, if you make your own, use a mixture of fruit juice or rice wine and vinegar. In this way you can reduce the amount of oil in the dressing.



Pomegranate & Citrus Beef Salad

Marinating Time: 30 min Preparation Time: 15 min Cooking Time: 12 min



Cook's Notes:

When pomegranates are not in season, use 2 peeled kiwi fruit for the marinade and garnish with dried cranberries.

Dressing: Pare peel and pith from 1 **grapefruit** (as you would peel an apple), collecting juice. Separate and reserve sections, squeezing juice from membranes. Add enough **white wine vinegar** to juice to make 1/2 cup (125 mL). Whisk in 2 tbsp (30 mL) **EACH olive oil, liquid honey and chopped fresh mint** and 1/2 tsp (2 mL) **grainy Dijon mustard**. Season to taste.

- **Place** half the seeds from 1 **pomegranate** into blender, reserving remaining seeds. Add 3 **dried figs**, 1 **garlic clove** and 1/4 cup (50 mL) **white wine vinegar**; blend until paste-like. Season with **salt** and **pepper**; place in large, sealable freezer bag.
- **Pierce** 1 lb (500 g) **Beef Inside Round or Flank Marinating Steak** (1"/2.5 cm thick) all over with fork. Add to freezer bag and refrigerate 30 min.
- **Discard** marinade and grill or broil steak using medium-high heat, 6-7 min/side for medium. Slice thinly across the grain.
- **Divide** 8 cups (2 L) **salad greens** among 4 plates; top with beef, reserved grapefruit sections and pomegranate seeds, 1 jar (6 oz /170 mL) **marinated artichokes** (drained) and thinly sliced **red onion**. Drizzle with Dressing.

Makes 4 servings.

Per serving: 315 Calories, 27 g protein, 13 g fat, 26 g carbohydrate, excellent source of iron (27% DV) and zinc (52% DV), 4% DV sodium

Health Notes:

Canada's Food Guide to Healthy Eating encourages you to eat 2 to 3 servings (50 to 100 g each) from the Meat and Alternatives food group every day.

Choose the portion sizes recommended in *Canada's Food Guide to Healthy Eating*. For boneless meat, allow 4 oz (125 g) raw meat per serving. When cooked, this serving of meat will be the size of a deck of cards (3 1/2 oz or 100 g).

All women can benefit from eating beef regularly. However, nutrition surveys have found that many women eat **fewer** than the **minimum** 2 servings per day of Meat and Alternatives from *Canada's Food Guide to Healthy Eating*.

Canadians get about one-third of their total calories from non-essential foods such as chocolate bars, potato chips and high-fat baked goods. **Limit serving sizes**, particularly for higher fat snacks and condiments.



Rush-Hour Roast Beef Dinner

Preparation Time: 10 min Cooking Time: 50-60 min



Cook's Notes:

New Quick Roasts are beef roasts cut to weigh 1 lb (500 g) or less – just the right size for small families.

- **Remove** netting from 1 lb (500 g) **Beef Quick Roast** (e.g. Eye of Round, Inside Round or Rump). Rub roast with 1 tbsp (15 mL) **Lipton Onion® or Onion Roasted Garlic® soup mix**.
- **Insert** meat thermometer lengthwise into centre of roast so that shaft is not visible. Place into shallow oven-proof pan on bed of 4 cups (1 L) **root vegetables like sweet potato, onion or parsnip** (cut into 1/2" or 1 cm chunks, seasoned and lightly coated with cooking oil spray).
- **Cook**, uncovered, in 350°F (180°C) oven for 50-60 min until thermometer reads 155°F (68°C) for medium.
- **Remove** roast to cutting board; tent with foil for 5 min to allow temperature to rise 5°F (3°C). Cut into thin slices across the grain and serve with the roasted vegetables. **Makes 4 servings.**

Per serving: 245 Calories, 24 g protein, 6 g fat, 24 g carbohydrate, good source of iron (16% DV), excellent source of zinc (42% DV), 10% DV sodium

Health Notes:



Both Lean and Extra Lean Ground Beef qualify for Health Check™ since they contain no more than 17% and 10% fat, respectively. **Health Check™ ... tells you it's a healthy choice!**

Did you know that beef has different types of fat? About half the fat in beef is monounsaturated - the same type of fat found in vegetable oils.

One-third of the saturated fat in beef is stearic acid. This type of fat has no effect on blood cholesterol.



M-M-Marvellous Mushroom Burgers

Preparation Time: 20 min Cooking Time: 12 min



Cook's Notes:

The mushrooms in this recipe keep these lean ground beef burgers moist and juicy, without adding fat or calories.

- **Combine** 1-1/2 lb (750 g) **Extra Lean** or **Lean Ground Beef**, 1 **egg** (beaten), 1/3 cup (75 mL) **finely chopped mushrooms**, 1/4 cup (50 mL) **dry bread crumbs** and 1 envelope **Lipton Onion®** or **Onion Roasted Garlic®** soup mix. Mix lightly and shape into six 3/4-inch (2 cm) thick patties.
- **Grill**, broil or pan-fry using medium-high heat 5-7 min/side, until digital rapid-read thermometer inserted sideways into centre of each patty reads at least 160°F (71°C). At this temperature, patties are cooked regardless of colour.
- **Serve** burger patties on toasted whole-wheat buns with low-fat toppings like shredded lettuce, sliced tomatoes, dill pickle slices, mustard and ketchup. **Makes 6 servings.**

Per serving (made with Extra Lean Ground Beef): 229 Calories, 26 g protein, 10 g fat, 7 g carbohydrate, good source of iron (20% DV), excellent source of zinc (59% DV), 24% DV sodium



Lean and Extra Lean Ground Beef are part of Heart and Stroke Foundation of Canada's Health Check™ program.

Enjoy 2 to 3 servings from the Meat and Alternatives food group every day.

GROUND BEEF

Nutrition Information (per 100 g raw beef)

	Lean	Extra Lean
CALORIES	210	180
PROTEIN g	20	21
FAT g	15	10
CARBOHYDRATE g	0	0
% Daily Value (% DV):		
IRON	15	15
ZINC	50	50



† The Beef Information Centre financially supports the Health Check™ Education Program of the Heart and Stroke Foundation. This is not an endorsement. For more information, visit www.healthcheck.org

Look at the difference trimming makes!

When trimmed of visible fat, all cuts of beef (except Short Ribs) are **lean**, containing no more than 10% fat. Most trimmed beef cuts are **extra lean**, containing no more than 7.5% fat. Some cuts, such as Beef Inside Round Marinating Steak, have as little as 2% fat.

BEEF (raw, TRIMMED of visible fat)

EXTRA LEAN CUTS (7.5% fat or less)	
GRILLING STEAKS	Rib Eye, Rib, Strip Loin, T-Bone, Porterhouse, Top Sirloin, Wing
MARINATING STEAKS	Eye of Round, Flank, Inside Round, Outside Round
SIMMERING STEAKS	Blade
PREMIUM OVEN ROASTS	Tenderloin, Top Sirloin
OVEN ROASTS	Eye of Round, Inside Round, Outside Round, Rump, Sirloin Tip
POT ROASTS	Blade, Brisket, Cross Rib
STEWING BEEF	Stewing Cubes
LEAN CUTS (10% fat or less)	
PREMIUM OVEN ROASTS	Rib

BEEF CUTS

Nutrition Information (per 125 g raw beef)

	Untrimmed	Trimmed
CALORIES	260	190
PROTEIN g	25	27
FAT g	18	8
Saturated g	8	3
Polyunsaturated g	0.7	0.3
Monounsaturated g	8	3.5
CHOLESTEROL mg	65	60
CARBOHYDRATE g	0	0
% Daily Value (% DV):		
IRON	15	15
ZINC	60	60



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... and to support communities across the country,*

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