

Lean Beef

Healthy recipes
Healthy living





Trim is in!

Trimmed of fat – either **before** or **after** cooking – beef is lean.*
 And with 14 essential nutrients, beef is a great choice for healthy living and is part of *Canada's Food Guide to Healthy Eating*.

* Per 100 g raw beef, trimmed of external fat (composite of 26 cuts): 162 Calories, 21 g protein, 8 g fat, 0 g carbohydrate
 % Daily Value: 110% vitamin B₁₂, 60% zinc, 45% niacin, 35% selenium, 15% iron, 15% vitamin D, 15% riboflavin, 15% vitamin B₆, 15% phosphorous, 10% pantothenate, 10% thiamine, 10% magnesium, 9% potassium

Who says eating smart means giving up what you love?

You can feel good about eating beef. There are **EIGHT** cuts of beef, along with both **Lean and Extra Lean Ground Beef**, that qualify for the Heart and Stroke Foundation of Canada's Health Check™ program. †**Choosing leaner meats (extra lean or lean) is part of healthy eating.**

Health Check™ is an education program that identifies foods that are healthy choices based on *Canada's Food Guide to Healthy Eating*. Foods using the symbol meet nutritional standards set by the Heart and Stroke Foundation of Canada. **Look for the Health Check™ symbol to help you make healthy food choices.**



† The Beef Information Centre financially supports the Health Check™ education program. This is not an endorsement. See www.healthcheck.org

Beef that qualifies for Health Check™

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

BEEF (100 grams raw meat)	FAT (grams)
Extra Lean Cuts:	
Eye of Round	5
Inside Round	5
Sirloin Tip	5
Top Sirloin	6
Lean Cuts:	
Flank	8
Strip Loin	8
Cross Rib	9
Outside Round	9
Extra Lean Ground Beef	10
Lean Ground Beef	15

Extra Lean Ground Beef (per 100 g raw): 180 Calories, 21 g protein, 10 g fat, 0 g carbohydrate; 15% DV iron, 50% DV zinc, 80% DV B₁₂
Lean Ground Beef (per 100 g raw): 210 Calories, 20 g protein, 15 g fat, 0 g carbohydrate; 15% DV iron, 50% DV zinc, 70% DV B₁₂

A woman with short brown hair is smiling and looking towards the camera. She is wearing a dark blue jacket over a white shirt. In the background, a young child is also smiling and holding a pink dumbbell. The scene is set in a bright, clean environment, likely a gym or a fitness studio.

Lean Beef gives you Z-I-P!

Z is for Zinc. Zinc boosts your immune system and promotes healthy growth in children.

Beef is an excellent source of zinc.

I is for Iron. Iron helps carry oxygen to all parts of your body to fuel daily activities.

Beef is the richest food source of ready-to-use iron.

P is for Protein. Protein builds and repairs muscles, organs and bones. **Beef is an excellent**

source of high-quality protein.



Eat lean and live healthy

Let's not lose sight of the main reason **you love beef – it all comes down to taste!**

Here are **some deliciously simple lean beef recipes** to help you love it more. Developed by the Beef Information Centre and reviewed by the Heart and Stroke Foundation's dietitians, these healthy recipes all feature the Health Check™ qualified lean beef cuts and Lean or Extra Lean Ground Beef. So take it to the kitchen and **enjoy Canadian Beef – it's leaner than you think.**

Check for Health Check™

Clever Cooking — 2 for 1!

Here's how to get two deliciously different meals out of one: make the roast along with a big batch of rice or couscous one night and use the leftovers for a super-speedy Mediterranean Wrap dinner the next.



SLOW-ROASTED BEEF WITH ROASTED RATATOUILLE

This recipe takes advantage of roasting both the vegetables and meat at the same time. Make up a big batch of steamed rice or couscous to go with the roast, reserving about 2 cups (500 mL) to use in the Mediterranean Wrap recipe the next day (if desired).

Meal 1

2 tsp (10 mL)	olive oil
3 lb (1.5 kg)	Beef Sirloin Tip or Inside Round Oven Roast
	Pepper
1 tbsp (15 mL)	basil pesto

Roasted Ratatouille:

3	plum tomatoes, cored and quartered
8 oz (250 g)	zucchini (about 2), cut into 1/2-inch (1 cm) slices
1	small Spanish onion, cut into 12 wedges
1	baby eggplant, cut into chunks
1	EACH sweet red and yellow pepper, seeded and cut into chunks
4 oz (125 g)	mushrooms, quartered
6	cloves garlic
3 tbsp (45 mL)	basil pesto
1 tbsp (15 mL)	balsamic vinegar
1 tsp (5 mL)	liquid honey
1/4 cup (50 mL)	pitted Kalamata olives (optional)

1. Roasted Ratatouille: In large bowl, combine tomatoes, zucchini, onion, eggplant, peppers, mushrooms, garlic and pesto; toss to coat. Spread on foil-lined jelly roll pan lightly coated with vegetable cooking spray; set aside.

2. Heat oil in heavy sauté pan or ovenproof skillet over medium-high heat. Season beef with pepper as desired; brown all over, turning with tongs, about 10 minutes. Spread pesto all over roast; place on rack in same sauté pan. Insert oven-safe meat thermometer into centre of roast. Cook beef and vegetables, uncovered, in 275°F (140°C) oven until thermometer reads 140°F (60°C) for medium-rare, about 1 hour and 30 minutes.

3. Remove roast to cutting board. Tent with foil and let stand for 5 minutes to allow temperature to rise an additional 5°F (3°C). Lift foil and vegetables from pan and use rubber spatula to scrape vegetables into large bowl; toss with vinegar, honey, and olives, if using. Set aside 2 cups/500 mL vegetables for Mediterranean Wrap recipe, if desired. Thinly carve roast across the grain. **Makes 6 servings (with leftovers for making Mediterranean Wraps).**

Per Serving (based on 3-1/2 oz/100 g roast + 2/3 cup/150 mL veg): 240 Calories, 29 g protein, 10 g fat, 10 g carbohydrate, 2 g fibre, 160 mg sodium; Good source of iron (21% DV) and excellent source of zinc (76% DV)



Meal 2

Mediterranean Wraps: Combine 2 cups (500 mL) EACH **Roasted Ratatouille** and cooked **rice**. Flavour with 3 tbsp (45 mL) bottled **sun-dried tomato vinaigrette dressing**; set aside. Spread each of 6 warmed large **spinach tortillas** with 1 tsp (5 mL) **pesto**. Layer each with 1/2 cup (125 mL) EACH thinly sliced **roast beef** (cut into slivers), **baby spinach** and ratatouille/rice mixture. Roll up and cut on diagonal to serve. **Makes 6 wraps.**



ARGENTINIAN MEATBALL SOUP

For simplicity, the meatballs are poached right in the soup rather than browning them first. This method ensures the meatballs are meltingly tender and minimizes the need for oil in the recipe. Use a sodium-reduced chicken broth for salt-conscious cooking.

1 tsp (5 mL)	olive oil
1 cup (250 mL)	chopped onion
2	cloves garlic, minced
1/2 tsp (2 mL)	chili powder
1 container (900 mL)	sodium-reduced or regular chicken broth
1 cup (250 mL)	EACH rinsed drained canned black beans and frozen corn
1 cup (250 mL)	sliced grape tomatoes
	Chopped fresh cilantro and lime wedges

Meatballs:

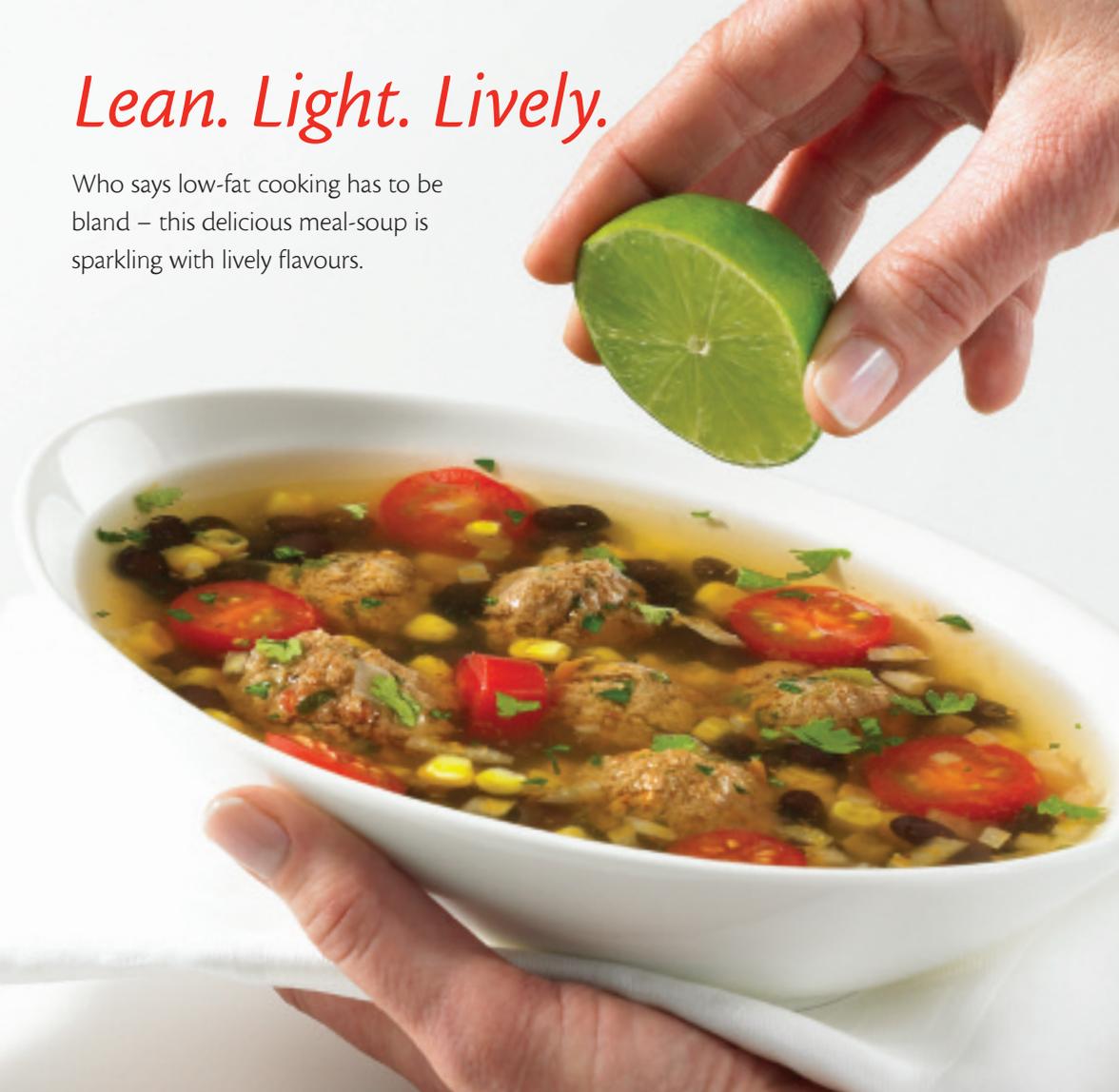
12 oz (375 g)	Extra Lean or Lean Ground Beef
1/2 cup (125 mL)	whole wheat bread crumbs
1/4 cup (50 mL)	bottled salsa
1/4 cup (50 mL)	chopped fresh cilantro
1/4 cup (50 mL)	EACH grated carrot and finely chopped green onions
1/2 tsp (2 mL)	EACH chili powder and ground cumin

Per Serving (made with Extra Lean, sodium-reduced broth): 192 Calories, 17 g protein, 6 g fat, 18 g carbohydrate, 4 g fibre, 603 mg sodium; Good source of iron (19% DV) and excellent source of zinc (34% DV)

Italian Meatball Soup: For Meatballs: Replace salsa with 3 tbsp (45 mL) Italian-flavoured tomato paste and 1 tbsp (15 mL) water. Replace cilantro with chopped fresh parsley. Replace chili powder and cumin with 1/2 tsp (2 mL) crushed dried Italian seasoning. (Note: If using plain tomato paste, increase Italian seasoning to 1 tsp/5 mL.) For Soup: Replace chili powder with crushed dried Italian seasoning. Add 1/3 cup (75 mL) dried orzo or alphabet pasta once broth is simmering. Replace black beans with frozen peas. Omit corn. Garnish with grated Parmesan cheese, chopped fresh parsley and pepper.

Lean. Light. Lively.

Who says low-fat cooking has to be bland – this delicious meal-soup is sparkling with lively flavours.





Built for Speed

Stir-fries are always quick to cook – this one has the added bonus of working as a delicious main-dish warm salad option if you like.

ORANGE BEEF STIR-FRY

The steam-sauté method used here for cooking the vegetables lets you minimize oil and scorching when stir-frying while still cooking the vegetables to tender-crisp. Serve stir-fry with rice noodles or whole wheat pasta.

1 tbsp (15 mL)	canola oil
1 lb (500 g)	Beef Top Sirloin Grilling Steak, sliced into thin strips
4 cups (1 L)	stir-fry vegetables
	Dried chili pepper flakes (optional)

Sauce:

1 tsp (5 mL)	grated orange rind
1/4 cup (50 mL)	orange juice
2 tbsp (30 mL)	EACH sodium reduced soy sauce and rice vinegar
1 tbsp (15 mL)	EACH minced gingerroot, liquid honey and cornstarch
2	cloves garlic, minced
1 tsp (5 mL)	EACH sesame oil and Asian chili sauce

1. Sauce: Whisk together orange rind, orange juice, soy sauce, vinegar, gingerroot, honey, cornstarch, garlic, sesame oil and chili sauce in small bowl; set aside.

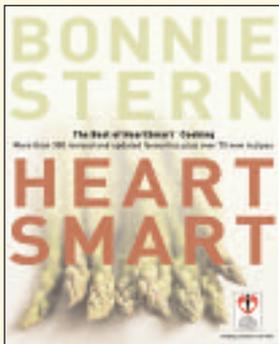
2. Heat canola oil in large skillet or wok over high heat. Stir-fry beef for 3 to 4 minutes or until brown; transfer to a bowl. Add vegetables and **3 tbsp (45 mL) water** to pan and bring to boil; reduce heat, cover and cook for 4 minutes or until tender-crisp.

3. Return beef and any juices to pan. Stir in reserved sauce mixture and return to boil; cook, stirring for 1 to 2 minutes or until thickened. Sprinkle with chili pepper flakes (if using).

Makes 5 servings.

Per Serving: 208 Calories, 22 g protein, 7 g fat, 14 g carbohydrate, 2 g fibre, 324 mg sodium
Good source of iron (20% DV) and excellent source of zinc (76% DV)

Warm Orange Beef Salad (on cover): Prepare sauce as above, reducing cornstarch to 2 tsp (10 mL). Omit stir-fry vegetables; substitute 1 cup (250 mL) **sliced mushrooms** and 1/2 cup (125 mL) EACH julienned **carrot**, thinly sliced **sweet red or yellow pepper** and **red onion**. Cook meat, vegetables and sauce as directed, reducing water to 1-1/2 tbsp (22 mL) and cooking vegetables 1 to 2 minutes until just hot and wilted. Spoon over individual servings of baby lettuce.



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Enter online @ beefinfo.org/leanbeef

The Beef Information Centre is committed to sharing with Canadians ways they can continue to make lean beef a part of a well-balanced, healthy diet. The Beef Information Centre is pleased to support the Health Check™ initiatives of the Heart and Stroke Foundation of Canada and their efforts to help people live healthier lives and reduce their risk of heart disease and stroke.



For more lean beef recipes visit beefinfo.org/leanbeef or call 1-888-248-BEEF.