

# Canadian Beef

Goodness in every bite™



# Bundled up with Goodness.

Canadian Beef is brimming with 14 essential nutrients including:

**Zinc** to help boost immunity. 100 grams of lean beef provides on average, 60% of the daily zinc requirement.

**Vitamin B<sub>12</sub>** for normal growth and development. Canadian Beef is one of nature's best sources of B<sub>12</sub>.

**Vitamin D** to help build that beautiful smile and strong bones. Canadian Beef is one of the few natural food sources of Vitamin D.

**Iron** to assist with learning and concentration. Beef's iron is easier for your body to absorb than that found in plant sources, such as tofu or beans.



\* 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 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

## And there's more good news – Canadian Beef is lean.

There are EIGHT cuts of beef PLUS Lean and Extra Lean Ground Beef, Ground Beef Sirloin, Chuck and Round, that qualify for the Heart and Stroke Foundation of Canada's Health Check™ program.

### 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



*To make the most of your family's health, try some of the tasty Health Check™ reviewed recipes here.*

† 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).

# Cook Once...

Extras from tonight's roasted beef and veggies jump-starts tomorrow's lunch or dinner (turn the page for Eat Twice meal ideas.)



SOURCE OF VITAMIN D

# Eat Twice!

## Cook Once: Mediterranean Roasted Beef and Veggies

*This colourful nutrient-rich dinner cooks all at once for minimal fuss. Serve with cooked couscous, quinoa grain, rice or pasta. For next-day's main course salad or sandwich, set aside 2 cups (500 mL) each of the roasted veggies and slivered thinly sliced roasted beef.*

2 tsp	(10 mL)	olive oil
3 lb	(1.5 kg)	<b>Beef Sirloin Tip or Inside Round Oven Roast</b>
Pinch		EACH salt and pepper
1 tbsp	(15 mL)	basil pesto

### Roasted Vegetables:

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		EACH baby eggplant and sweet red and yellow pepper, seeded and cut into chunks
4 oz	(125 g)	mushrooms, quartered
6		cloves garlic, peeled
3 tbsp	(45 mL)	basil pesto
1 tbsp	(15 mL)	balsamic vinegar
1 tsp	(5 mL)	liquid honey

1. **Roasted Vegetables:** In large bowl, combine tomatoes, zucchini, onion, eggplant, peppers, mushrooms, garlic and pesto; toss to coat. Spread on foil-lined rimmed baking sheet 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 salt and pepper; 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 10 to 15 minutes. Using rubber spatula, scrape vegetables into large bowl; toss with vinegar and honey. Carve roast into thin slices across the grain.

**Makes 6 servings (with leftovers for making a Eat Twice meal option).**

**Per Serving (based on 3-1/2 oz/100 g roast + 2/3 cup/150 mL veg):**

271 Calories, 35 g protein, 9 g fat, 10 g carbohydrate, 2 g fibre, 141 mg sodium

Excellent source of iron (30 % DV) and zinc (98% DV), and source of vitamin D (10% DV)



Use extra portions from the Mediterranean Roasted Beef and Veggies to make either of these two meal options.

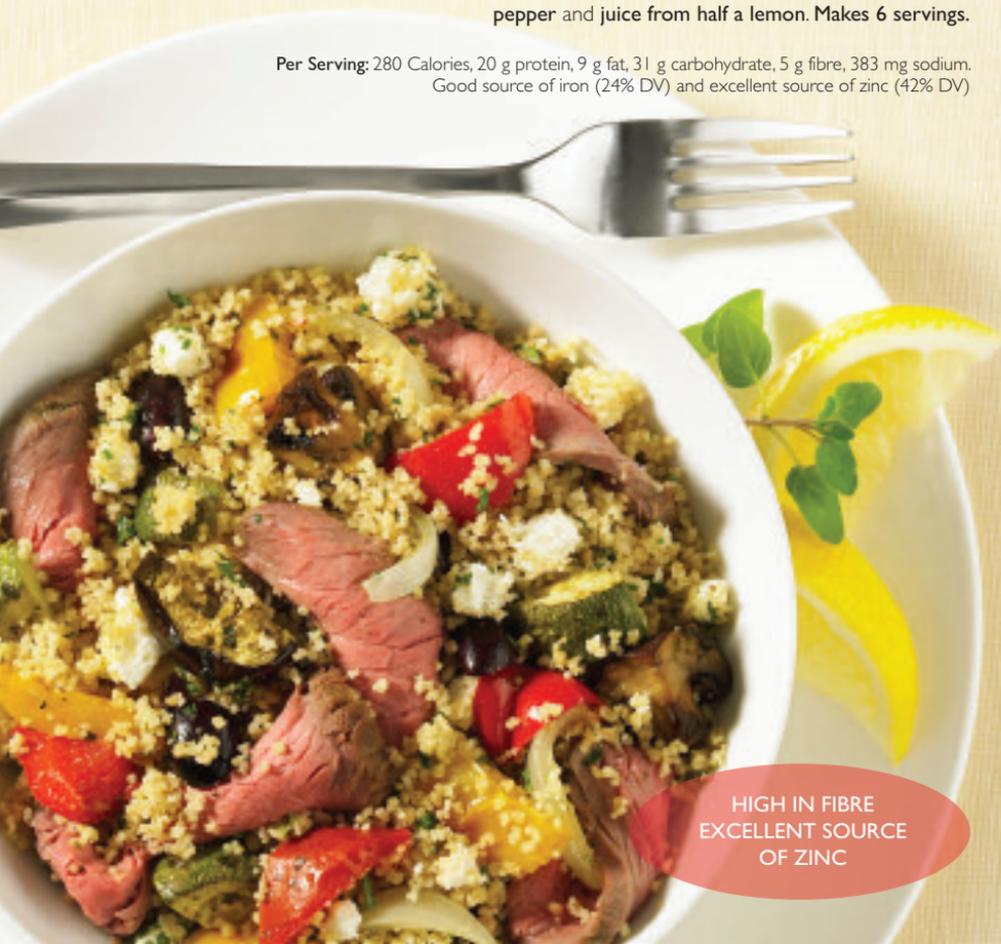
### **Eat Twice: Beef with the Grain**

*Pairing lean Canadian beef with grains makes such good sense. As a protein powerhouse, beef can help keep your body feeling full longer between meals.*

In large microwaveable bowl, microwave 1-1/4 cups (300 mL) **sodium-reduced chicken broth** to simmering hot. Stir in 1 cup (250 mL) **whole wheat couscous**; cover tightly and let stand 5 minutes.

Stir in leftover coarsely chopped **roasted vegetables** and slivered cooked **roast beef**. Stir in 1/4 cup (50 mL) EACH crumbled **feta cheese**, chopped fresh **parsley**, Italian-style **black olives** (optional) and bottled calorie-reduced **Greek vinaigrette salad dressing**. Season to taste with **pepper** and juice from **half a lemon**. **Makes 6 servings.**

**Per Serving:** 280 Calories, 20 g protein, 9 g fat, 31 g carbohydrate, 5 g fibre, 383 mg sodium.  
Good source of iron (24% DV) and excellent source of zinc (42% DV)



**HIGH IN FIBRE  
EXCELLENT SOURCE  
OF ZINC**

EXCELLENT SOURCE OF  
VITAMIN B<sub>12</sub>, IRON AND  
ZINC

## Eat Twice: Mediterranean Panini

*This meal-worthy sandwich is strong on nutrients thanks to lean Canadian beef. Substitute hummus or tzatziki sauce for the mayonnaise mixture if you like.*

Slice 4 soft **buns** in half; set aside.  
Mix 3 tbsp (45 mL) **light mayonnaise** with  
1 tbsp (15 mL) prepared **pesto sauce**;  
spread on inside of each bun. Top each  
bun with 1/2 cup (125 mL) of the  
**roasted vegetables** and 2 oz (60 g) thinly  
sliced cooked **roast beef**.

**Makes 4 sandwiches.**

**Per Serving:** 398 Calories, 27 g protein, 13 g fat,  
41 g carbohydrate, 3 g fibre, 551 mg sodium.  
Excellent source of iron (33% DV),  
zinc (63% DV) and B<sub>12</sub> (71% DV)



# Ground beef goodness.

Ground beef is 100% beef – all beef, with all it's nutrient benefits.



SOURCE OF  
B-COMPLEX VITAMINS

## Asian Beef Bites with Speedy Slaw

*Kids love ground beef, especially when served as these brochette-style Beef Bites with plum sauce for dipping and some crunchy slaw on the side. Or if you'd rather, serve as burgers with slaw as a topper. Make the slaw first to allow time for flavours to blend.*

1 lb	(500 g)	<b>Lean/Extra Lean Ground Beef Sirloin*</b>
1/4 cup	(50 mL)	wheat germ
2		green onions, thinly sliced
2 tbsp	(30 mL)	sodium-reduced soy sauce
1 tbsp	(15 mL)	finely grated gingerroot
1		egg, lightly beaten
1/4 tsp	(1 mL)	pepper
		Speedy Slaw (recipe follows)

Make restaurant-style burgers at home by using Ground Sirloin, Round or Chuck. If you love sirloin steak, you'll love a sirloin burger.

1. **Lightly combine** beef, wheat germ, onions, soy sauce, gingerroot, egg and pepper. Gently form into about thirty 1-inch (2.5 cm) meatballs.

2. **Bake** on lightly oiled foil-lined baking tray in 400°F (200°C) oven for 10 to 15 minutes, until digital rapid-read thermometer inserted into centre of several meatballs reads 160°F (71°C).

3. **Thread** 3 or 4 meatballs on each skewer and serve with Speedy Slaw.

**Makes 30 meatballs or 7 servings.**

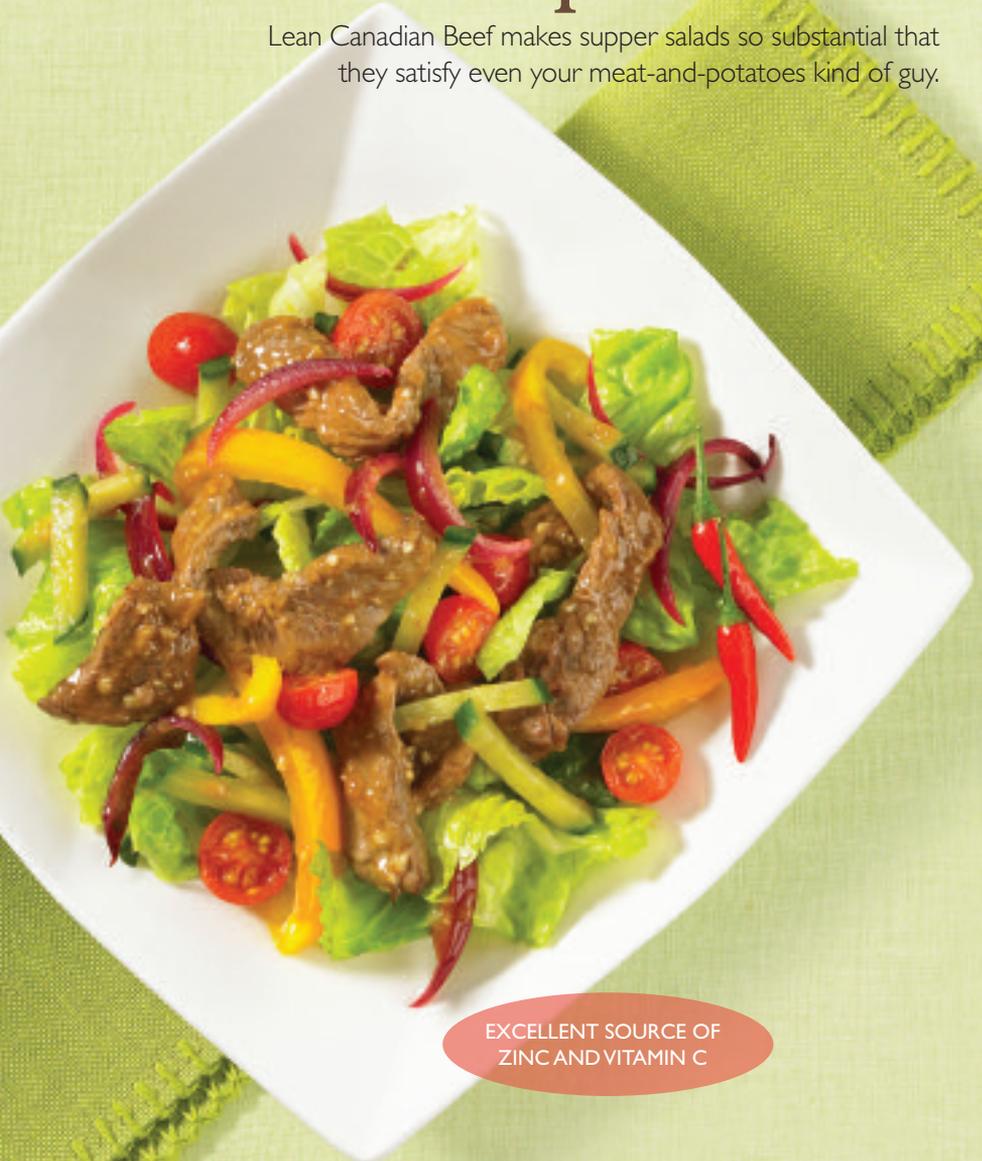
\*Other options: Lean/Extra Lean Ground Round, Lean Ground Chuck or Lean/Extra Lean Ground Beef

**Per Serving (based on 4 lean meatballs without slaw):** 144 Calories, 13 g protein, 9 g fat, 4 g carbohydrate, 388 mg sodium. Source of iron (12% DV) and excellent source of zinc (31% DV). Source of B-complex vitamins: thiamin (6% DV), riboflavin (11% DV), niacin (24% DV), B<sub>6</sub> (6% DV) and B<sub>12</sub> (39% DV)

**SPEEDY SLAW:** Whisk together 1/4 cup (50 mL) EACH **rice vinegar** and **granulated sugar**, 2 tbsp (30 mL) **vegetable oil**, 1-1/2 tsp (7 mL) **Dijon mustard** and 1 tsp (5 mL) **sesame oil**. Toss with half a bag (16 oz/454 mL size) **coleslaw salad mix**, 1 **green onion** (sliced) and 1/2 cup (125 mL) EACH **snow peas** (halved lengthwise), **canned sliced water chestnuts** (drained and halved) and **roasted shelled peanuts** (optional). (Make-ahead: Can be made up to a day in advance.) **Makes about 4 cups (1 L)**

# Super Salad.

Lean Canadian Beef makes supper salads so substantial that they satisfy even your meat-and-potatoes kind of guy.



EXCELLENT SOURCE OF  
ZINC AND VITAMIN C

## Beef Thai Salad

*For those who think salad can never be supper, this spicy Thai version is the real meal deal! Just call it a stir-fry for the skeptics.*

1 tbsp	(15 mL)	EACH	cornstarch and sodium-reduced soy sauce
1 tbsp	(15 mL)	EACH	minced gingerroot and fresh lime juice
2			cloves garlic, minced
1 tsp	(5 mL)	EACH	sesame oil and Asian chili sauce
1 lb	(500 g)		<b>Beef Strip Loin, Top Sirloin or Flank Steak, thinly sliced</b>

### Salad:

8 cups	(2 L)	torn	romaine lettuce
4 tsp	(20 mL)		canola oil
1 cup	(250 mL)	halved	grape tomatoes
1/2 cup	(125 mL)	EACH	julienned cucumber; sweet yellow pepper and red onion
			Chili-Lime Vinaigrette (recipe follows)

1. **Combine** cornstarch, soy sauce, gingerroot, lime juice, garlic, sesame oil and chili sauce in a medium bowl. Add beef and toss to coat; let stand 10 minutes.

2. **Meanwhile, heat** 1 tsp (5 mL) canola oil in large frypan or wok over medium-high heat. Stir-fry tomatoes, cucumber, yellow pepper and onion until hot and just wilted; transfer to clean bowl. Heat remaining canola oil in same pan; stir-fry beef until browned. Add to wilted vegetables; toss to combine.

3. **Add** Chili-Lime Vinaigrette to pan. Cook and stir over medium heat until slightly thickened and hot, scraping up browned bits from the bottom of the pan. Toss romaine with just enough hot vinaigrette to moisten; divide among 5 rimmed dinner plates. Top romaine with beef and vegetable mixture. Drizzle and remaining vinaigrette over each serving. **Makes 5 servings.**

**CHILI-LIME VINAIGRETTE:** Whisk together 1 tsp (5 mL) grated **lime rind**, 1/4 cup (50 mL) fresh **lime juice**, 2 tbsp (30 mL) **rice vinegar**, 1 tbsp (15 mL) EACH sodium-reduced **soy sauce** and **liquid honey**, dash **Asian chili sauce**. **Makes 1/2 cup (125 mL).**

**Per Serving:** 212 Calories, 20 g protein, 9 g fat, 15 g carbohydrate, 295 mg sodium  
Good source of iron (21% DV) and excellent source of zinc (50% DV) and vitamin C (93% DV)

# Reason to smile.

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)

