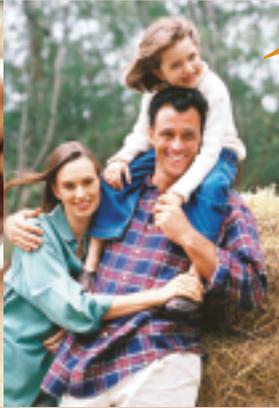


Canadian Beef

Simple Suppers



Time-saving strategies
and recipe basics
for easy every-night cooking.

Shop for Convenience

The grocery stores are packed with shortcut ingredients that make cooking easier than ever. Here are a few of the options.



- **From the deli counter**, pick up deli cooked **roast beef** to pair with ready-made coleslaw and your favourite flat bread – roll up for a simple wrap. Or toss slivers of deli roast beef with greens or prepared grain/pasta salads for a main course salad in a snap.
- **At the fresh meat counter**, choose quick-cooking beef options such as ground beef, stir-fry strips, kabobs, fast-fry steaks and new **Beef Quick Roasts** – fresh 1 lb (500 g) roasts that are cut to oven-roast in less than an hour. Also available are **fully cooked meats** like beef pot roast, brisket or meat loaf – pair one of these with refrigerated ready-made mashed potatoes and frozen mixed vegetables for a 'heat and serve' meal that's ready in minutes.
- **In the freezer section**, look for **fully cooked ground beef** – ground beef that's recipe ready! Just stir into spaghetti or Sloppy Joe sauce and heat; use as a topping for pasta, perogies or baked potatoes. Also look for **fully cooked burger patties** – a microwaveable meal option that even the kids can make.
- **In the grocery aisles**, stock up on shortcut staples such as ground beef meal kits, pasta and pasta sauces, salsa and taco staples, spice blends, soups, dressings and shredded cheeses. You will be amazed at the variety of meals you can quickly pull together with these ingredients on hand.



Hoisin-Glazed Roast Beef with Stir-Fry Vegetables

Preparation: 10 minutes

Cooking: 40 minutes

1 Beef Quick Roast (e.g. Sirloin Tip, Outside or Inside Round)

3 cups (750 mL) pre-cut stir-fry vegetables

HOISIN GLAZE

1/4 cup (50 mL) EACH soy sauce, hoisin sauce and ketchup

2 garlic cloves, minced

1 tbsp (15 mL) EACH minced gingerroot and maple syrup

1. Combine glaze ingredients. Brush 2 tbsp (30 mL) over roast. Insert meat thermometer lengthwise into centre of roast so that shaft is not visible. Place in shallow lightly oiled foil-lined pan.

2. Roast, uncovered in 400°F (200°C) oven for 30 minutes. Brush with some remaining glaze. Cook 10-15 minutes longer until thermometer reads 155°F (68°C) for medium doneness.

3. Remove roast to cutting board; let stand tented with foil. Meanwhile, in nonstick skillet, combine vegetables with 2 tbsp (30 mL) water; cover and cook 2-3 minutes or until tender-crisp. Add remaining glaze and stir-fry 1 minute or until sauce bubbles. Cut netting from roast and carve into thin slices; serve with stir-fried vegetables. **Makes 4 servings.**

Per serving: 294 Calories, 31 g protein, 9 g fat, 22 g carbohydrate
% Daily Value (DV): excellent source of iron (28% DV) and zinc (79% DV), 65% DV sodium

Time-Saver Strategy: 

A ready-made stir-fry sauce can stand in for the Hoisin Glaze recipe.



Courtesy of: Cattlemen's Beef Board

Beef and Pasta Pronto

Preparation: 5 minutes

Cooking: 25 minutes

1-1/4 lb (625 g) Ground Beef

2 cans (each 19 oz/540 mL) Italian or chili-style tomatoes

1 pkg (approx. 250 g) refrigerated ravioli

2 cups (500 mL) baby spinach

1 cup (250 mL) pitted ripe olives, chopped

Feta, Parmesan or Tex Mex cheese

1. Pan-fry ground beef over medium heat for 8-10 minutes or until browned and completely cooked. Drain. Stir in tomatoes; simmer 10 minutes, stirring occasionally. Meanwhile...

2. Cook ravioli according to package directions; drain.

3. Stir ravioli, spinach and olives into beef mixture; heat through. Top each serving with crumbled or grated cheese.

Makes 4 servings.

Per serving (using Lean Ground Beef): 510 Calories, 36 g protein, 25 g fat, 37 g carbohydrate
% Daily Value (DV): excellent source of iron (50% DV) and zinc (80% DV), 32% DV sodium

Time-Saver Strategy: 

Skip pan-frying the ground beef and add 3 cups (750 mL) frozen cooked ground beef to the tomatoes; simmer as directed. Use purchased frozen cooked ground beef or cook and freeze your own as a freezer staple.

Meals in Minutes

Tex-Mex Pulled Beef: Heat a cooked beef pot roast according to package directions. Drain sauce into a small saucepan; stir in 1/4 cup (50 mL) EACH barbecue sauce and salsa and 1 tsp (5 mL) chili powder. Heat and serve with pieces of beef pulled from the hot roast.

Meat Loaf Shortcuts: Save on cleanup time – combine meat loaf ingredients in a large sealable freezer bag; seal the bag and mix together by squeezing mixture with your hands. Before baking, top meat loaf with **Simple Pepper Jelly Glaze:** Combine 1/4 cup (50 mL) pepper jelly with 1 tbsp (15 mL) EACH ketchup and Worcestershire sauce. Or simply top with ready-made barbecue or pizza sauce.

Quick Roast Fixes: Before roasting, brush a **Beef Quick Roast** with Worcestershire sauce or balsamic vinegar. Rub all over with your favourite seasoning mix – taco seasoning, onion-based soup mix or steak spice.

Open-Faced Dinner Sandwich (see cover): Brush toasted crusty bread with garlic butter and top with **shaved roast beef** (from your weekend roast beef dinner), a generous drizzle of your favourite steak sauce and some sautéed onions or mushrooms.

Steak Pizzaiola: Pan-fry chopped fresh tomatoes, minced garlic and Italian herb seasoning in olive oil until softened; transfer to bowl and keep warm. Pan-fry seasoned **Beef Fast-Fry Steak** for 2-4 minutes per side. To serve, top steak with warm tomatoes and chunks of bocconcini cheese (fresh mozzarella).





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of Canadian beef makes a vital contribution
to communities right across the country.*

*WE THANK YOU
for your support.*

Enjoy Canadian beef more often.

A faint, stylized illustration of a farm scene in shades of orange and yellow. It depicts a tractor being driven by a person, a barn with a silo, and several people engaged in farm activities. The illustration is positioned at the bottom of the page, behind the text.

Beef Information
Centre

For more simple supper ideas visit www.beefinfo.org or call 1-888-248-BEEF.