

FAMILY SUPPERS FOR BUSY EVENINGS

# *Supper Shortcuts*



# Quick. Delicious. Everyday.

*Making nutritious family meals easy - everyday is all about having a few tricks up your sleeve. Try these ideas to help with life in the fast lane.*

**The Make-Ahead Monday Meal:** Cook a Beef Pot Roast on Sunday to enjoy the next night. Arrange thin slices of cooked roast in the roasting pan with pan juices, cover and refrigerate. To serve, cover pan with foil and heat in 325°F (160°C) oven for 30 minutes or until hot.

**Simmer While You Work:** Add this one to your weekly cooking repertoire – season and brown Beef Simmering Steak and then place in your slow cooker with a can of condensed mushroom soup (undiluted), some sliced onion and a splash of red wine. Slow-cook simmer for 8 to 10 hours. Delicious not difficult!

**Hands-off Cooking:** Want a no-fuss dinner that cooks by itself while you relax? Rub a 1 lb (500 g) Beef Quick Roast with olive oil and a quickie rub such as Italian seasoning or steak spice. Roast in less than an hour on a bed of sweet potato chunks tossed with olive oil, salt and pepper.

**Double Up:** Grill a double batch of burger patties and freeze some for later. Microwave a patty from frozen on LOW for 5 to 8 minutes or until hot. A dinner even your kids can fix!

**The Big Freeze:** Simmer a big pot of chunky beef chili, stew or meat sauce and freeze in meal-sized portions for later. Freeze cooled portions flat in sealable freezer bags. The flat-packs maximize freezer storage and thaw quickly under hot tap water.



# GREEK POT ROAST AND MORE...

*cook once, eat twice*



*With the slow cooker, this simmered supper is ready for you when you walk in the door. This serves four to six with enough left over for a choice of two delicious dinner options the next night (see "dinner part two" below). You get two meals from one with no boring leftovers!*

**Prep:** 5 minutes **Slow-cook:** 8 hours **Serves:** 8

3-1/2 lb (1.75 kg) **boneless Beef Pot Roast** (e.g. Cross Rib, Blade or Shoulder Pot Roast), trimmed  
1 tbsp (15 mL) vegetable oil  
1-3/4 cups (425 mL) tomato pasta sauce  
1/2 cup (125 mL) sliced pitted Greek Kalamata olives  
1 tbsp (15 mL) dried oregano leaves  
Crumbled feta cheese and chopped fresh parsley (optional)

**1. Brown** roast on all sides in hot oil in large frypan. Place roast in 4 or 5-quart (4 or 5 L) slow cooker.

**2. Combine** pasta sauce, olives and oregano; spoon over roast in slow cooker to coat the meat well. Cover and cook on LOW for 8 to 10 hours.

**3. Carve** roast into thin slices across the grain. Serve with mashed potatoes, rice or pasta, spooning juices from slow cooker over each serving. Sprinkle with feta and parsley if desired.

Per Serving: 407 Calories, 48 g protein, 21 g fat, 5 g carbohydrate  
% Daily Value (DV): excellent source of iron (31% DV) and zinc (130% DV), 27% DV sodium

*dinner part two...*

**The Greek Salad Sandwich:** Toss thin slices of cooked Greek Pot Roast with bottled Greek vinaigrette to moisten. Spread split foccacia bread with purchased tzatziki and layer slices of beef with sliced tomatoes, shredded lettuce, crumbled feta, pitted Kalamata olives and shaved red onion.

**Beefy Pasta Toss:** Mix equal amounts of pan juices from the Greek Pot Roast with tomato pasta sauce. Add shreds of cooked Greek Pot Roast and heat through. Toss sauce with cooked pasta and sprinkle each serving with freshly grated Parmesan cheese.

## THAI-STYLE BEEF & BROCCOLI



*flash in the pan*

Beef stir-fries cook in just minutes. For time-efficiency, let the meat marinate while you prepare the vegetables. Serve over steamed jasmine rice or Thai rice noodles. You can turn up the heat by adding a teaspoon (5 mL) minced seeded hot chili pepper.

**Prep:** 15 minutes **Cooking:** 10 minutes **Serves:** 4

1/4 cup (50 mL)	beef broth
2 tbsp (30 mL)	EACH Thai fish sauce (or soy sauce) and cornstarch
1	lime
2 tsp (10 mL)	EACH granulated sugar and sesame oil
<b>1 lb (500 g)</b>	<b>Beef Stir-Fry Strips</b>
3 cups (750 mL)	small broccoli florets
1 can (14 oz/398 mL)	baby corn, drained and cut cobs in half
3	cloves garlic, minced
2 tsp (10 mL)	minced gingerroot
1-1/2 cups (375 mL)	grape tomatoes, halved
1/3 cup (75 mL)	slivered fresh basil leaves

- 1. Combine** beef broth, fish sauce, cornstarch, 1 tsp (5 mL) lime rind and 1 tbsp (15 mL) lime juice, sugar and sesame oil in large sealable freezer bag. Add beef strips; refrigerate for 15 to 30 minutes.
- 2. Drain** meat, reserving marinade. Stir-fry beef strips using medium-high heat in hot lightly oiled nonstick skillet for 2 minutes or until browned but still pink inside. Transfer to bowl.
- 3. Stir-fry** broccoli in same skillet for 3 to 5 minutes or until just tender-crisp. Add corn, garlic and ginger; stir-fry for 30 seconds. Return beef to pan along with any juices and reserved marinade. Bring to boil and cook, stirring, for 1 minute or until sauce is thickened. Stir in tomatoes and heat through. Remove from heat; stir in basil.

Per Serving: 308 Calories, 29 g protein, 16 g fat, 14 g carbohydrate  
% Daily Value (DV): excellent source of iron (27% DV) and zinc (70% DV), 63% DV sodium

**Time Saver:** For stir-fries in a snap, take advantage of ready-made stir-fry sauces and pre-cut vegetables.



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