

## Super-Sloppy Sloppy Joes with Broccoli Slaw

Preparation and cooking time: 30 minutes

- 1-1/2 pounds lean ground beef
- 1/2 cup chopped onion
- 1/4 teaspoon pepper
- 1/2 cup canned black beans, rinsed, drained
- 1/2 cup frozen corn kernels
- 1/2 cup ketchup
- 1/2 cup prepared barbecue sauce
- 6 whole wheat sandwich buns, toasted

### Broccoli Slaw:

- 1/4 cup prepared reduced fat Ranch dressing
- 1 tablespoon Dijon-style mustard
- 2 cups packaged broccoli slaw



1. Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is not pink, breaking up into 3/4-inch crumbles. Season with pepper. Stir in beans, corn, ketchup and barbecue sauce. Cook 3 to 5 minutes or until heated through, stirring occasionally.
2. Meanwhile prepare Broccoli Slaw. Combine dressing and mustard in medium bowl. Add broccoli slaw; toss to coat.
3. Place about 2/3 cup beef mixture on bottom half of bun; top with 1/4 cup broccoli slaw. Close sandwiches.

Makes 6 servings.

**Nutrition information per serving, using 95% lean ground beef:** 393 calories; 11 g fat (4 g saturated fat; 4 g monounsaturated fat); 78 mg cholesterol; 1093 mg sodium; 44 g carbohydrate; 6.4 g fiber; 31 g protein; 8.1 mg niacin; 0.5 mg vitamin B6; 2.3 mcg vitamin B12; 4.6 mg iron; 39.4 mcg selenium; 7.0 mg zinc.

## SWEET HAWAIIAN MINI BURGERS

Preparation and cooking time: 30 minutes

- 1 pound lean ground beef
- 1 tablespoon Worcestershire sauce
- 4 canned pineapple slices
- 12 Hawaiian sweet or small dinner rolls, split
- Lettuce

### Sauce:

- 1/4 cup barbecue sauce
- 1/4 cup pineapple preserves
- 1 tablespoon packed brown sugar

1. Mix ground beef and Worcestershire sauce lightly but thoroughly. Lightly shape into twelve 1/2" thick mini-patties.
2. Combine sauce ingredients in small saucepan; bring to a boil, stirring frequently. Remove from heat.
3. Place pineapple on rack in broiler pan so surface of pineapple is 3" to 4" from heat. Broil 3 to 4 minutes, turning once and brushing with sauce. Remove pineapple.
4. Place patties on rack in broiler pan so surface of beef is 3" to 4" from heat. Broil 7 to 8 minutes to medium (160°F) doneness, until not pink in center and juices show no pink color, turning halfway through and brushing with sauce. Season with salt.
5. Cut pineapple slices into thirds. Top burgers with pineapple. Serve on lettuce in rolls.

Makes 12 mini burgers.

**Nutrition information per burger, using 95% lean ground beef:** 194 calories; 4.3 g fat (1.3 g saturated fat; 1.6 g monounsaturated fat); 39 mg cholesterol; 269 mg sodium; 27 g carbohydrate; 1.5 g fiber; 11 g protein; 2.9 mg niacin; 0.1 mg vitamin B6; 0.8 mcg vitamin B12; 2.2 mg iron; 16.6 mcg selenium; 2.2 mg zinc.



## ASIAN BEEF & NOODLES

Preparation and cooking time: 25 minutes

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| 1 pound lean ground beef  | 1/4 teaspoon ground ginger              |
| 2 pkg (3 oz each) Oriental-flavor instant ramen noodles, broken up                      | 2 tablespoons thinly sliced green onion |
| 2 cups frozen vegetable blend (such as broccoli, carrots, red peppers, water chestnuts) |   |

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4 -inch crumbles and stirring occasionally. Remove from skillet with slotted spoon; season with one seasoning packet from noodles.
2. Place noodles in skillet. Add vegetable mixture, 2 cups water, ginger and remaining seasoning packet; bring to a boil. Reduce heat; cover and simmer 3 minutes or until noodles are tender, stirring occasionally.
3. Return beef to skillet; heat through. Stir in green onion.

Makes 4 servings.

**Nutrition information per serving, using 95% lean ground beef:** 349 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 95 mg cholesterol; 261 mg sodium; 31 g carbohydrate; 4.1 g fiber; 36 g protein; 8.6 mg niacin; 0.5 mg vitamin B6; 2.8 mcg vitamin B12; 3.8 mg iron; 22.5 mcg selenium; 7.5 mg zinc.



## LEAN MEAN CHEESEBURGER

Preparation and cooking time: 20 minutes

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| 1 pound lean ground beef  | 4 slices lowfat cheese, such as Cheddar or American |
| 2 tablespoons quick-cooking oats (or 1/4 cup soft bread crumbs) |   |
| 1/2 teaspoon steak seasoning blend                              | Toppings:   |
| 4 seeded or whole wheat hamburger buns, split                   | Lettuce leaves, tomato slices (optional)            |

1. Place oats in foodsafe plastic bag. Seal bag securely, squeezing out excess air. Roll over bag with rolling pin to crush oats to a fine consistency.
2. Combine ground beef, oats, and steak seasoning blend in large bowl, mixing lightly but thoroughly. Lightly shape into four 1/2-inch patties.
3. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 11 to 13 minutes to medium (160°F) doneness, until no longer pink in center and juices show no pink color, turning occasionally.
4. Line bottom of each bun with lettuce and tomato, if desired; top with burger and cheese slice. Close sandwiches.

Makes 4 servings.

**Nutrition information per serving, using 95% lean ground beef:** 318 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 71 mg cholesterol; 519 mg sodium; 24 g carbohydrate; 3.5 g fiber; 33 g protein; 6.7 mg niacin; 0.5 mg vitamin B6; 2.2 mcg vitamin B12; 3.7 mg iron; 44.7 mcg selenium; 6.9 mg zinc.



## BEEF LETTUCE WRAPS

Preparation and cooking time: 30 minutes

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| 1-1/2 pounds lean ground beef      | 1/4 cup torn fresh mint leaves   |
| 1/2 cup hoisin sauce               | Salt and pepper  |
| 1/2 cup Asian peanut sauce         | 12 large Boston lettuce leaves (about 2 heads) or iceberg or romaine lettuce |
| 1 medium cucumber, seeded, chopped |  |
| 1/2 cup shredded carrot            |  |

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes or until beef is not pink, breaking into small crumbles and stirring occasionally. Pour off drippings. Stir in hoisin sauce and peanut sauce; heat through.
2. Just before serving, add cucumber and carrots; toss gently. Season with salt and pepper if desired. Serve beef mixture in lettuce leaves.

Makes 4 servings.

**Nutrition information per serving, using 95% lean ground beef (1/4 recipe):** 360 calories; 35 g protein; 26 g carbohydrate; 13 g fat; 721 mg sodium; 97 mg cholesterol; 8.4 mg niacin; 0.6 mg vitamin B6; 4.0 mcg vitamin B12; 4.8 mg iron; 8.5 mg zinc.



## CHILI BEEF EXPRESS

Preparation and cooking time: 25 minutes

Serving size: 1-1/4 cups

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| 1 pound lean ground beef                                    | 1 can (14-1/2 ounces) chili-style chunky tomatoes, undrained |
| 1/4 teaspoon salt   | 1 cup frozen corn  |
| 1/4 teaspoon pepper   | 2 tablespoons chopped fresh cilantro (optional)              |
| 1 can (15-1/2 ounces) chili beans in chili sauce, undrained |  |

1. Heat large nonstick skillet over medium heat until hot. Add ground beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Remove from skillet with slotted spoon. Pour off drippings from skillet; return beef to skillet and season with salt and pepper.
2. Stir in beans, tomatoes and corn; bring to a boil. Reduce heat; cover and simmer 10 minutes. Sprinkle with cilantro before serving.

Makes 4 servings.

**Nutrition information per serving, using 95% lean ground beef:** 331 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 1164 mg sodium; 33 g carbohydrate; 7.9 g fiber; 32 g protein; 6.9 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 4.6 mg iron; 18.3 mcg selenium; 6.3 mg zinc.





## EASY BEEF STROGANOFF

Preparation and cooking time: 25 minutes

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| 1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick (or strips cut from sirloin steak) | 1/4 teaspoon pepper                                       |
| 1 clove garlic, minced  | 1/2 pound mushrooms, sliced (1/2-inch)                    |
| 4 teaspoons soybean oil   | 1 package (3/4 ounce) brown gravy mix                     |
| 1/4 teaspoon salt   | 4 cups uncooked wide egg noodles (about 5 ounces), cooked |
|   | 1/4 cup dairy sour cream                                  |

1. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Toss with garlic.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Season with salt and pepper.
3. Heat remaining 2 teaspoons oil in same skillet over medium-high heat until hot. Add mushrooms; cook and stir 2 minutes or until tender. Remove from heat. Add gravy mix and 1 cup cold water; blend well. Bring to a boil. Reduce heat; simmer 1 minute or until sauce is thickened, stirring frequently. Stir in beef; heat through. Serve over noodles. Pass sour cream.



Makes 4 servings.

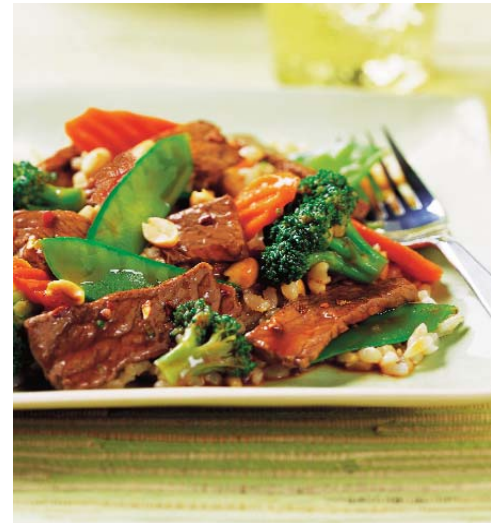
**Nutrition information per serving:** 383 calories; 16 g fat (5 g saturated fat; 5 g monounsaturated fat); 109 mg cholesterol; 420 mg sodium; 30 g carbohydrate; 2.0 g fiber; 31 g protein; 6.2 mg niacin; 0.4 mg vitamin B6; 1.4 mcg vitamin B12; 3.7 mg iron; 48.7 mcg selenium; 4.7 mg zinc.

## SZECHUAN BEEF STIR-FRY

Total preparation and cooking time: 15 minutes

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| 2 beef shoulder center steaks (or sirloin steak), cut 3/4 inch thick (about 8 ounces each) | 1 clove garlic, minced  |
| 1 package (10 ounces) fresh vegetable stir-fry blend                                       | 1/2 cup prepared stir-fry sauce                                       |
| 3 tablespoons water  | 1/4 teaspoon crushed red pepper                                       |
|  | 2 cups hot cooked rice or brown rice, prepared without butter or salt |
|  | 1/4 cup dry-roasted peanuts   |

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile cut beef steaks into 1/4-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Spoon over rice. Sprinkle with peanuts.



Makes 4 servings.

**Nutrition information per serving:** 351 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 64 mg cholesterol; 1147 mg sodium; 29 g carbohydrate; 3.0 g fiber; 32 g protein; 5.4 mg niacin; 0.3 mg vitamin B6; 2.9 mcg vitamin B12; 4.1 mg iron; 33.0 mcg selenium; 6.6 mg zinc.

## STEAK, CRANBERRY AND PEAR SALAD WITH HONEY MUSTARD DRESSING

"As seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc"

Total preparation and cooking time: 25 minutes

4 beef steaks (tenderloin or top sirloin), cut 3/4 in thick (4 ounces each)	Salt, as desired
1/2 teaspoon course-grind black pepper	<b>Honey Mustard Dressing:</b>
1 package (5 ounces) mixed baby salad greens	1/2 cup prepared honey mustard
1 medium red or green pear, cored, cut into 16 wedges	2 to 3 tablespoons water
1/4 cup coarsely chopped pecans, toasted	1-1/2 teaspoons soybean oil
1/4 cup crumbled Feta cheese	1 teaspoon white wine vinegar
1/4 cup dried cranberries	1/4 teaspoon coarse grind black pepper
	1/8 teaspoon salt

1. Season beef steaks with 1/2 teaspoon pepper. Heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 7 to 9 minutes for medium rare to medium doneness, turning occasionally.
2. Meanwhile whisk Honey Mustard Dressing ingredients in small bowl until well blended. Set aside. Divide greens evenly among 4 plates. Top evenly with pear wedges and dried cranberries.
3. Carve steaks into thin slices; season with salt as desired. Divide steak slices evenly over salads. Top each salad evenly with dressing, pecans and Feta cheese, if desired.

Makes 4 servings.

**Nutrition information per serving:** 321 calories; 14 g fat (3 g saturated fat; 7 g monounsaturated fat); 67 mg cholesterol; 434 mg sodium; 21 g carbohydrate; 3.3 g fiber; 26 g protein; 7.6 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 2.4 mg iron; 30.0 mcg selenium; 5.1 mg zinc.



## FAJITAS-ON-A-STICK

Total preparation and cooking time: 35 minutes

1-1/4 pound boneless beef top sirloin steak, cut 1 inch thick	2 medium onions, each cut crosswise into 1/2-inch slices
1/3 cup prepared Italian dressing	Salt
3 tablespoons lime juice	8 medium flour tortillas, warmed
2 medium green or red bell peppers, each cut lengthwise into quarters	Prepared salsa

1. Soak eight 9-inch bamboo skewers in enough water to cover for 10 minutes; drain.
2. Meanwhile cut beef steak lengthwise in half, then crosswise into 1/2-inch thick strips. Thread beef, weaving back and forth, evenly onto skewers.
3. Combine dressing and lime juice in small bowl. Brush onto beef, bell peppers and onions. Place vegetables on grid over medium ash-covered coals; grill uncovered 12 to 15 minutes or until tender, turning occasionally.
4. About 10 minutes before vegetables are done, place beef skewers on grid with vegetables. Grill beef, uncovered, about 7 to 9 minutes for medium rare to medium doneness, turning occasionally. Remove beef from skewers; season with salt. Serve with vegetables and salsa, as desired, in tortillas.

Makes 4 servings.

**Nutrition information per serving:** 542 calories; 17 g fat (3g saturated fat; 5 g monounsaturated fat); 49 mg cholesterol; 935 mg sodium; 62 g carbohydrate; 2.6 g fiber; 36 g protein; 7.9 mg niacin; 0.7 mg vitamin B6; 1.5 mcg vitamin B12; 4.1 mg iron; 30.5 mcg selenium; 5.0 mg zinc.



## EASY BEEF KABOBS

Preparation and cooking time: 45 minutes

Marinating time: 30 minutes to 2 hours

- 1 pound beef top sirloin steak, cut 1-inch thick
- 1 medium red bell pepper, cut into 1-inch pieces
- 1 medium zucchini, cut lengthwise in half, then crosswise into 1-inch pieces
- 16 canned pineapple chunks, drained
- Salt and pepper
- Hot cooked brown rice

### Marinade:

- 3 large cloves of garlic, minced
- 2 tablespoons sesame seeds
- 2 tablespoons lime juice
- 2 tablespoons honey
- 2 tablespoons soy sauce

1. Cut beef steak into 1-inch square pieces. Combine marinade ingredients in small bowl. Remove and reserve 1/4 cup in microwave-safe measuring cup. Place beef and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
2. Remove steak from marinade; discard marinade. Alternately thread beef, bell pepper, zucchini and pineapple onto eight 10-inch skewers. Place kabobs on a grid over medium, ash-covered coals. Grill, uncovered, 7 to 9 minutes for medium rare to medium doneness, turning occasionally. Season with salt and pepper if desired.
3. Place reserved marinade in microwave and cook on HIGH 30 to 60 seconds or until hot and just beginning to bubble; stir after heating. Serve kabobs over rice; drizzle with heated marinade.



**Makes 4 servings.**

**Nutrition information per serving (2 kabobs each):** 352 calories; 7 g fat (2 g saturated fat; 2 g monounsaturated fat); 49 mg cholesterol; 294 mg sodium; 40 g carbohydrate; 3.4 g fiber; 31 g protein; 9.5 mg niacin; 0.8 mg vitamin B6; 1.5 mcg vitamin B12; 2.8 mg iron; 31.1 mcg selenium; 5.3 mg zinc.

**Cook's Tip:** For a quick and easy marinade, substitute a store-bought, light Asian-style dressing.