



**BEEF
LOVING
TE★ANS**

KIDS

**Fun
COOKING GUIDE
for families**



START WITH



GREAT INGREDIENTS

Learning how to make healthy choices at home is an important part of taking care of you. The first step is to know which choices are best for yourself.

EAT MORE FRUITS AND VEGGIES.

**Make half your plate fruits
and vegetables daily!**



TRY WHOLE GRAINS.

**Ask for oatmeal,
whole-wheat breads, or
brown rice at meals.**



RE-THINK YOUR DRINK.

**Drink fat-free or
low-fat milk or water.**





MAKE IT MY PLATE

FOCUS ON LEAN PROTEIN.

**Choose protein foods
like beef.**



BE ACTIVE YOUR WAY.

**Find ways to exercise and be
active for at least 1 hour a day**
like walking to school, riding
your bike, or playing a sport
with friends.



3 SIMPLE STEPS FOR



Skillet Cooking Beef

Step 1 | CHOOSE YOUR CUT

Ground Beef is one of the best choices for skillet cooking.

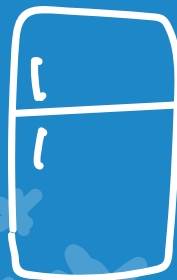
Simple, nutritious and delicious.



GROUND BEEF

Step 2 | PREPARE YOUR BEEF

**Remove
Ground Beef**
from refrigerator.



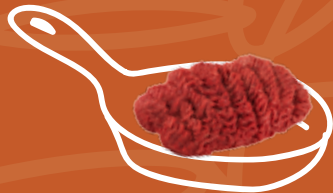
**Heat large
nonstick skillet**
over medium heat
until hot.





Also try these recipes:
Spaghetti Sauce and
Sweet and Sloppy Joes
BeefLovingTexans.com

Step 3 | COOK YOUR BEEF



**Add
Ground Beef.**



**Cook 8-10
minutes.**

While cooking, break into
3/4-inch crumbles and stir
occasionally.

When finished, remove
drippings.



CONFETTI BEEF TACOS



CONFETTI

Beef Tacos

INGREDIENTS

666
6
INGREDIENTS

🍴
MAKES 4
SERVINGS

🕒
20 MINUTES

1 pound **Ground Beef**

2 tsp. **chili powder**

½ tsp. **salt**

1 can (11 oz.) **corn**, drained

1 cup prepared chunky **salsa**

12 **taco shells**, warmed

optional

Shredded **Monterey Jack cheese**,
thinly sliced **lettuce**, sliced ripe
olives, chopped **tomatoes**



PREPARATION

- 1 Heat large nonstick skillet over medium heat until hot.
- 2 Add Ground Beef; cook 8 to 10 minutes, breaking into small crumbles and stirring occasionally.
- 3 Pour off drippings; season with chili powder and salt.
- 4 Stir in corn and salsa; heat through. Serve in taco shells with toppings.

TACO TOPPING BAR

Spice up your tacos with any of these great additions!

Lettuce

Grated Cheese

Salsa

Guacamole

Tomato



3 SIMPLE STEPS FOR



Stir-Frying Beef

Step 1 | CHOOSE YOUR CUT

Top Sirloin, Sirloin Tip Steak, or Flat Iron are the best cuts for stir-frying.



**FLAT IRON
STEAK**

Step 2 | PREPARE YOUR BEEF

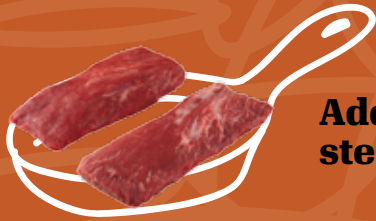
Cut beef
into thin uniform strips.



**Add oil and heat
large nonstick
skillet**

over medium heat
until hot.

Step 3 | COOK YOUR BEEF



**Add cut strips of
steak.**



**Cook till
brown.**

Cook beef, continuously
stirring with a scooping
motion until cooked
thoroughly.

Also try these recipes:
Steaked-Out Pita Pizzas,
Thai Beef Wok 'n Roll-Ups
BeefLovingTexans.com



SESAME-SOY BEEF STIR-FRY

Sesame-Soy Beef Stir-Fry



INGREDIENTS

1 pound beef **Sirloin Tip Steaks**, cut
1/8 to 1/4-inch thick

1 package (16 oz.) fresh or frozen
stir-fry vegetable mixture

2 tsp. **cornstarch** dissolved in 1/3 cup
water

Hot cooked **rice** (optional)

1/4 cup chopped toasted **walnuts**
(optional)

3 Tbsp. **soy sauce**

2 tsp. dark **sesame oil**

999

7

INGREDIENTS



MAKES 4
SERVINGS



25

MINUTES

PREPARATION

- 1 Combine marinade ingredients in medium bowl. Remove and reserve 2 Tbsp. mixture. Add beef to remaining marinade; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
- 2 Combine vegetables and 1/4 cup water in large nonstick skillet; cook over medium-high heat 4 to 5 minutes or until most of water is evaporated and vegetables are hot, stirring occasionally. Remove from skillet and set aside.
- 3 Heat same 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 from skillet. Repeat with remaining beef. Combine cornstarch mixture and reserved marinade mixture. Return beef and vegetables to pan. Add cornstarch mixture; cook and stir 1 minute or until thickened and bubbly. Serve over rice. Sprinkle with walnuts, if desired.

BEEF LOVING TEXANS TABLE FUN

Write topics on small sheets of paper, place them in jar. Take turns answering the questions at dinner time and start new family traditions.

Here are a few – can you think of more?

What recipe can you make on your own?

How many ingredients went into your dinner?

What is your favorite table tradition?

3 SIMPLE STEPS FOR



Grilling Steak

Step 1 | CHOOSE YOUR CUT

Strip Steak, Flank, and Ribeye
are good cuts for grilling.



STRIP STEAK

Step 2 | PREPARE YOUR BEEF

Season Steak

for steak seasoning ideas
visit:
BeefLovingTexans.com.



**Prepare gas or
charcoal grill.**

Heat grill to 400° F.



Step 3 | COOK YOUR BEEF



Place steak on grill.

Place Steak on a
400° grill.



**Grill time
varies based
on steak cut.**

Grill steak, turning once
midway through process.
Use thermometer to check
for desired doneness.

Also try this recipe:
Sweet Hawaiian
Mini Burgers
BeefLovingTexans.com



**CITRUS MARINATED BEEF
FRUIT KABOBS**

Citrus-Marinated Beef & Fruit Kabobs

INGREDIENTS

1 pound beef **Top Sirloin Steak**
boneless, cut 1 inch thick

1 medium orange

1/4 cup chopped **fresh cilantro** leaves

1 Tbsp. **smoked paprika**

1/4 tsp. ground **red pepper** (optional)

4 cups cubed **mango, watermelon, peaches and/or plums**

Salt

PREPARATION

- 1 Grate peel and squeeze 2 Tbsp. juice from orange; reserve juice. Combine orange peel, cilantro, paprika, and ground red pepper, if desired, in small bowl.
- 2 Cut beef Steak into 1-1/4-inch pieces. Place beef and 2-1/2 Tbsp. cilantro mixture in food-safe plastic bag; turn to coat.
- 3 Place remaining cilantro mixture and fruit in separate food-safe plastic bags; turn to coat. Close bags securely.
- 4 Marinate beef and fruit in refrigerator 15 minutes to 2 hours.

666
7
INGREDIENTS

MAKES 4
SERVINGS

45 MINUTES



- 5 Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
- 6 Preheat gas or charcoal grill to 400°F. Remove meat and discard marinade. Place kabobs on oiled grates and grill for approximately 5-7 minutes turning occasionally until internal temperature reaches 135°F.
- 7 Season beef with salt, as desired. Drizzle reserved orange juice over fruit kabobs.



TABLE TRADITIONS

One of the best traditions of cooking is sharing what you have made with family and friends! Start new traditions in setting your table.



Step 4 | FORK

Place the fork on the left side of the dinner plate.

Step 1 DINNER PLATE

Place the big plate in the middle, directly in front of you.





Step 2 | DRINKING CUP

Place beside the plate
at the top right.



Step 3 | NAPKIN

The napkin will be
located in
3 DIFFERENT PLACES

- 1 **Before** the meal is served the clean napkin can be placed **on top or to the left of the dinner plate.**
- 2 **During** the meal the napkin should be **placed neatly on your lap.**
- 3 **After** the meal the napkin should be folded and placed to the **right of your dinner plate.**



Step 5 | KNIFE AND SPOON

Place the knife and spoon
on the right side of the
dinner plate.



Classic Beef Sloppy Joes



**Southwestern Beef &
Sweet Potato Pie**



**Texas Beef King Ranch
Casserole**

Find more on BeefLovingTexans.com



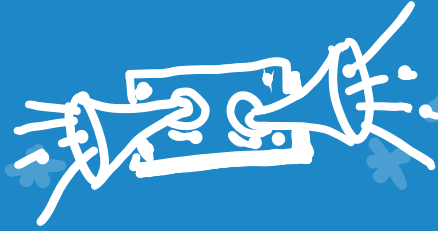
**Beef and Egg
Breakfast Mugs**



**Spicy Cheeseburger
Sliders**



Beef Lasagna



Now that you know how to cook beef, we want to hear from you!

With the help of a parent, share your favorite meal-time memory to receive a special Beef Loving Texans kids' gift pack. It can be silly, sweet, or anywhere in between, just as long as it's yours!

VISIT US AT
BeefLovingTexans.com/family-mealtime
TO ENTER!

FIND MORE
FAMILY COOKING IDEAS ON
BeefLovingTexans.com



BEEF
LOVING
TE★ANS®

