

Beef Kitchen Confidence – Recipes & Resources

Provided by Cindy Kleckner as a supplement to the Beef Kitchen Confidence Webinar

Easy Bulgogi

H-E-B.com

Suggestions & Variations:

- Use bulgogi meat to create lettuce wraps, or serve over steamed brown rice with a green salad
 - Serve leftovers as a Korean Beef Bowl with steamed brown rice, kimchi, grilled mushrooms, kochujang sauce, grilled mushrooms or other favorite vegetables, and a sunny side up egg
 - Use leftover meat in a roasted spaghetti squash
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Steak and Potatoes Foil Pack

Bee LovingTexans.com

Suggestions & Variations:

- Include your favorite vegetables!
 - Transition recipe to a sheet pan dinner cooked in the oven
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Moroccan Meatballs in Spicy Tomato Sauce

Oxmoor House via Myrecipes.com

Suggestions & Variations:

- Serve with a favorite Tzatziki Sauce and/or Hummus and Grilled Naan Bread for a delicious Middle Eastern treat
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Tuscan Pot Roast

Adapted from: Master Chef recipe via Epicurus

Suggestions & Variations:

- Serve over pappardelle pasta or cooked polenta
 - Create a pot roast soup: Add oil to a stock pot and add 1-pound chopped baby potatoes, 1 yellow onion (chopped), 3 stalks celery (sliced), and 3 carrots (sliced). Season with salt and pepper and brown for 6-8 minutes. Add 6 cups beef broth, 3 cups leftover pot roast and 2 tsp thyme; bring to boil. Reduce to low heat and cook for 30 minutes until potatoes are tender.
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Other Beef Resources

Culinary Demo Toolkit

Explore - Beef Cuts & Cooking Methods

Chart - Beef Cuts & Cooking Methods

TBC Material Resource Site

Raw Truth About Beef (up to 7 CPEU!)

Cindy's In Your Face Chili

Developed by Cindy Kleckner, RDN, LD

Serves: 8

Ingredients:

2 Tbsp canola oil
1 pound stew meat
½-1 lb lean ground beef
6 ounces beef chorizo, casing removed
1 large onion, coarsely chopped
¼ cup chili powder
½ Tbsp garlic powder
2 tsp cumin
1 tsp dried basil
2 14½-ounce cans fire-roasted diced tomatoes,
no salt added
2 14½-ounce cans beef stock, lower sodium
1 cup chopped cilantro
1 cinnamon stick
3 bay leaves
1-2 jalapenos, slit lengthwise 3 times each
1 Tbsp yellow cornmeal
1 14½-ounce can dark red kidney beans,
drained and rinsed

Optional Toppings:

Grated cheddar cheese
Sour cream
Sliced jalapenos

Instructions:

1. Heat oil in heavy pot and brown stew meat over medium-high heat. Brown in small batches. Remove to a bowl with slotted spoon. Add ground beef, chorizo and onions to the pot to brown, breaking up the meat. Return stew meat to the pot.
2. Stir in remaining ingredients, except for beans. Bring to boil, reduce heat; simmer for 2 hours. Stir occasionally. Add beans and cook for 30 more minutes.
3. Before serving, discard cinnamon stick, bay leaves and jalapenos.

Planned-over Meal Ideas:

Chili Cheese Burritos
Cornbread Crusted Chili in Ramekins
Chili-topped Baked Potato
Frito Pie
Chili Mac 7 Cheese
Chili Cheese Enchiladas
Chili Cheese Fries
Chili Cheese Dogs
Chili Cheese Queso for Game Day

Nutrition information per serving: 298 Calories; 115 Calories from fat; 12.8 g Total Fat (4.2 g Saturated Fat; 4.6 g Monounsaturated Fat); 71.5 mg Cholesterol; 805.3 mg Sodium; 18.1 g Total Carbohydrate; 2.8 g Dietary Fiber; 28.0 g Protein; 5.1 mg Iron; 856.4 mg Potassium; 0.1 mg Thiamin; 0.3 mg Riboflavin; 8.3 mg Niacin (NE); 0.7 mg Vitamin B6; 1.9 mcg Vitamin B12; 5.1 mg Zinc; 19.0 mcg Selenium; 63.5 mg Choline.

This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Dietary Fiber, Potassium, and Choline.

Jamaican - Spiced Flat Iron with Mango Salsa

Adapted from *DASH Diet for Dummies 2nd Edition*
John Wiley & Sons, Inc, January 2021

Serves: 4

Ingredients:

3 Tbsp Jamaican jerk seasoning
3 Tbsp canola oil
2 Tbsp soy sauce, less sodium
1 Tbsp cider vinegar
1-pound Flat iron steak

Ingredients for Mango Salsa:

1 ripe mango
½ small English cucumber
2 Tbsp red onion
1 cup cilantro
1 small jalapeno pepper
1 Tbsp fresh lime juice

Instructions:

1. Combine 3 Tbsp jerk seasoning, oil, soy sauce, and cider vinegar. Pour the mixture over the steak. Refrigerate for at least 30 minutes, up to 8 hours.
2. Preheat oven to 450 degrees.
3. Heat a large cast-iron or ovenproof skillet over medium-high heat on the stove. Coat pan with oil or cooking spray. Add steak; cook 3 minutes on each side or until browned. Transfer to oven for 15 minutes or to desired degree of doneness. Transfer steak to a serving plate and tent with piece of aluminum foil; cover and let steak rest about 5 minutes.
4. Peel and dice mango and cucumber. Finely chop red onion, cilantro, and jalapeno pepper. Combine all salsa ingredients in a small bowl.
5. Cut steak across grain into thin slices and serve with mango salsa.

Variations:

- To make kebobs, simply cut beef into bite-sized pieces before marinating, then thread onto wooden or metal skewers to cook on a grill.
- For a refreshing fresh contrast of flavors serve with banana-mango chutney:
 - ½ cup banana, chopped
 - ½ cup prepared mango chutney
 - Add banana, chutney and 1 tsp jerk seasoning in a small saucepan; cook, stirring constantly, over medium-high heat 1 minute or until heated.
- Serve with rice and grilled or roasted seasonal vegetables.

Nutrition information per serving (original recipe without variations): 351 Calories; 190 Calories from fat; 21.3 g Total Fat (4.8 g Saturated Fat; 10.9 g Monounsaturated Fat); 74.8 mg Cholesterol; 375.9 mg Sodium; 16.1 g Total Carbohydrate; 2.4 g Dietary Fiber; 24.1 g Protein; 3.5 mg Iron; 663.0 mg Potassium; 0.2 mg Thiamin; 0.3 mg Riboflavin; 7.2 mg Niacin (NE); 0.5 mg Vitamin B6; 5.9 mcg Vitamin B12; 8.6 mg Zinc; 36.3 mcg Selenium; 124.3 mg Choline.

This recipe is an excellent source of Protein, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Zinc, Selenium, and Choline. It is a good source of Iron, Potassium, and Thiamin.

Rosemary-Skewered Beef Tenderloin

Adapted from: A Taste of Paris

Serves: 6 (appetizers)

Ingredients:

6-12 long fresh rosemary sprigs
½ tsp salt
1 tsp coarsely ground pepper
2 6-ounce beef Tenderloin filets
2 Tbsp Dijon mustard
1 Tbsp canola or grapeseed oil
2 Tbsp Balsamic vinegar, optional

Instructions:

1. Prepare rosemary sprigs by rinsing and patting dry, then pulling some leaves off of the cut end to make room to thread 1-2 pieces of beef.
2. Finely chop the discarded rosemary leaves and place in a shallow dish with the salt and pepper.
3. Cut Tenderloin filets into 1-2-inch cubes. Brush the meat cubes generously with the mustard then thread the cubes onto the rosemary skewers. Roll the skewers in the salt, pepper and rosemary mixture.
4. Heat a grill pan on medium-high heat and brush with oil. Place the skewers on the hot grill and cook turning until the meat is cooked to desired doneness, 2-3 minutes per side, for a total of 6-8 minutes. It will cook very quickly. Remove skewers from heat and allow to rest 5 minutes. Drizzle with balsamic vinegar, if desired and serve.

Suggestions & Variations:

- Pair with baby Yukon potatoes, red bell pepper and red onion.
 - Parboil the potatoes 10-12 minutes so they grill quickly with the Beef skewers. Cut the beef, red bell pepper and red onion the same size pieces as the beef and thread onto wooden or metal skewers to grill.
- For the ultimate flavor explosion, prepare a Chimichurri sauce to serve with the beef! Mix together in a bowl and allow to sit for 10 minutes to 2 hours before using.

○ ½ cup olive oil	○ ¼ tsp red pepper flakes
○ 2 Tbsp red wine vinegar	○ ¾ tsp dried oregano
○ ½ cup finely chopped parsley	○ 1 tsp coarse salt
○ 1 Tbsp fresh rosemary, chopped, optional	○ ½ tsp pepper
○ 3-4 garlic cloves, minced	

Nutrition information per serving (original recipe without variations): 152 Calories; 67 Calories from fat; 7.4 g Total Fat (2.2 g Saturated Fat; 0.8 g Monounsaturated Fat); 3.7 mg Cholesterol; 268.8 mg Sodium; 1.3 g Total Carbohydrate; 0.2 g Dietary Fiber; 17.4 g Protein; 2.0 mg Iron; 214.2 mg Potassium; 0.04 mg Thiamin; 0.2 mg Riboflavin; 6.1 mg Niacin (NE); 0.4 mg Vitamin B6; 2.3 mcg Vitamin B12; 2.4 mg Zinc; 14.3 mcg Selenium; 36.9 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium. It is a good source of Iron and Riboflavin.