



**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

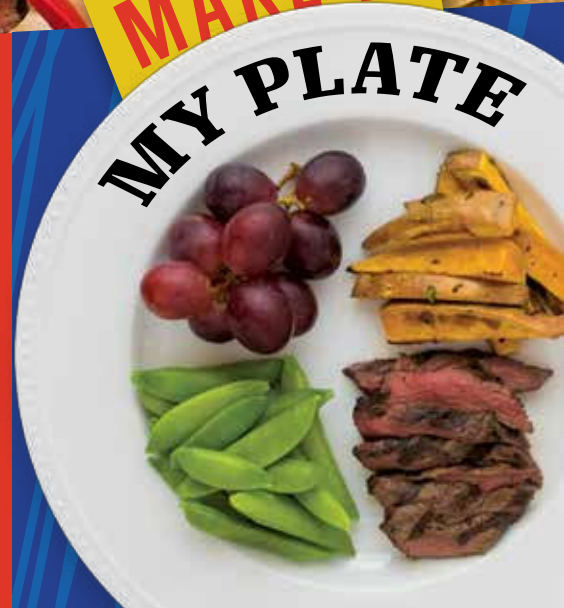
## FOCUS ON LEAN PROTEIN.

**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.**

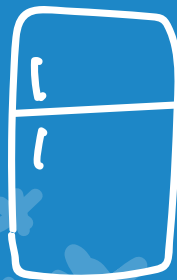
Simple, nutritious and delicious.



**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](http://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.

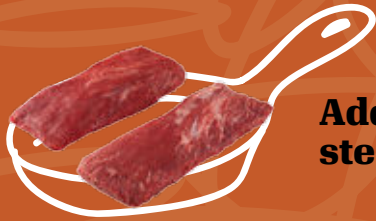


**Add oil and heat  
large nonstick  
skillet**

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](http://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.

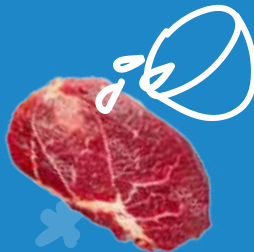


**STRIP STEAK**

## Step 2 | PREPARE YOUR BEEF

### Season Steak

for steak seasoning ideas  
visit:  
[BeefLovingTexans.com](http://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](http://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 1 DINNER PLATE

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



## Step 4 | FORK

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



## 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**



**Beef and Egg  
Breakfast Mugs**

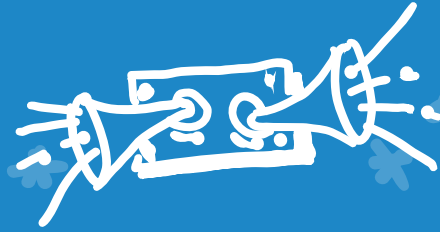
**Find more on [BeefLovingTexans.com](http://BeefLovingTexans.com)**



**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**  
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