

BEEF
RECIPES



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Beef and Vegetable Kebabs

(RR, SS, CC)

Serves 4

1 tsp dried basil
1 tsp garlic powder
1 tsp dried thyme
1 lb sirloin beef
1 TBSP extra virgin olive oil
¼ medium red onions
1 ½ cups mushrooms, stems removed
1 green capsicum, sliced into 2-inch pieces
1 red capsicum, sliced into 2-inch pieces

Marinate meat with basil, garlic powder, and thyme for 30 minutes. Heat grill and skewer alternating portions of meat and vegetables. Brush with olive oil and grill 6-8 minutes.

Beef Enchiladas

(SS, CC)

Serves 8

2 cups low-fat cheddar cheese
1 cup chopped onions
1 tsp black pepper
1 ½ TBSP green chiles
½ TBSP garlic powder
230 gram 95% lean beef
1 cup low-fat cottage cheese
1 ¾ cup black beans
2 cups tomato sauce

Brown meat and onion until almost done. Add garlic salt and pepper to taste. Add beans and finish cooking. Drain. Add cottage cheese and let it sit. In a food processor, process tomatoes, sauce and chiles together until smooth. Drain meat mixture again. Coat a 9x13 pan with cooking spray or olive oil with a paper towel. Lay tortillas on the bottom and up the sides of the pan. Add meat mixture. Pour just over half of the tomato sauce over the meat mixture. Top with ½ of cheese and cover with remaining tortillas, sauce and cheese. Bake at 350 degrees for 20 minutes. Let stand for 5 minutes.

Beef Lettuce Tacos

(SS, CC)

Serves 1

1 TBSP chopped scallion
Romaine leaves
¼ TBSP Worcestershire sauce
¼ cup red capsicum
115 – 170 gram 95% lean ground beef
¼ cup chopped onion
½ cup fresh salsa
1 TBSP chili powder
Garlic clove, chopped
¼ cup pinto beans, drained
1 TBSP extra virgin olive oil

Heat oil in nonstick skillet over medium-high heat. Add meat and cook until brown and add onions, garlic, capsicum; season with Worcestershire, chili powder, salt and pepper. Stir in pinto beans and cook mixture for 5 minutes. Add salsa, stir to combine and turn off heat. Wrap spoonfulls in lettuce leaf and top with cheese (optional) and scallions and serve.

Beef Lettuce Wraps

(SS, CC)

Serves 1

4 oz. beef tenderloin
1 cup brown rice, steamed
1 TBSP olive oil
2 cups cherry tomatoes
2 TBSP wasabi sauce
4 romaine leaves

Grill beef to your liking and cut into strips. Place beef strips, fresh tomatoes and steamed brown rice in a small bowl and stir in wasabi sauce and oil. Divide evenly among leaves. Roll up lettuce and secure with toothpicks.

Beef Stew

(RR, SS, CC)

Serves 8

700 gram beef stew meat, lean cut
1 ½ cup beef broth
¾ TBSP black pepper
1 TBSP bay leaves, crumbled
1 TBSP thyme
1 TBSP rosemary
¾ cup red cooking wine
1 TBSP tomato paste
2 TBSP extra virgin olive oil
½ TBSP parsley
3 gloved garlic, minced
½ medium onion, chopped

Heat oil in large pot; add beef and cook until browned. Remove beef from pan and save drippings. Add white onions and garlic to beef drippings and sauté until onions become brown. Add tomato paste and cook, stirring constantly, for 1 minute. Add broth and bring to a boil; return beef to pot. Add thyme, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, capsicum, broccoli, etc.). Bring to a simmer and cook 1 hour or until vegetables are tender. Remove bay leaf and add salt and pepper.

Beef Wrap with Tomato and Avocado

(SS, CC)

Serves 1

¼ avocado
2 slices tomato
1 low-carb, high-fibre tortilla
115-170 gram top sirloin, cut into strips

Cook beef in a non-stick pan or on the grill. Place beef strips on tortilla; add tomato and avocado slices. Add fresh salsa if desired.

Black Bean, Steak and Avocado Salad

(RR, SS, CC)

Serves 1

1 tsp extra virgin olive oil
¼ avocado
Salt and pepper to taste
115 gram sirloin
¼ cup black beans, drained
¼ cup yellow corn
2 cups mixed salad greens
¼ tsp crushed red pepper

Sauté red pepper and oil in a skillet for 1 minute. Add steak and cook for 5 minutes on medium heat. Add beans and sauté for 3 minutes. Toss with mixed salad greens, avocado and corn.

Green Pea and Bacon Soup

(RR, SS, CC)

Serves 4

¼ TBSP pepper
2 TBSP parsley
2 cloves garlic
2 TBSP mint
2 TBSP olive oil
4 cups low-sodium chicken broth
2 slices bacon (may use turkey bacon)
1 onion, chopped
¾ cup boiled peas, frozen

Heat oil in a skillet over medium-high heat and add garlic and onion and cook for 5 minutes. Add chicken broth, peas, mint and parsley. Bring to a boil, and then reduce to a simmer for 8 minutes. Remove from heat, allow to cool and then puree in a blender or food processor. Put bacon under a broiler and cook until crispy. Serve and garnish with the crispy bacon.

Grilled Marinated Sirloin with Salsa

(RR, SS, CC)

Serves 4

1 cup fresh salsa
2 oz. lime juice
¼ cup water
2 TBSP vegetable oil
1 tsp cumin
1½ lb sirloin, fat trimmed

Combine salsa, lime juice, water, oil and cumin in a baking dish. Add steak and coat with the marinade. Cover with aluminum foil and let marinate for 6 hours or overnight. Preheat grill to medium-high and grill for 10 minutes.

Meatballs and Zucchini Spaghetti

(RR, SS, CC)

Serves 4

4-6 oz. no-added-salt tomato paste (or low-sugar pasta sauce)
¼ chopped onions
3 zucchini, spiralised
2 lbs 95% lean ground beef
⅓ TBSP paprika
3 cloves garlic, crushed

Mix beef with onion, garlic, paprika, salt and pepper and make into 12 balls. Place meatballs under preheated broiler for 7 minutes, turning occasionally until browned and cooked through. Meanwhile, spiralise zucchini and cook in 1 TBSP olive oil on medium heat for about 5-10 minutes or until softened. Add meatballs to zucchini pasta and add tomato sauce.

Capsicum Steak

(RR, SS, CC)

Serves 1

½ each yellow and red capsicum
½ cup chopped onion
1 TBSP reduced-sodium soy sauce
5 oz. lean porterhouse beef, cut into strips

Marinate beef strips in soy sauce for 30 minutes. Heat 1 TBSP of olive in pan. Place beef strips in pan and cook until pink is gone. Add onion, capsicums and cook for until tender and serve.

Stuffed Cabbage

(SS, CC)

Serves 5

4 oz. white beans
2 egg whites
1 cup vegetable broth
4 cups tomato soup
½ lb ground turkey
½ lb 95% lean ground beef
1 cup tomatoes
1 head white cabbage, partially hollowed

Mix egg whites and drained white beans into beef and turkey; season with salt and pepper. Form into meatballs. Stuff into cabbage head. Mix together tomatoes, tomato soup and vegetable broth. Pour over cabbage and meat. Sprinkle with pepper. Cook at 325 degrees for 30-40 minutes, spooning juices over the cabbage and meat every 15 minutes. Allow to sit for 10 minutes before serving. Skim off any excess fat before serving.