

All for the Beef Recipe Cards

Sourcebook

Career and Technology
Studies FOD2100
Basic Meat Cookery



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Every effort has been made to acknowledge sources used in the **All for the Beef: Basic Meat Cookery** program resources. In the event of questions arising as to the use of any material, we will be pleased to make the necessary corrections in future versions. Please contact Patricia Shields-Ramsay at InPraxis Learning at 780.421.7163.



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All for the Beef

Prep 20 mins

Cook 1 hr 20 mins

Yields 6 servings

Braised Beef Short Ribs

Shopping List



Boneless beef short ribs
Olive oil
Onions
Garlic cloves
Dried thyme, rosemary
Beef stock
Canned diced tomatoes
Worcestershire sauce
Orange
Salt and pepper



Ingredients

3 lb (1.5 kg) boneless beef short ribs
2 tbsp (25 mL) olive oil
2 onions, chopped
3 cloves garlic, finely chopped
1 tsp (5 mL) dried rosemary
1 tsp (5 mL) thyme leaves, crumbled
1 tsp (5 mL) salt
½ tsp (2 mL) freshly ground black pepper
1 ½ cup (375 mL) beef stock (approx.)
1 cup (250 mL) canned diced tomatoes, including juice
2 tbsp (25 mL) Worcestershire sauce
3 strips orange peel (3-inch/8 cm in long)

Instructions

1. Pat short ribs dry with paper towels. Heat 1 tbsp (15 mL) of the oil in Dutch oven or large saucepan over medium-high heat; brown short ribs, in batches and adding more oil as needed, until browned on all sides. Transfer to plate.
2. Add onions, garlic, rosemary, salt and pepper to pan; cook over medium heat, stirring often, for 5 minutes or until softened.
3. Add stock, tomatoes with juice, Worcestershire sauce and orange peel. Return beef and accumulated juices to pan; bring to boil.
4. Cover and reduce heat; simmer for 2 hours, adding additional stock to keep beef covered while braising, until beef is fork-tender. Serve with apple slices, sliced cucumber with dip and yogurt.



All for the Beef

Prep 10 mins

Cook 30 mins

Yields 8-10 servings

Chunky Beef Chili



Shopping List



Beef stewing cubes or extra-lean ground beef
Onions
Sweet green peppers
Canned chili-style tomatoes
Canned kidney beans
Rice
Cocoa powder

Ingredients

2 lb (1 kg) beef cross rib or blade simmering steak, stewing cubes OR sirloin tip or round marinating steak, cut into $\frac{3}{4}$ inch (2 cm) cubes
2 onions, chopped
2 sweet green peppers, chopped
4 cans (14 oz/398 mL) chili-style stewed tomatoes
2 cans (14 oz/398 mL) kidney beans, drained and rinsed
1 $\frac{1}{2}$ cup (375 mL) rice
2 tbsp (30 mL) cocoa powder

Instructions

1. Brown beef in batches in lightly oiled Dutch oven or large heavy pot. Add onions and peppers to pot and cook for 5 minutes or until softened, adding more oil if necessary.
2. Add 3 cups (750 mL) water, tomatoes, beans, rice and cocoa powder to the pot; return meat to the pot. Bring to a simmer.
3. Cover and simmer over low heat for 1 $\frac{1}{2}$ hours or until meat is tender.



All for the Beef

Prep 5 mins

Cook 40 mins

Yields 9 servings

Corn and Black Bean Beef Chili



Shopping List



Extra-lean ground beef
Onion
Sweet pepper
Canned diced tomatoes
Canned black beans
Chili powder
Ground cumin
Frozen corn

Ingredients

1 lb (500 g) extra lean/lean ground beef sirloin or extra lean/lean ground beef
1 large onion, diced
1 large sweet pepper, diced
2 tbsp (30 mL) chili powder
1 tsp (5 mL) ground cumin
1 can (28 oz/796 mL) diced tomatoes
1 can (14 oz/398 mL) tomato sauce
1 can (19 oz/540 mL) black beans, drained and rinsed
1 ½ cup (375 mL) frozen corn kernels

Instructions

1. Cook beef, onion, sweet pepper, chili powder and cumin in large saucepan or Dutch oven over medium heat until meat is thoroughly cooked and any liquid has evaporated.
2. Stir in tomatoes, tomato sauce, beans and corn.
3. Cook over medium-high heat until boiling. Reduce heat to medium; simmer, covered, for 30 minutes, stirring occasionally.

Chili Enchiladas: Spread 2 cups (500 mL) chili in 13 x 9 inch (3 L) baking dish; set aside. Spoon ½ cup (125 mL) chili onto centre of each of 8 small flour tortillas. Roll up; place seam side down in baking dish. Spoon remaining chili over enchiladas. Sprinkle with 1 cup (250 mL) shredded Cheddar cheese. Bake in 350°F (180°C) oven for 30 minutes. Makes 8 enchiladas.



All for the Beef

Prep 15 mins
Cook 40 mins
Yields 8 servings

Hearty Beef Minestrone Soup



Shopping List



Extra lean ground beef
Onions
Garlic cloves
Frozen mixed vegetables
Italian herb seasoning
Canned diced tomatoes
Chicken broth
Tomato sauce
Whole wheat spaghetti or alphabet pasta
Chili pepper flakes (optional)
Fresh parsley (optional)
Fresh spinach (optional)
Canned kidney beans (optional)

Ingredients

1 lb (500 g) extra lean ground beef round or sirloin or extra lean ground beef
1 large onion, chopped
4 cloves garlic, minced
3 cup (750 mL) frozen mixed vegetables
1 ½ tsp (7 mL) dried Italian herb seasoning
¼ tsp (1 mL) chili pepper flakes (optional)
1 can (28 oz/796 mL) diced tomatoes
1 pkg (900 mL) sodium-reduced chicken broth
1 can (213 mL) tomato sauce
1 cup (250 mL) shredded fresh spinach (optional)
¼ cup (50 mL) chopped fresh parsley (optional)
½ cup (125 mL) broken whole wheat spaghetti or alphabet pasta
½ cup (125 mL) kidney beans, drained and rinsed (optional)

Instructions

1. Cook beef, onion, garlic, frozen mixed vegetables, Italian seasoning and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.
2. Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.
3. Add spinach and parsley (if using). Stir in pasta and beans (if using); simmer for 10 minutes or until pasta is tender.



All for the Beef

Hearty Beef Minestrone Soup



This stew-like minestrone is hearty enough to be a main course.

Good source of iron (21% DV) and excellent source of zinc (37% DV), 26% DV sodium.

Nutrition Facts

per serving

Amount	
Calories	183
Protein	17 g
Fat	5 g
Carbohydrate	19 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/hearty-beef-minestrone-soup/>



Hurry Beef Curry

All for the Beef

Prep 20 mins

Cook 20 mins

Yields 6 servings



Shopping List



Lean ground beef
Onions
Canola oil
Garlic cloves
Ginger
Curry powder
Garam masala
Sweet potato
Stewed tomatoes
Unsweetened coconut milk
Frozen peas
Salt and pepper
Fresh cilantro
Cayenne pepper (optional)

Ingredients

1 tbsp canola oil
1 pound (500 g) lean ground beef
1 medium onion, diced
2 cloves garlic, minced
2 tbsp ginger, minced
1 ½ tbsp curry powder
1 tsp garam masala
½ tsp cayenne pepper (optional)
1 medium sweet potato, peeled and diced to ½-inch cubes
1 can (398 mL) stewed tomatoes with juice (can be fire-roasted)
1 (400 mL) can unsweetened coconut milk
⅔ cup frozen peas, thawed
Salt and pepper to taste
Fresh cilantro

Instructions

1. In a large skillet, heat oil and add ground beef. Cook, stirring to break up lumps, until no longer pink, about 5 minutes.
2. Add onion, garlic, ginger, curry, garam masala and cayenne pepper (if using). Continue to cook, stirring, until onion is soft, about 3 minutes.
3. Add sweet potato, tomatoes in juice and coconut milk. Bring to boil, cover, reduce heat to medium and simmer for 15 minutes.
4. Add peas and cook just to heat through. Serve over rice with chopped fresh cilantro and naan.



All for the Beef

Prep 10 mins

Cook 25 mins

Yields 6 servings

Skillet Ground Beef Stroganoff

Recipe Card



Shopping List

Extra lean ground beef, sirloin or round
Broad curly egg noodles
Mushrooms
Onion
Sweet red pepper
Garlic cloves
Condensed fat-reduced cream of mushroom soup
Light sour cream
Worcestershire Sauce or Dijon mustard
Fresh parsley
Paprika



Ingredients

4 cups (1 L) broad curly egg noodles
1 lb (500 g) extra lean ground beef sirloin or round or extra lean ground beef
2 cup (500 mL) sliced mushrooms
1 large onion, chopped
1 small sweet red pepper, thinly sliced
2 cloves garlic, minced
1 can (10 oz/284 mL) condensed fat-reduced cream of mushroom soup
¾ cup (175 mL) light sour cream
1 tbsp (15 mL) Worcestershire Sauce or Dijon mustard
Chopped fresh parsley and paprika

Instructions

1. Cook noodles according to package directions. Drain and set aside.
2. Cook beef, mushrooms, onion, red pepper and garlic in same pasta pot until meat is thoroughly cooked and any liquid has evaporated. Stir in soup, sour cream, ¼ cup (50 mL) water and Worcestershire sauce; simmer 10 minutes.
3. Serve over hot egg noodles. Garnish with minced fresh parsley and paprika.



All for the Beef

Prep 15 mins

Cook 30 mins

Yields 6 servings (2 meat loaves per)

Beef Cheeseburger Mini Meat Loaves

Shopping List



Extra lean ground beef, round or chuck
Canadian cheddar cheese
Onion
Dry bread crumbs
Burger relish
Prepared mustard
Ketchup
Salt and pepper

Ingredients

1 ½ lb (750 g) extra lean or lean ground round or chuck*

1 egg, beaten

1 cup (250 mL) shredded Canadian cheddar cheese

½ cup (75 mL) finely shredded onion (1 small)

¼ cup (50 mL) dry bread crumbs

2 tbsp (30 mL) each burger relish and prepared mustard

¼ tsp (1 mL) each salt and pepper

½ cup (125 mL) ketchup

Instructions

1. Combine beef, egg, ½ cup (125 mL) of the cheese, onion, bread crumbs, relish, mustard, salt and pepper. Mix lightly but thoroughly to blend.
2. Lightly spray 12 muffin or custard cups with cooking spray. Divide mixture among cups; make indentation in centre of each with back of spoon. Fill indentations with ketchup. Sprinkle each with remaining cheese, dividing equally.
3. Bake in 375°F (190°C) oven for 25 to 30 minutes or until digital rapid-read thermometer inserted into meat portion of EACH reads 160°F (71°C).



Recipe Card

Prep 20 mins

Cook 5 mins

Yields 24 roll ups

Cheeseburger Roll Ups

Shopping List



Cooked roast or cooked extra lean ground beef
Canola oil
Mushrooms
Onions
Dill pickles
Cheddar cheese, shredded
Ricotta cheese
Whole wheat tortillas
Ketchup and mustard,
Salt and pepper



Ingredients

1 tbsp (15 mL) canola oil, divided
1 cup (250 mL) diced mushrooms
1 cup (250 mL) diced onions
¼ tsp (1 mL) each salt and pepper
1 cup (250 g) cooked & minced roast beef or cooked extra lean ground beef
¼ cup (60 mL) diced dill pickles
½ cup (125 mL) shredded cheddar cheese
½ cup (125 mL) ricotta cheese
4 8-inch whole-wheat tortillas
¼ cup (60 mL) ketchup
1 tbsp (15 mL) prepared mustard

Instructions

1. In a large saucepan heat 2 tsp (10 mL) canola oil over medium-high heat. Add mushrooms, onions, salt and pepper. Cook and stir until brown and excess liquid is gone, around 6 minutes. In a medium-sized bowl mix together the cooked beef, mushroom mixture, dill pickles, cheddar cheese and ricotta cheese.
2. Lay out two of the tortillas so that they overlap by half. Spread half of the beef mixture over the two tortillas and roll them up to make one tortilla log. Slice log into 2-inch-thick rounds or "roll ups." Repeat rolling and slicing with the remaining tortillas and beef mixture.
3. In a large skillet heat 1 tsp (5 mL) canola oil over medium heat. Fry roll ups on each side for 30 seconds, carefully flipping them over. Cook in batches if needed. In a small bowl, mix together ketchup and mustard to dip the rounds in.

Serve with apple slices, sliced cucumber with dip and yogurt.



All for the Beef

Yields 6 servings

Recipe Card

Classic Beef Meat Loaf with Pepper Jelly Glaze



Shopping List

- Lean ground beef
- Onion
- Garlic cloves
- Carrot
- Bread
- Egg
- Milk
- Worcestershire Sauce
- Dijon mustard
- Salt and pepper
- Hot or sweet pepper jelly (optional for glaze)
- Apple sauce (optional for glaze)
- Ketchup (optional for glaze)



Ingredients

- 2 tsp vegetable oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 carrot, shredded
- 2 slices bread, finely chopped
- 1 egg
- ½ cup milk
- 1 tbsp each Dijon mustard and Worcestershire sauce
- ½ tsp salt
- ¼ tsp pepper
- 1 ½ lb (750 g) lean ground beef
- Pepper Jelly Glaze (recipe follows)

Instructions

1. Heat oil in skillet over medium-high heat. Cook onion, garlic and carrot, cooking 5 minutes until softened. Set aside.
2. Beat egg and milk together with a fork; blend in bread, mustard, Worcestershire, salt and pepper. Mix in ground beef and reserved onion, garlic and carrot (don't over-mix). Form into a loaf shape (about 9 inches/23 cm long by 5 inches/12 cm wide) on foil or parchment paper lined rimmed baking sheet or large oven-safe casserole OR pack into foil-lined 9 x 5-inch (2 L) loaf pan. (Note: By cooking the loaf free-form on a baking sheet there is more crust formed than if baked in a loaf pan.)
3. Top with ½ cup (75 mL) Pepper Jelly Glaze. Cook in 350°F (180°C) oven for 55 to 70 minutes until digital rapid-read thermometer inserted into centre of loaf reads 160°F (71°C). Using foil, lift meat loaf from pan, draining off any fat; tent with foil and let stand 10 minutes. Cut into slices and serve with remaining Pepper Jelly Glaze and mashed potatoes.

If using a loaf pan to bake, using foil to lift meat loaf from pan, draining off any fat. Tent with foil for 10 minutes. Cut into slices and serve with remaining Pepper Jelly Glaze.



All for the Beef

Classic Beef Meat Loaf with Pepper Jelly Glaze



The key to good meat loaf is one that is moist and tender. Follow the basic recipe in the step-by-step lessons to make our best meat loaf: Classic Meat Loaf with Pepper Jelly Glaze. Great meat loaf can be lean when made from lean or extra lean ground beef. Add finely shredded carrot and milk-soaked fresh bread crumbs to the meat loaf mix before cooking. These little secrets keep meat loaves moist and tender and also add a nutrient boost to the meal.

You can use an oven-safe meat thermometer instead of a rapid-read if you want – insert oven-safe thermometer into centre of meat loaf before cooking.

Pepper Jelly Glaze: Combine ½ cup hot or sweet pepper jelly, ¼ cup apple sauce (optional), 2 tbsp ketchup and 1 tbsp Worcestershire sauce in microwavable bowl. Microwave on high (100%) for 1 to 2 minutes or until bubbling, stirring once.

Good source of iron (21% DV), excellent source of zinc (61% DV), 6 mg sodium.

Nutrition Facts	
per serving	
Amount	
Calories	316
Protein	27 g
Fat	10 g
Carbohydrate	29 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/classic-meat-loaf/>



All for the Beef

Prep 20 mins

Cook 15 mins

Yields 12 cupcakes

Cowboy Cupcakes



Shopping List



Lean or medium ground beef
Onion
Mushrooms
Pasta sauce
Ricotta cheese
Fresh basil
Green onions or chives
Salt and pepper
Wonton wrappers
Parmesan cheese
Mozzarella cheese

Ingredients

1 lb (0.45 kg) lean or medium ground beef
½ cup minced onion
½ cup minced mushrooms
1 cup pasta sauce
¾ cup ricotta cheese
2 tbsp chopped fresh basil
1 tbsp minced green onion or chives
Salt and pepper
24 wonton wrappers
1 cup each grated Parmesan and shredded mozzarella cheese

Instructions

1. Pan-fry ground beef, onions and mushrooms thoroughly in large skillet. Drain if necessary. Add pasta sauce and heat through.
2. Meanwhile, combine ricotta with basil, green onion, salt and pepper to taste; set aside.
3. Spray a 12-cup muffin tin with cooking spray. Press a wonton wrapper firmly into the bottom of each muffin cup. Spoon in a scant 1 tsp each Parmesan, mozzarella, ricotta and top with 1 tbsp of the meat mixture.
4. Layer a second wonton into each cup and top each with approx. 1 tsp each of the cheeses. Divide meat mixture evenly among the cups (approx. ¼ cup each). Top with additional grated Parmesan or mozzarella if desired.
5. Bake in preheated 375°F oven for 15 to 20 minutes or until edges are brown and cupcakes are bubbling. Remove from the oven; let stand 5 to 10 minutes. Use a knife to remove each cupcake from muffin tin.



All for the Beef

Cowboy Cupcakes



Cupcakes can be made ahead and frozen before baking. Bake from frozen for 25 minutes.

Be sure to buy wonton wrappers – not egg roll wrappers – wonton wrappers are the best size. These wrappers can usually be found refrigerated in the produce section where you find tofu. They work just like a lasagna noodle in these cupcakes, without the hassle of having to boil noodles.

Mexican Version: Use shredded Cheddar or Tex-Mex Cheddar cheese instead of the mozzarella. Add ½ cup salsa, ⅔ cup canned kidney beans (drained and rinsed), 2 tbsp chili powder and 1 tsp ground cumin to the meat sauce.

Greek Version: Use crumbled feta cheese instead of the mozzarella. Add 1 ½ tsp dried oregano leaves or Italian seasoning and ¼ tsp ground cinnamon to the meat sauce.

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/cowboy-cupcakes/>



All for the Beef

Prep 20 mins

Cook 10 mins

Recipe Card

Egg and Beef Fried Rice



Shopping List

Fast fry beef steaks (strip loin)
 Canola oil
 Onion
 Cauliflower (riced)
 Soy sauce
 Sesame oil
 Eggs
 Frozen peas and carrots
 Long brown rice
 Green onions



Ingredients

½ lb (250 g) fast fry beef steaks (thin cut strip loin)

Pinch of salt and pepper

1 tsp (5 mL) canola oil

1 small onion, finely chopped

2 cups (500 mL) cauliflower rice

2 tbsp (25 mL) soy sauce

¼ tsp (1 mL) sesame oil

4 eggs

1 ½ cups (375 mL) frozen peas and carrots, thawed

2 cups (500 mL) cold cooked long brown rice

½ cup (75 mL) chopped green onions

Instructions

1. Season beef with salt and pepper. In a large non-stick skillet, heat canola oil over medium-high. Cook beef for 2 minutes on each side, set aside and chop into bite sized pieces (¼-inch x ¼-inch pieces).
2. Add onions to the skillet and cook for one minute. Stir in cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the pan. Beat eggs and add to the cleared side of the pan, pour in egg mixture. As mixture begins to set, gently move spatula across bottom and sides of skillet to form marble sized, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 3 minutes. Mix to combine all ingredients. Stir in peas and carrots, beef and cold rice. Remove from heat and sprinkle with green onions.



All for the Beef

Prep 30 mins

Cook 20 mins

Yields 24 meatball bombs

Italian Beef & Turkey Meatball Bombs

Recipe Card

Shopping List



Extra lean ground beef
Extra lean ground turkey
Canola oil
Onions
Mushrooms
Garlic cloves
Parsley
Pizza sauce
Whole-wheat pizza dough
Mozzarella cheese
Salt and pepper



Ingredients

2 tbsp (25 mL) canola oil, divided
1 cup (250 mL) diced onions
1 cup (250 mL) diced mushrooms
2 cloves garlic, minced
¼ tsp (1 mL) each salt and pepper
½ lb (250 g) extra lean ground turkey
½ lb (250 g) extra lean ground beef
¼ cup (60 mL) chopped parsley
1 cup (250 mL) pizza sauce
12 oz (340 g) whole-wheat pizza dough
½ cup (125 mL) shredded mozzarella cheese

Instructions

1. Preheat oven to 425°F (218°C). In a medium-sized skillet heat 1 tbsp (15 mL) canola oil over medium-high heat. Add onions, mushrooms, garlic, salt and pepper. Cook, stirring often for 5 minutes, set aside to cool.
2. In a medium-sized bowl mix mushroom mixture together with turkey, beef and parsley. Take 2 tbsp (25 mL) of the meat mixture and roll into a ball. Repeat until the entire mixture has been used. Heat 1 tbsp (15 mL) canola oil in a large skillet over medium-high heat and brown meatballs on all sides, about 3 minutes. Pour pizza sauce over top and stir until meatballs are coated.
3. In a greased non-stick muffin pan, place about 2 tbsp (25 mL) of the pizza dough into each cup. Make a cut in the center, half way through the dough with scissors and press a meatball into the center of each pizza dough cup.
4. Bake for 15 minutes, sprinkle each cup with cheese and bake for another 5 minutes.



All for the Beef

Prep 15 mins

Cook 10 mins

Yields 6 servings

Tortilla Beef Pie



Shopping List



Lean ground beef sirloin, round or chuck
Onion
Garlic clove
Canned red kidney beans
Chili sauce
Flour tortillas
Cheddar cheese
Green onions

Ingredients

1 lb (500 g) lean ground beef sirloin, round or chuck*

1 each small onion and clove garlic, minced

1 can (19 oz/540 mL) red kidney beans, drained and rinsed

½ cup (125 mL) chili sauce

4 large flour tortillas

2 cups (500 mL) low-fat shredded Cheddar cheese

2 green onions, chopped

Instructions

1. Cook ground beef in pan using medium-high heat for 9 to 10 minutes, breaking into small chunks with back of spoon until browned and completely cooked. Drain in colander. Return to pan and add onion and garlic; simmer, uncovered, for 5 to 10 minutes until vegetables soften.
2. Mash kidney beans. Combine with beef mixture; stir in chili sauce. Place 1 tortilla on baking sheet. Spread right to edge with one-third of the beef mixture. Sprinkle with one-quarter each Cheddar and green onion. Repeat layers, finishing with tortilla, cheese and green onion.
3. Bake in 400°F (200°C) oven for 10 to 15 minutes or until cheese is melted. Slice into wedges and serve with more chili sauce if desired.



Asian Beef Noodles

All for the Beef

Prep 15 mins

Cook 5 mins

Yields 4 servings



Shopping List



Beef stir fry strips
Soy sauce
Beef broth
Lime juice
Cornstarch
Liquid honey
Fresh ginger
Garlic cloves
Vegetable oil
Broccoli
Mushrooms
Sweet red pepper
Green onions

Ingredients

½ cup (75 mL) sodium-reduced soy sauce
½ cup (75 mL) beef broth
2 tbsp (30 mL) fresh lime juice
1 tbsp (15 mL) cornstarch
1 tbsp (15 mL) liquid honey
2 tsp (10 mL) minced fresh ginger
2 tsp (10 mL) minced cloves garlic
¾ lb (350 g) beef stir-fry strips
1 tbsp (15 mL) vegetable oil
1 cup (250 mL) broccoli florets and sliced mushrooms
½ sweet red pepper, seeded and thinly sliced
2 green onions, sliced on diagonal

Instructions

1. Whisk together soy sauce, beef broth, lime juice, cornstarch, honey, ginger and garlic in large bowl. Add beef strips, tossing to coat. Marinate for 15 to 30 minutes.
2. Heat half of oil over medium-high heat in large deep non-stick skillet. Drain beef, reserving marinade; add beef to skillet and cook, stirring until browned but still pink inside, about 3 to 4 minutes. Remove beef and set aside.
3. Add remaining oil, broccoli, mushrooms and red pepper; stir-fry for 2 minutes. Add 3 tbsp (45 mL) water; cover and steam vegetables until tender-crisp, about 3 minutes. Return beef to pan; add reserved marinade and heat until thickened, about 2 minutes. Sprinkle with green onions and serve over pasta.



All for the Beef

Asian Beef Noodles



Serve stir-fry recipe over whole wheat spaghetti or rice noodles. For 4 servings, cook 6 oz (175 g) pasta while the meat marinates.

Good source of iron (23% DV) and excellent source of zinc (53% DV).

Nutrition Facts

per serving (without noodles)

Amount	
Calories	204
Protein	23 g
Fat	7 g
Carbohydrate	13 g
Sodium	926 mg

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/asian-beef-noodles/>



All for the Beef

Prep 15 mins

Cook 15 mins

Yields 6 servings

Beef Kabobs with Peanut Sauce

Recipe Card



Shopping List

Beef top sirloin or strip loin grilling steak
Canola oil
Rice vinegar
Fresh parsley
Ground cumin, coriander, cinnamon, ground ginger, hot pepper flakes
Red onion and sweet yellow/green peppers
Garlic cloves (optional for sauce)
Crunchy peanut butter (optional for sauce)
Chicken broth (optional for sauce)
Lemon juice (optional for sauce)
Garlic chili sauce (optional for sauce)
Granulated sugar (optional for sauce)
Coconut milk (optional for sauce)



Ingredients

3 tbsp (45 mL) canola oil
2 tbsp (30 mL) rice vinegar
2 tbsp (30 mL) chopped fresh parsley
1 tsp (5 mL) ground cumin
1 tsp (5 mL) coriander
1 tsp (5 mL) cinnamon
1 tsp (5 mL) hot pepper flakes (or to taste)
½ tsp (2 mL) garlic powder
½ tsp (2 mL) ground ginger
1 ½ lb (750 g) beef top sirloin or strip loin grilling steak, 1 inch (2.5 cm) thick, cut into cubes
Peanut Sauce (recipe follows)
1 red onion, cut into chunks
2 sweet yellow and green peppers, cut into chunks

Instructions

1. Combine oil, vinegar, parsley, cumin, coriander, cinnamon, hot pepper flakes, garlic powder and ginger in large sealable freezer bag or bowl. Add beef cubes and toss well coat. Seal or cover and refrigerate for 30 minutes or up to 12 hours.
2. Meanwhile, prepare Peanut Sauce and set aside, refrigerating if held for more than 1 hour.
3. Thread beef cubes, onion and yellow and green peppers alternately onto soaked wooden skewers. Grill over medium-high heat on lightly oiled grill, turning once, for about 5 minutes per side for medium-rare. Serve with Peanut Sauce for dipping.



All for the Beef

Prep 15 mins

Cook 25 mins

Yields 4 servings

Pineapple-Glazed Beef Miami Ribs

Shopping List



Beef Miami or Korean-cut short ribs
 Unsweetened pineapple juice
 Brown sugar
 Garlic cloves
 Ginger root
 Dried thyme
 Hot chili pepper flakes



Ingredients

2 cup (500 mL) unsweetened pineapple juice
 ¼ cup (50 mL) soy sauce
 2 tbsp (30 mL) packed brown sugar
 2 cloves garlic, sliced
 1 inch (2.54 cm) ginger root, peeled and thinly sliced
 ½ tsp (2 mL) dried thyme
 Pinch hot chili pepper flakes
 2 lb (1 kg) beef Miami or Korean-cut short ribs

Instructions

1. Combine pineapple juice, soy sauce, sugar, garlic, ginger, thyme and chili pepper flakes in large sealable freezer bag. Add ribs, turning to coat with marinade. Place on plate and refrigerate for at least 8 hours or up to 24 hours. Reserving marinade, remove ribs and set aside.
2. Bring marinade to boil in medium saucepan over high heat. Reduce heat to medium; boil for 15 to 20 minutes or until reduced to about 1 cup (250 mL).
3. Grill ribs using medium-high heat for 6 to 10 minutes, turning often and basting with reduced marinade, until browned and tender. Serve with grilled sliced pineapple if desired.



All for the Beef

Prep 5 mins

Cook 10 mins

Yields 4 servings

Grilled Hawaiian Beef Kabobs



Shopping List



Beef grilling or marinating steak
Steak sauce
Liquid honey
Frozen orange juice concentrate
Sweet red peppers
Canned pineapple chunks
Chives

Ingredients

1 cup (250 mL) steak sauce
2 tbsp (30 mL) liquid honey
2 tbsp (30 mL) frozen orange juice concentrate, thawed
1 lb (0.45 kg) beef grilling or marinating steak, 1 inch (2.5 cm) thick, cut into 1 inch (2.5 cm) cubes
2 sweet red peppers, seeded and cut into 1 ½ inch (4 cm) chunks
1 can (14 oz/98 mL) pineapple chunks
Chopped chives

Instructions

1. Combine steak sauce, honey and orange juice concentrate in sealable freezer bag. Set aside ½ cup (125 mL).
2. Add meat to bag, seal and toss meat to coat. Refrigerate for 30 minutes. Discard marinade from beef. Alternately, thread beef, red pepper and pineapple chunks onto skewers.
3. Grill kabobs, over medium-high heat, about 5 minutes per side or until medium-rare, basting with reserved marinade near end of cooking. Garnish with chives. Serve skewers with remaining marinade for dipping.



All for the Beef

Prep 5 mins

Cook 10 mins

Yields 5 servings

Recipe Card

Mucho Mexican Marinated Beef Steak

Shopping List



Beef grilling or marinating steak
Steak sauce
Vegetable oil
Pizza sauce
Chipotle peppers in adobe sauce
Green onion



Ingredients

½ cup (125 mL) steak sauce

¼ cup (50 mL) vegetable oil and pizza sauce

1 tbsp (50 mL) minced chipotle peppers in adobe sauce

1 green onion, sliced

1 lb (500 g) grilling or marinating steak,

1 inch (2.5 cm) thick

Instructions

1. Combine steak sauce, oil, pizza sauce, chipotle peppers and green onion in a zipper-type plastic bag.
2. Pierce meat all over with fork. Place in bag with marinade; refrigerate for 30 minutes (for grilling steaks) or from 4 to 8 hours (for marinating steaks).
3. Pat steak dry. Grill, broil or pan-fry using medium-high heat, turning at least twice, for 10 to 12 minutes for medium-rare doneness 145°F(63°C).



All for the Beef

Prep 5 mins**Cook** 10 mins**Yields** 5 servings

Teriyaki Temptation Marinated Beef Steak



Shopping List



Beef grilling or marinating steak
Worcestershire sauce
Soy sauce
Rice vinegar
Vegetable oil
Liquid honey
Garlic powder
Sesame oil
Ground ginger
Green onion

Ingredients

¼ cup (50 mL) Worcestershire sauce
¼ cup (50 mL) soy sauce
1 tbsp (15 mL) rice vinegar
1 tbsp (15 mL) vegetable oil
1 tsp (5 mL) liquid honey
1 tsp (5 mL) garlic powder
1 tsp (5 mL) sesame oil
½ tsp (2 mL) ground ginger
1 green onion, sliced
1 lb (500 g) grilling or marinating steak,
1 inch (2.5 cm) thick

Instructions

1. Combine Worcestershire sauce, soy sauce, vinegar, oil, honey, garlic powder, sesame oil, ginger and green onion in a zipper-type plastic bag.
2. Pierce meat all over with fork. Place in bag with marinade; refrigerate for 30 minutes (for grilling steaks) or from 4 to 8 hours (for marinating steaks).
3. Pat steak dry. Grill, broil or pan-fry using medium-high heat, turning at least twice, for 10 to 12 minutes for medium-rare doneness 145°F (63°C).



All for the Beef

Prep 15 mins
Cook 15 mins
Yields 4 servings

Grilled Beef Club with Southwestern Mayo



Shopping List



Beef grilling steak
 Vegetable oil
 Mushrooms
 Onion
 Garlic cloves
 Foccacia, onion or panini buns
 Leaf lettuce, tomato
 Monterey Jack or provolone cheese
 Mayonnaise
 Chili powder, ground cumin, coriander
 Ketchup or barbeque sauce
 Granulated sugar
 Salt, pepper, cayenne pepper

Ingredients

1 lb (500 g) beef grilling steak (top sirloin, rib eye, strip loin or tenderloin), 1 inch (2.5 cm)
 1 tsp (10 mL) Southwestern Spice Rub
 1 tbsp (15 mL) vegetable oil
 ½ lb (250 g) sliced mushrooms (about 3 cups/750 mL)
 1 medium onion, thinly sliced
 3 cloves garlic, minced or thinly sliced
 Salt and pepper to taste
 4 large foccacia, onion or panini buns, split and grilled
 4 leaf lettuce, tomato slices, Monterey Jack or provolone cheese slices
 Southwestern Special Sauce:
 ⅔ cup (175 mL) mayonnaise
 ½ tsp (2 mL) chili powder
 ½ tsp (2 mL) ground cumin
 2 tsp (4 mL) ketchup or barbecue sauce

Instructions

Southwestern Special Sauce: In small bowl, combine mayonnaise, chili powder, cumin and ketchup; set aside.

1. Coat outside of steak with Spice Rub; grill over medium-high heat for 10 to 12 minutes, turning at least twice, for medium-rare doneness 145°F (63°C). Remove from grill; cover and let stand 10 minutes.
2. Meanwhile heat oil in large skillet over medium heat; cook onions, mushrooms and garlic 3 minutes or until softened. Season with salt and pepper to taste; keep warm.
3. To serve, spread cut side of buns with Special Sauce. Cut steak across the grain into thin slices. Layer bottom of buns with lettuce, tomato, cheese, steak slices and warm mushroom mixture. Top with remaining bun halves and cut in half to serve.

Southwestern Spice Rub: Combine 1 tbsp (15 mL) chili powder, 1 tsp (5 mL) each ground cumin, coriander and granulated sugar, ½ tsp (2 mL) salt, ¼ tsp (1 mL) coarse black pepper and ⅛ tsp (0.5 mL) cayenne pepper. Store in sealed container.



All for the Beef

Prep 20 mins

Cook 10 mins

Yields 4-6 servings

Recipe Card

Involtini of Beef Sirloin Steak



Shopping List

Beef grilling or marinating steak
Peppered goat cheese
Oregano
Fresh spinach
Sun-dried tomato, oil-packed
Balsamic vinegar
Olive oil
Salt and pepper
Ground ginger
Green onion



Ingredients

1 ½ lb (750 g) top sirloin grilling steak (or Rouladen-cut inside round marinating steak)

Salt and pepper to taste

4 oz (115 g) peppered goat cheese (e.g. chevre or feta with black pepper)

2 tsp (10 mL) dried oregano, crumbled

2 cup (500 mL) fresh spinach leaves

12 sun-dried tomato pieces (oil-packed)

2 tbsp (30 mL) balsamic vinegar

Olive oil

Instructions

1. Pound steak with a mallet or back of a heavy pan to ¼ inch (0.25 cm) thickness (this step is not necessary if using Rouladen-cut steaks). Season with salt and pepper.
2. Spread goat cheese to within ¼ inch (0.5 cm) of each steak's edge; sprinkle with oregano. Place half of the spinach leaves over cheese. Add sun-dried tomatoes and cover completely with remaining spinach. Starting with long edge, roll up each steak like a jelly roll. Tie tightly in several places with butcher's twine or hold together with skewers (presoak wooden skewers for 1 hour). Brush outside of each beef roll with balsamic vinegar and olive oil; season with salt and pepper.
3. Cook on greased grill over medium heat in closed barbecue (or oven), turning once, for approximately 3 to 5 minutes per side (until instant-read thermometer inserted into center of each roll reads 155°F/68°C). Remove from heat; place seam-side-down on cutting board and tent with foil for 5 minutes. Remove string or skewers and cut diagonally into 1 inch (2.5 cm) thick slices. Serve the involtini slices warm, with assorted grilled vegetables tossed in a balsamic vinaigrette.



All for the Beef

Prep 15 mins
Cook 10 mins
Yields 4 servings

Philly Cheese Steak Sandwich



Shopping List



Fast fry beef round steaks (inside round)
Garlic powder and clove
Canola oil
Onion
Button mushrooms
Green and yellow bell peppers
Whole-wheat French baguette
Mozzarella cheese
Salt and pepper

Ingredients

¼ tsp (1 mL) each garlic powder, salt and pepper
1 tbsp (15 mL) canola oil, divided
1 lb (500 g) fast fry beef round steaks (inside round)
1 medium white onion, cut in half and then thinly sliced
2 cups (500 mL) sliced button mushrooms
½ green bell pepper, thinly sliced
½ yellow bell pepper, thinly sliced
1 whole-wheat French baguette
1 clove of garlic, cut in half
1 cup (250 mL) shredded mozzarella cheese

Instructions

1. Position the oven rack in top third of oven. Preheat the oven's broiler. In a small bowl, mix together garlic powder, salt and pepper.
2. Place fast fry steaks in a single layer on a plate and pierce all over both sides with a fork to tenderize the beef. Season beef with half of the salt and pepper mixture. In a large non-stick skillet, heat 1 tsp (5 mL) canola oil over medium-high. Cook beef for 2 minutes on each side. Remove from the skillet and set aside on a clean plate.
3. In the same skillet, heat 2 tsp (10 mL) canola oil over medium-high heat. Cook the onions for 2 minutes, stir in mushrooms, peppers and remaining salt and pepper mixture and cook for another minute, stirring often.
4. Cut baguette into 4 equal size pieces. Slice horizontally and place on a parchment-lined baking sheet open sides facing up. Rub each baguette with garlic. Place baking sheet in the oven under the broiler to toast the bread, about 1 minute. Remove from the oven; set the four baguette "tops" off to the side for later use. Layer the remaining four baguette slices on the baking sheet evenly with steak (slice the steak into smaller strips if needed), mushroom mixture and mozzarella cheese. Broil for another minute or until cheese is melted. Take out of the oven and top with the other half of the baguette.



All for the Beef

Prep 20 mins

Cook 5-7 mins

Yields 4-6 servings

Tikka Masala Beef Skewers



Shopping List



Fast fry beef steak
Masala or curry paste
Plain Greek yogurt
Naan bread or pita
Cucumber
Red onion
Lettuce
Tomato
Cilantro
Salt and pepper
Garlic clove

Ingredients

1 tbsp (15 mL) masala or curry paste
¼ cup (60 mL) plain Greek yogurt
1 lb (500 g) fast fry beef steaks (thin cut strip loin), sliced into 1-inch strips
4 slices whole-wheat Naan bread or pita
1 cup (250 mL) cucumber slices
½ cup (125 mL) red onion slices
1 cup (250 mL) shredded lettuce
1 roma tomato, diced
¼ cup (60 mL) cilantro
Raita:
⅓ (75 mL) finely grated cucumber, squeezed dry
1 cup (250 mL) plain Greek yogurt
¼ cup (60 mL) finely chopped onion
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
1 clove garlic, minced

Instructions

1. Beef skewers: Position oven rack in top third of oven. Preheat the oven's broiler. Soak skewers in warm water for at least 30 minutes.
2. In a medium sized bowl, mix together masala paste and yogurt. Add beef to spice mixture and stir until evenly coated. Can keep refrigerate in an airtight container for up to 24 hours if not cooking immediately. Tightly thread 1 strip of beef onto each skewer and place on a foil-lined 21 x 15 inch baking sheet. If strips are small, thread 2 or 3 strips onto a skewer. Broil for 5 to 7 minutes. Keep the oven light on and check often to make sure beef does not burn.
3. Raita: In a small bowl, mix together cucumber, yogurt, onion, salt, pepper and garlic. Refrigerate until ready to use.
4. Garnishes: Use naan bread to pull the beef off of the skewers. Garnish your wrap with cucumber, red onion, lettuce, tomato, cilantro and Raita sauce.



All for the Beef

Prep 30 mins
Cook 15 mins
Yields 45 mini samosas

Beef and Apple Samosas with Apple Chutney Dip



Shopping List

Beef pot roast
 Canola oil
 Apples
 Frozen peas and carrots
 Onions
 Curry powder
 Masala or curry paste
 Salt
 Wonton wrappers
 Ground ginger
 Cider vinegar
 Honey
 Cilantro



Ingredients

2 tbsp (25 mL) canola oil, divided
 1 cup (250 mL) peeled and finely diced apples*
 1 1/2 cups (375 mL) frozen peas and carrots
 1 cup (250 mL) diced onion
 1 tbsp (15 mL) curry powder
 1 tbsp (15 mL) masala or curry paste
 1/4 tsp (1 mL) salt
 1 cup (250 mL) cooked & pulled beef pot roast
 45 wonton wrappers
Chutney:
 2 cups (500 mL) peeled and diced apples*
 1/2 cup (125 mL) diced onion
 Pinch each salt and ground ginger
 3 tbsp (45 mL) cider vinegar
 1 tbsp (15 mL) honey
 1/4 cup (60 mL) chopped cilantro

Instructions

1. **Samosa Filling:** Preheat oven to 375°F (191°C). In a non-stick skillet heat 1 tsp (5 mL) canola oil over medium-high heat. Cook apples, peas, carrots and onions for 3 minutes. Stir in curry powder, masala paste, salt and beef and cook for 1 minute.
2. Place 1 tbsp (15 mL) of filling in the centre of each wonton wrapper. Moisten edges of wrapper with water. Fold in half to form triangles and press edges together to seal. Place on a parchment-lined baking sheet and brush with remaining canola oil. Bake for 10 minutes or until golden and crisp. Serve warm or pack in lunch with ice pack.
3. **Chutney:** In a medium-sized pot over medium-high heat stir together apples, onion, salt, ginger, cider vinegar and honey. Simmer for 5 minutes. Set aside to cool and stir in cilantro if desired.



All for the Beef

Prep 15 mins
Cook 35 mins
Yields 6 servings

Goulash-Style Beef Hamburger Soup



Shopping List

Extra lean ground beef sirloin or round
Onion
Garlic cloves
Carrot
Celery stalk
Mushrooms
Paprika, caraway seed, chili pepper flakes
Potato
Sodium-reduced chicken or beef broth
Fresh parsley
Tomato paste
Soy sauce
Frozen peas



Ingredients

1 lb (500 g) extra lean ground beef sirloin, round or extra lean/lean ground beef
1 large onion, chopped
4 cloves garlic, minced
1 each carrot and celery stalk, thinly sliced
8 oz (250 g) sliced mushrooms
2 tbsp (30 mL) paprika
½ tsp (2 mL) caraway seed
¼ tsp (1 mL) chili pepper flakes (optional)
1 potato, scrubbed and cut into chunks
1 pkg (900 mL) sodium-reduced chicken or beef broth
¼ cup (50 mL) chopped fresh parsley
2 tbsp (30 mL) tomato paste
2 tbsp (30 mL) sodium-reduced soy sauce
½ cup (125 mL) frozen peas

Instructions

1. Cook beef, onion, garlic, carrot, celery, mushrooms, paprika, caraway seed and chili pepper flakes in Dutch oven over medium heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated. Drain if desired.
2. Add potato, broth, parsley, tomato paste and soy sauce; bring to boil. Reduce heat and simmer for 15 minutes.
3. Add peas; simmer for 5 minutes.



Korean Beef Lettuce Cups

All for the Beef

Prep 10 mins

Cook 15 mins

Yields 6 servings



Shopping List



Lean ground beef, sirloin or chuck
Garlic cloves
Sweet red pepper
Ginger root
Soy sauce
Asian chili sauce
Sesame oil
Bibb lettuce
Lime
Carrot
Cucumber
Cilantro, mint or green onion
Hoisin sauce

Ingredients

2 cloves garlic, minced
½ sweet red pepper, diced
1 lb (500 g) lean ground beef sirloin or chuck
or lean ground beef
1 tsp (5 mL) minced ginger root
¼ cup (50 mL) soy sauce
1 tbsp (15 mL) Asian chili sauce
1 tsp (5 mL) sesame oil
Bibb lettuce leaves
Fresh lime wedges
Shredded carrot and cucumber
Chopped cilantro or mint or chopped green
onion
Hoisin sauce

Instructions

1. Cook garlic, diced pepper, ground beef and ginger root in large skillet using medium heat, stirring occasionally for 8 to 10 minutes until beef is browned and completely cooked. Drain if necessary.
2. Add soy sauce, chili sauce and sesame oil; reduce heat to medium-low and simmer 3 to 4 minutes.
3. Transfer to warm platter. At the table let each person spoon some filling into lettuce leaves. Top with squeeze of lime juice and serve with toppings such as shredded carrot, cucumber, chopped cilantro or mint. Roll up with your hands to eat.



Moroccan Beef Stir-Fry

All for the Beef

Prep 15 mins

Cook 20 mins



Shopping List

Extra lean ground beef, sirloin or round
Onion
Carrots
Sweet red pepper
Garlic cloves
Paprika, ground ginger, cumin, cinnamon
Salt and pepper
Hot chili pepper flakes
Canned diced tomatoes
Green olives
Toasted pine nuts
Fresh coriander



Ingredients

1 lb (500 g) extra lean or lean ground beef sirloin or round*
1 onion, chopped
2 carrots, cut into matchstick pieces
½ sweet red pepper, cut into matchstick pieces
2 cloves garlic, minced
1 tbsp (15 mL) paprika
1 tsp (5 mL) ground ginger
1 tsp (5 mL) cumin
1 tsp (5 mL) cinnamon
½ tsp (2 mL) salt
¼ tsp (1 mL) pepper
¼ tsp (1 mL) hot chili pepper flakes
1 can (28 oz/796 mL) diced tomatoes
¾ cup (175 mL) sliced green olives
Toasted pine nuts and chopped fresh coriander

Instructions

1. Cook ground beef, onion, carrots and sweet pepper in large skillet over medium-high heat, breaking beef up into small chunks with back of spoon, for 8 to 10 minutes or until beef is completely cooked and vegetables are tender-crisp. Drain if necessary.
2. Stir in garlic and seasonings; cook, stirring, for 1 minute. Stir in tomatoes; bring to boil. Reduce heat to low; simmer, covered, for 5 to 10 minutes or until vegetables are tender. Stir in olives; heat through. Season with more salt and pepper if desired.
3. Garnish with pine nuts and coriander to serve.



All for the Beef

Prep 15 mins

Cook 10 mins

Yields 4 servings

Recipe Card

Thai Style Beef and Broccoli Stir-fry

Shopping List



Beef stir-fry strips or grilling steak
Beef broth
Thai fish sauce or soy sauce
Cornstarch
Lime
Granulated sugar
Sesame oil
Broccoli
Canned baby corn
Garlic cloves, ginger root
Hot chili pepper
Grape tomatoes
Fresh basil leaves

Ingredients

¼ cup (50 mL) beef broth
2 tbsp (30 mL) Thai fish sauce (or soy sauce)
2 tbsp (30 mL) cornstarch
1 tsp (5 mL) finely grated lime rind
1 tbsp (15 mL) fresh lime juice
2 tsp (10 mL) granulated sugar
2 tsp (10 mL) sesame oil
1 lb (500 g) beef stir-fry strips or grilling steak cut into strips
3 cup (750 mL) small broccoli florets
14 oz (398 mL) can baby corn, drained and cobs cut in half
3 cloves garlic, minced
2 tsp (10 mL) minced ginger root
1 tsp (5 mL) minced seeded hot chili pepper
1 ½ cup (375 mL) grape tomatoes, halved
⅓ cup (75 mL) slivered fresh basil leaves

Instructions

1. Combine beef broth, fish sauce, cornstarch, lime rind and juice, sugar and sesame oil in large sealable freezer bag. Add beef strips; seal bag, squeezing gently to massage marinade into beef. Refrigerate for up to 30 minutes.
2. Drain meat through colander set over bowl, reserving marinade. Stir-fry beef strips using medium-high heat in hot lightly oiled nonstick skillet for 2 minutes or until browned but still pink inside. Transfer meat to clean bowl.
3. Stir-Fry broccoli in the same skillet for 3 to 5 minutes or until almost tender-crisp. Add baby corn, garlic, ginger and hot pepper; stir-fry for 30 seconds or until corn is starting to brown. Return beef to skillet along with any juices in bowl and reserved marinade. Bring to boil; cook, stirring, for 1 to 2 minutes or until sauce is bubbly and thickened. Stir in tomatoes and heat through. Remove from heat; stir in basil. Serve stir-fry over steamed jasmine rice or Thai rice noodles.



Recipe Card

Thai Style Beef and Broccoli Stir-fry



Vary the vegetables in this colourful beef stir-fry recipe according to taste; snow peas, sweet peppers and bean sprouts are all good additions. If you can't find stir-fry beef strips, ask the meat counter staff to cut any beef grilling steak into strips.

For time-efficiency, let the meat marinate while you prepare the vegetables.

Wear rubber or plastic gloves when preparing hot peppers, and wash your knife and cutting board in hot soapy water immediately afterward.

An excellent source of Iron (27% RDI) and Zinc (70% RDI).

Nutrition Facts

per serving

Amount	
Calories	308
Protein	29 g
Fat	16 g
Carbohydrate	14 g

notes

Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/thai-style-beef-and-broccoli-stir-fry/>



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All for the Beef
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