

Cleveland County Kitchen

Developed by: Nancy Abasiekong and Annie Thompson

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Nutrition Facts-Roast Beef

Serving Size 1 thin slice (approx 4-1/2" x 2-1/2" x 1/8")

Amount Per Serving

Calories 56 Calories from Fat 33

	% Daily Values*
Total Fat 3.64g	6%
Saturated Fat 1.431g	7%
Polyunsaturated Fat 0.132g	
Monounsaturated Fat 1.545g	
Cholesterol 16mg	5%
Sodium 46mg	2%
Potassium 61mg	
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.44g	

* Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. Nutrition Values are based on USDA Nutrient Database SR18

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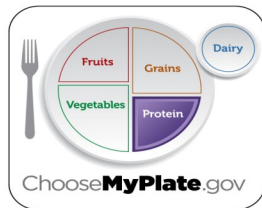
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Food of the Month - BEEF

Healthy Eating with Lean BEEF!

Our bodies need heart healthy diets with lean, high quality protein in order to help build muscle, lower cholesterol and reduce the risk of many chronic diseases. The 2010 Dietary



Guidelines, found at ChooseMyPlate.gov recommend that most people, ages 9 and older, should eat 5 to 7 ounces of protein food each day. (An ounce of protein foods is defined as: 1 ounce of lean meat, poultry, or seafood; 1/4 cup cooked beans or peas; 1/2 ounce nuts or seeds; or 1 tablespoon peanut butter) Nutritional Value Beef is one of the meat choices that offer high quality nutrition and a lot of variety. Consumers today have options for beef and beef products that con-

tain less fat and more nutrients. According to USDA information, all lean beef (3-1/2 oz. cooked serving size) contains less fat and more nutrients. According to USDA information, all lean beef (3-1/2 oz. cooked serving size) contains; provides nearly half of the daily value for protein, less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol. Lean beef is low in calories, with a 3 oz. serving providing about 150 calories. Beef's 10 essential nutrients include: protein, selenium, B-12, zinc, niacin, B-6, phosphorus, choline, iron, and riboflavin. Serving size: one 3 oz. serving is about the size of a deck of cards and provides 25 grams of protein.



Selection: Nutritional value; cost; convenience of storage,

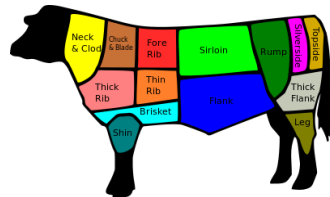
preparation and serving; wholesomeness and safety of the product; and taste preferences are all factors that guide the consumer's decision at the grocery or market when selecting beef. Desirability factors of leanness, color, tenderness and flavor are also considerations. Choose fresh beef that is a:

- Bright cherry-red color
- Vacuum packed beef will be a maroon color (because it has not been exposed to oxygen)

Choose packages of beef that are cool to the touch, have no wear or punctures, and little or no excess liquid. Always check "sell by" or "use by" date. Look for "beef cuts" information to indicate tenderness (see chart - "[Beef Made Easy](#)" for cut selections.

http://www.beefretail.org/CMDocs/BeefRetail2/Education/RetailBeefCutChart_Handout_FINAL2013.pdf

The Hidden Message from "Cuts of Beef" - Tenderness & Cooking Method



Beef cuts vary in tenderness according to where the meat is located on the carcass. The carcass is divided into primal cuts with each containing similar muscle and

types of bone. How and to what extent the muscle is used influences the degree of tenderness. Different regions have different retail cuts.

Select:
*rib and loin cuts for the most tender beef, costs more (suspension muscles used to support the animal)
*shoulder, chuck, round, shanks are usually less

tender (locomotion muscles used to move the animal around, have more connective tissue.)

Consider the cut of beef to choose appropriate cooking methods for maximum tenderness, juiciness and flavor. There are two cooking methods for beef: Dry Heat and Moist Heat.

Food Safety: Keeping Beef Safe to Eat

USDA has set safe handling practices for the meat industry know as Hazard Analysis and Critical Control Plan (HACCP). All segments of the meat industry, from growing, harvesting, processing, distributing, and preparation must develop and follow a USDA approved HACCP plan.

Care is taken from the farmers/producers who raise livestock under safe conditions using recommended practices, to the retailer and distributor who keep fresh meat products refrigerated or frozen until it is delivered to stores and restaurants for consumers. Consumers should always follow the label on the meat package for information on safe handling, storing and cooking of the product.

Consumers are the final step in assuring food safety. They should always follow these guidelines to

keep meat safe:

*Keep meat refrigerated or frozen (be sure refrigerator temperature is at or less than 40° F.

*Thaw frozen meat in the refrigerator or microwave (NEVER thaw at room temperature; plan to cook microwave-thawed meat immediately because some of the meat may have become warm or begun to cook during microwaving)

*Keep raw meat separate from other foods (at the meat counter, put packages of meat in individual plastic bags to avoid cross contamination)

*Wash hands and all surfaces and utensils before and after touching raw meat.

*NEVER brown or partially cook beef, then return to refrigerator for later cooking. You can partially cook or microwave beef IMMEDIATELY before moving to a hot grill or oven

to finish cooking.

*Cook beef thoroughly following USDA Meat and Poultry Guidelines which give minimum internal temperatures when done. Minimum Internal Temperatures of Foods; • 145° F All cuts of beef; for both safety and quality, allow meat to rest 4 minutes before carving or eating; • 155° F Ground, mechanically tenderized or injected meats.

Signs of spoiled beef: Meat does not turn red when exposed to air in about 15 minutes, smells sour, and feels sticky to the touch. "Sell by" or "Use by" dates are voluntarily used by many stores & processors to help consumers choose packages of fresh beef. Buy before the date expires. Use or freeze products within 3 to 4 days of purchase. Frozen storage times (0°F) - ground or stew beef; 3 months, steak; 1 year.

Cooking Methods for Preparing Meat

Dry Heat Preparation Methods: used for more tender cuts of beef that have little connective tissue.

- Cuts: rib, loin, leg or round
- This method uses direct or indirect heat without adding moisture during the cooking process.
- Uses high heat and shorter cooking times
- Cooking techniques include: Baking, Broiling, Grilling, and Pan-Broiling

Moist Heat Preparation Methods:

- Cuts: Shoulder, chuck, shank, neck, or brisket
- This method uses indirect heat and additional liquid or retains moisture during cooking
- Uses lower heat and longer cooking times
- Cooking techniques include: Frying, Braising, Cooking in Liquid

For a detailed description of Retail Beef Cuts go to:

http://www.beefretail.org/CMDocs/BeefRetail2/Education/RetailBeefCutChart_Handout_FINAL2013.pdf

Beef Tips

- North Carolina ranks 27th in beef production in the US
- NC has about 19,000 beef cattle farms with nearly 351,000 beef cattle.
- In 2009, beef farming contributed approximately \$213 million to the state's economy

Source: NC Animal Agriculture Coalition (NCAAC)

According to Beefnutrition.org, there

are 29 cuts of beef that meet government guidelines for lean. These lean cuts include some cuts listed as favorites in the U.S. These include: Flank steak, Tenderloin, T-Bone steak, and 95% lean Ground Beef.

Beefitswhatsfordinner.com lists the Top Five Most Popular Cuts of Beef as: 1. Chuck Pot Roast, 2. Top Loin Steak, 3. Top Round Steak, 4. Top Sirloin

Steak, and 5. T-Bone Steak. (See: http://www.beefitswhatsfordinner.com/CMDocs/BIWFD/FactSheets/Top5Cuts_FactSheet.pdf for general and recipe information). Marinating - marinate food in the refrigerator; reserve a portion of marinade if needed for a dip/sauce. DISCARD uncooked leftover marinade or bring to a full boil before using on cooked beef.

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Ground Beef Basics

Ground beef offers consumers many delicious options for quick, inexpensive meals. It is available in different varieties and is labeled with a lean to fat ratio. Products labeled ground beef must contain 100% beef (fresh or frozen beef from primal cuts and trimmings) and by law, can have no more than 30% fat. Most ground beef purchased at retail markets is 75-85% lean.

When deciding what type of ground beef to purchase, consider how it will be cooked. Ground beef ranges in leanness from 70% lean to 96+% lean. The National Cattlemen's Beef Association recommends using this leanness guide when selecting ground beef for your favorite recipes.

Type of Ground Beef	Percent Lean	Use for these Foods	Desired Food Qualities
Regular Ground Beef	70-77%	Burgers, recipes that call for crumbles, i.e. chili, tacos, spaghetti sauce, etc.	Moist and juicy
Ground Chuck	78-84%	Meatloaf, meatballs, Salisbury steak	Moist, juicy and slightly firm texture
Ground Round	85-89%	(used in recipes where drippings cannot be drained off) casseroles, stuffed peppers, etc.	Firm, dense texture
Ground Sirloin	90-92%		
Lean Ground Beef	93-96+%		

Ground Beef Preparation Methods & Tips

Burgers – grilling, broiling or skillet – cook to internal temperature of **160 degrees F on instant-read thermometer** (do not use color as an indicator of doneness, it is unreliable)

When mixing and shaping ground beef burgers, meatballs or meatloaf, handle lightly and mix/shape gently to retain juiciness. This will prevent the cooked meat becoming too firm and compact.

For a juicy burger, when grilling, turn burgers occasionally. When broiling or cooking in a skillet, turn burgers only once and do not press down on burgers (which presses out the juice).

Meatloaf – shape mixture into a loaf shape; place on rack for baking. Bake at 350 degrees F for 1 hour or as directed. Brush meatloaf with your favorite sauce; continue baking 5 to 10 minutes longer (**until instant-read thermometer registers 160 degrees**, when inserted into the center of meatloaf.) If baked without a rack, lift meatloaf out of pan when cooked.

Crumbles – brown ground beef in heavy non-stick skillet over medium heat 8 to 10 minutes; break into crumbles; stir occasionally to keep from sticking. Remove crumbles from skillet with slotted spoon or pour off drippings. Plan ahead: cook extra crumbles to freeze for later handy quick meals.

Ways to Decrease the Fat in Cooked Ground Beef

According to nutrition research, rinsing and/or blotting can reduce the fat content of cooked ground beef by as much as 50%. Here's how –

1. Brown ground beef in skillet (without adding oil) until no longer pink, 8-10 minutes over medium heat.
2. Microwave 4 cups of water in glass measuring cup or microwavable bowl on HIGH 5-6 minutes or until very hot, but Not boiling.
3. Using a slotted spoon, remove crumbles from skillet to large plate/container lined with 3 layers of white, non-recycled paper towels. Let sit 1 minute; blot top with additional paper towels.
4. Place drained ground beef in strainer/colander; set over a sturdy 1 1/2 -2 quart sturdy bowl. Pour hot water over beef to rinse off remaining fat. Let drain 5 minutes. Proceed with recipe.

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Sumptuous Steak Stir-Fry

1 lb. beef Top Round steak, cut 1 inch thick
 1 cup broccoli florets
 1/2 cup fresh snow peas, trimmed
 1/2 cup frozen shelled edamame, defrosted
 1/4 cup water
 1/3 cup sesame-ginger stir-fry sauce
 3 cups hot cooked brown or white rice, prepared without salt or butter.

1 small yellow bell pepper, cut into thin strips
 2 medium carrots, sliced
 1 stalk celery, sliced
 2 cloves garlic, minced, divided
 Salt
 1/4-1/2 teaspoon crushed red pepper

Combine vegetables, half of garlic and water in large nonstick skillet, cover and cook over medium heat 3-5 minutes or until crisp-tender, adding additional water if pan becomes dry. Remove vegetables; keep warm.

- Meanwhile, cut beef steak lengthwise in half, then crosswise into 1/4 inch thick strips. Combine with remaining 1/2 garlic.
- Hat same skillet over medium-high heat until hot. Add half of beef mixture; stir-fry 1-2 minutes or until outside surface of beef is no longer pink. (Do not overcook) Remove from skillet; season with salt, as desired. Keep warm. Repeat with remaining mixture.
- Return all beef and vegetables to skillet. Add stir-fry sauce and crushed red pepper, as desired; cook and stir 1-2 minutes or until heated through. Serve over rice. Makes 4 servings.

Chuck Roast

1 (2-3 pound) Chuck Roast
 3 Carrots, chopped
 3 Potatoes, peeled and cubed
 1 Onion, chopped

1 Stalk Celery, chopped
 1 Cup Water
 1 Pack Dry Onion Soup Mix
 Salt, Pepper to taste

Preparation:

1. Season Roast with salt and pepper
2. Brown on all sides in large skillet; (Min. 4 minutes each side)
3. Place in crock pot.
4. Add soup mix, water, onion, potato, carrots and celery.
5. Cover and cook low for 8-10 hours.



Spanish Rice with Ground Beef

1 pound ground beef (thawed) • 1 small onion, chopped • 1 small bell pepper, chopped • 2 stalks of celery, chopped • 15-ounce can tomato sauce • 1/2 cup white rice, uncooked (not instant) • 1 cup water

1. Wash your hands; make sure your cooking area is clean.
2. Brown the ground beef in a skillet; drain the excess grease.
3. Add the onion, bell pepper and celery and cook them for 5 minutes.
4. Add the tomato sauce, rice and water.
5. Reduce the heat.
6. Cover and simmer it for about 30 minutes.

(makes 5 servings, 1 cup each) Source: Texas A & M University Extension

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Slow Cooker Beef Stew

2 lbs stew meat, cut into 1 inch cubes
 1/4 cup all purpose flour
 2 cups water
 1 garlic clove, finely chopped
 2 medium onions, chopped
 Add herbs as desired: bay leaf, basil, oregano, etc.

2 tsp. olive oil
 salt & pepper to taste
 2 tsp. beef bouillon - 2 cubes
 3 carrots, sliced
 1 celery stalk, sliced



1. Mix flour, salt, and pepper in a medium bowl, and pour over meat; stir to coat.
2. Heat oil in a large skillet. Add beef and brown.
3. Place meat in slow cooker.
4. Add remaining ingredients and stir to mix.
5. Cover and cook on LOW for 8-10 hours or HIGH for 4-6 hours
6. Stir stew thoroughly before serving. If using bay leaf, discard before serving.

Nutrition Facts per serving: Calories, 240; Calories from fat, 50; Total fat, 6g; Saturated fat, 2.5g; Trans fat, 0g; Cholesterol, 70mg; Sodium, 290mg; Total Carbohydrate, 22g; Fiber, 2g; Protein, 27g; Vitamin A, 100%; Vitamin C, 30%; Calcium, 4%; Iron, 20%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov> Montana State University Extension Service

Beef Fajita

1-1/2 teaspoon cumin
 2 lbs. lean beef strips
 1 large yellow pepper, sliced
 1-1/2 cups chopped lettuce
 1-1/2 cups low fat cheddar cheese, shredded

1-1/2 teaspoon chili powder
 1 large green pepper, sliced
 1 large onion, sliced
 1-1/2 cups salsa

vegetable oil spray
 1 large red pepper, sliced
 12 flour tortillas
 1-1/2 cups light sour cream



Mix spices together and set aside

- Spray a large skillet with non-stick spray, set temperature to medium high. When pan is hot, add beef strips, sprinkle with half the spices, cooking until brown. Set aside and keep warm.
- In another pan, sauté peppers and onion strips; sprinkle with remaining spices. Add to meat and blend together.
- Serve with flour tortillas. Top with sour cream, salsa, cheddar cheese and lettuce.

Source: Cornell Cooperative Extension of Schoharie County. Photo: Our State Magazine <http://www.ourstate.com/steak-fajitas/>

Round Steak Casserole

2 lb. round steak, cut 1/2 inch thick
 1 onion, thinly sliced
 1 can French-style green beans, drained
 1 lb can tomatoes (whole, peeled)

Garlic salt, salt, pepper
 3-4 potatoes, peeled and quartered (optional)
 1 (10 oz.) can tomato soup

Season round steak lightly with garlic salt, salt and pepper. Cut into serving pieces and place in large slow cooker with sliced onion, which has been separated into rings. Add potatoes and green beans. Top with tomato soup and tomatoes. Cover and cook on Low for 8 hours. Remove cover during last half-hour if too liquid. To cook in 2-quart crock pot, reduce ingredients slightly.

Source: University of Wisconsin - Extension

