

BEEF
RECIPES



TABLE OF CONTENTS

3	Beef and Vegetable Kebabs	6	Italian Soup with Roasted Italian Sausage
	Beef Enchiladas		Beef Lettuce Wraps
	Beef Lettuce Tacos		Meatballs and Zucchini Spaghetti
	Beef Stew		Mexican Lasagna
	Beef Wrap with Tomato and Avocado		Old-Fashioned Chili
	Beef Wrap with Tomato and Avocado		Pepper Steak
4	Black Bean and Beef Chili with Cilantro, Lime and Avocado Salsa		Pot Roast
	Black Bean, Steak and Avocado Salad	7	Reuben Meatloaf
	Blue Cheese Steak		Spice-Rubbed Flank Steak
	Cheesy Beef Bake		Steak Wraps
	Chipotle Chili		Stuffed Cabbage
	Eggplant Mexican Lasagna		Stuffed Peppers
5	Greek Meatballs		Tenderloin Steak with Salsa Verde
	Greek Stuffed Steak		
	Green Pea Soup		
	Grilled Marinated Sirloin with Salsa		
	Hearty Beef Chili		
	Herb and Lentil Salad with Bacon		

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
½ pounds mushrooms, stems removed
1 green bell pepper, sliced into 2-inch pieces
1 red bell pepper, sliced into 2-inch pieces

Marinate the 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
¾ oz. green chiles
½ TBSP garlic powder
8 oz. 95% lean beef
1 cup low-fat cottage cheese
1¾ 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 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 bell pepper
4-6 oz. 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, bell pepper; 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 spoonfuls in lettuce leaf and top with cheese (optional) and scallions and serve.

Beef Stew

(RR, SS, CC)

Serves 8

25 oz. beef stew meat, lean cut
1½ 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
2 pearl onions, 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, pearl onion, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, peppers, 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

(RR, SS, CC)

Serves 8

25 oz. beef stew meat, lean cut
1½ 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
2 pearl onions, 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, pearl onion, crushed tomatoes, rosemary, bay leaf and any low-GI vegetables that you'd like (carrots, peppers, 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 fiber tortilla
4-6 oz. 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 and Beef Chili with Cilantro, Lime and Avocado Salsa

(RR, SS, CC)

Serves 8

2 oz. lime juice
2 TBSP no-added-salt tomato paste
1 TBSP olive oil
1 lb 95% lean beef
1 ½ oz. ancho chili powder
1 ½ TBSP ground chili powder
1 diced chipotle chili pepper
1 tsp cilantro, finely chopped
2 cans black beans, drained and rinsed
1 can black beans, undrained
2 cups low-sodium beef broth

Drain and rinse two cans of black beans. Season with salt and pepper to taste. Let beans drain while you use a food processor to puree the third can of un-drained beans, tomatoes, chipotle chili pepper. Process about 2 minutes until smooth. In a heavy soup pot, heat 1-2 tsp olive oil and brown beef, breaking it into small pieces. Remove beef and set aside. Add 1-2 tsp more of oil to the pan and half of the onions (about 1 cup). Lower heat and cook onions until they're softened but not starting to brown. Add all the chili powders. Add broth, browned beef, pureed bean mixture, drained beans and tomato paste and simmer 30 minutes. While chili simmers, place avocado in plastic bowl with ½ cup lime juice. Mix the rest of the onions (about 1 cup) and half the cilantro (½ tsp) into the avocado/lime juice mixture. Just before serving, stir the other ½ tsp cilantro and ½ cup lime juice and cook 5 minutes. Serve hot with avocado salsa on top of each serving.

Black Bean, Steak and Avocado Salad

(RR, SS, CC)

Serves 1

1 tsp extra virgin olive oil
¼ avocado
Salt and pepper to taste
4 oz. 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.

Blue Cheese Steak

(RR, SS, CC)

Serves 1

2 TBSP lemon juice
5 oz. lean porterhouse beef 1/8 cup crumbled blue cheese

Grill steak to your liking. Just before steak is ready, heat cheese and fresh lemon juice together over low heat to make a sauce. Place on steak and serve.

Cheesy Beef Bake

(RR, SS, CC)

Serves 4

5 egg yolks
Dash salt and pepper
1 cup escarole
¼ cup red bell pepper, chopped
¼ cup broccoli, chopped
1 pound 95% ground beef
4 oz. low-fat cheddar cheese

Preheat oven to 350 degrees and coat bottom of 8x11 baking dish with cooking spray. Mix the pepper, escarole and broccoli with the ground beef in the baking dish and evenly distribute. Sprinkle cheese in the mixture. In a separate bowl, scramble the eggs, adding salt and pepper to taste. Pour eggs over the beef mix. Bake 20 minutes, then let sit for 5 minutes before serving.

Chipotle Chili

(SS, CC)

Serves 8

1 onion, chopped
1 cup canned chipotle minced in adobo sauce
1 pound 95% lean ground beef
4 tsp chili powder
2 TBSP cumin
1 TBSP extra virgin olive oil
3 cups red kidney beans
1 cup canned diced tomatoes
2 garlic cloves, minced

Heat oil in a Dutch oven over medium-high heat. Add onions, and garlic and cook 4 minutes, stirring occasionally or until onion is softened. Add the cumin, chili powder, chipotle and beef and cook 5 minutes, stirring to break up the beef. Add tomatoes and beans, cook until thick for about 15 minutes.

Eggplant Mexican Lasagna

(SS, CC)

Serves 8

8 oz. reduced-fat ricotta cheese
¼ cup liquid egg substitute
1 pound 95% lean ground beef (may substitute with ground chicken or turkey)
7oz canned tomatoes
2 TBSP tomato paste
½ cup chopped hot chili peppers
1 TBSP chili powder
1 eggplant, peeled and sliced
2 ½ cup cheddar cheese
1 can black beans, rinsed and drained

Combine ricotta and egg substitute in a small bowl and stir to mix well. Put the ground beef in a large skillet over medium heat and cook, stirring to crumble until meat is cooked through. Add tomatoes, paste, chilis, chili powder and beans and stir to mix. Cook uncovered stirring frequently for 10 minutes. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half of the eggplant. Spread half of the mixture over the eggplant and dot with half of the ricotta mix, then top with half of the cheddar cheese. Repeat. Cover with foil and bake at 350 degrees for 25 minutes. Remove the foil and bake 5 minutes or until cheese is melted. Remove from the oven and let sit 10 minutes before serving.

Greek Meatballs

(Detox, FS, RR, SS, CC)

Serves 6

1 oz. Penzeys Greek seasoning
¼ tsp pepper
¼ tsp salt
4 tsp red wine vinegar
1 tsp oregano
1 TBSP olive oil
1 egg
½ cup feta cheese, crumbled
2 cloves of garlic
1 lb 95% ground beef

Preheat oven to 400 degrees. Combine all ingredients in a bowl and use your hands to mix the ingredients. Lightly oil a 9x13 baking dish. Shape meat into 1-oz. meatballs and place on baking sheet. Bake 20 minutes. You will see liquid oozing out. Turn meatballs and bake 10 minutes. Turn again and bake 5-10 more minutes. Cook until meatballs are browned and well-done.

Greek Stuffed Steak

Serves 8

1 tsp oregano
12 cups water
2 ½ cup beef broth
1/3 cup chopped red onion
1/3 cup pickled pepperoncini pepper
¼ TBSP salt
1 ½ pounds flank steak
¼ tsp garlic powder
10 cups frozen spinach

Combine spinach, onions, peppers, garlic powder and salt in a bowl and set aside. Cut steak horizontally through the center of steak cutting to, but not through, the other side. Place steak between 2 sheets heavy duty plastic wrap. Flatten to an even thickness, using a meat mallet. Spread spinach mix over steak, leaving a 1-inch margin around outside edges. Roll steak up, starting at short side. Secure at 2 inch intervals with heavy string. Coat a large Dutch oven with cooking spray and place over medium-high heat until hot. Add steak, browning well on all sides. Add broth, water and oregano to pan and bring to boil. Cover and reduce heat to simmer for 90 minutes or until tender, turning meat once. Add additional water during cooking if necessary. Remove string and cut into 8 slices. Serve with cooking liquid.

Green Pea 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 the chicken broth, peas, mint and parsley. Bring to a boil then reduce to a simmer for 8 minutes. Remove from the heat, allow to cool then puree in a blender or food processor. Put the 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
1 ½ pound 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.

Hearty Beef Chili

(SS, CC)

Serves 9

1 ½ pounds chuck roast beef, trimmed
1 tsp oregano
2 large onions
10 oz. can diced tomatoes with green chilies
2 cups green pepper, chopped
2 oz. low-sodium tomato juice
1 TBSP chipotle chili pepper, ground
1 tsp cumin
1 1/3 cup kidney beans

Cut beef into ½ inch cubes. Combine all ingredients into a 6-quart slow cooker. Cover and cook on low heat for 9-10 hours or high heat 4.5-5 hours.

Herb and Lentil Salad with Bacon

(SS, CC)

Serves 1

2 oz. Canadian bacon
¼ TBSP balsamic vinegar
¼ cherry tomatoes
1 ½ cups lentils
1 TBSP basil
½ clove garlic
1 scallion, sliced
Arugula salad greens

Drain and rinse green lentils. Spray nonstick pan with oil, add garlic and scallions and sauté for 2 minutes. Stir in lentils, vinegar, basil and tomatoes and set aside. Broil bacon until crisp, place on top of salad and serve.

Italian Soup with Roasted Italian Sausage

(SS, CC)

Serves 6

2 TBSP tomato paste
1 canned diced tomatoes
1 cup lentils
2 TBSP basil
2 TBSP ground fennel
1 TBSP garlic clove
1 tsp oregano
2 TBSP olive oil
1 onion, chopped
4 cups low-sodium chicken broth
2 cups chick peas
5 Italian sausages (may use chicken sausages)

Preheat oven to 400 degrees and lightly grease a roasting pan with olive oil. Place turkey sausages on pan and roast for 40 minutes, until skins are slightly hardened and brown. When sausage has cooled, cut in half lengthwise and then slice. While the sausage roasts, heat olive oil in a heavy soup pan and sauté onions about 5 minutes until softened and barely starting to color. Add oregano, fennel and garlic and sauté 2-3 minutes. Add diced tomatoes with liquid, chicken broth, tomato paste, beans and lentils. Simmer 40-60 minutes, until lentils are softened and slightly breaking apart. Add sausage to soup. Deglaze roasting pan with a cup of water, scraping off all browned bits on bottom of pan and add to soup. Simmer 30 minutes. Stir in basil and cook for 2 minutes.

Beef Lettuce Wraps

Serves 1

4 oz. beef tenderloin, grilled and cut into strips
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. 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.

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, spiralized
2 pounds ground beef, 95% lean
1/8 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, spiralize 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.

Mexican Lasagna

(SS, CC)

Serves 12

8 oz. fat free ricotta cheese
¼ cup liquid egg substitute
1 pound lean ground beef
2 TBSP no-added-salt tomato paste
½ cup hot chili peppers
1 TBSP chili powder
10 corn tortillas
2½ cups low-fat cheddar cheese
1 cup canned diced tomatoes

Combine the ricotta and egg in a small bowl and stir to mix well. Put the ground beef in a large skillet over medium heat and cook until meat is no longer pink. Add tomatoes, paste, beans, chilies and chili powder and stir to mix well. Cook uncovered stirring frequently, about 10 minutes, or until thick. Coat a 9x13 pan with cooking spray and line the bottom of the pan with half the tortillas. Spread half the meat mixture over the tortilla and dot with half the ricotta mixture; then top with cheddar cheese. Repeat, adding a layer on top. Cover with foil and bake at 250 degrees for 25 minutes. Remove foil and bake for 5 more minutes. Let sit for 10 minutes before serving.

Old-Fashioned Chili

(RR, SS, CC)

Serves 6

1 pound 95% lean ground beef
2 TBSP onion powder
2 TBSP ground chili powder
¾ cup chopped white onion
¼ tsp pepper
Salt to taste
2 cups red kidney beans
2 cups no-added-salt tomato sauce

In a large skillet, brown beef (can substitute ground chicken or turkey) and add the onion and drain excess oil. In a large saucepan, combine beef, onion, sauce, kidney beans, onion powder, chili powder, salt and pepper to taste. Simmer for 45 minutes to 1 hour. Can also use a slow cooker.

Pepper Steak

(RR, SS, CC)

Serves 1

½ each yellow and red bell pepper
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, peppers and cook for until tender and serve.

Pot Roast

Serves 8

3 pounds chuck roast beef, trimmed
1/3 tsp white wine vinegar
4 cups water
3 beef bouillon cubes
1 TBSP salt
1 ¼ tsp pepper
2 TBSP olive oil
½ cup chopped onions

Heat oil in large pot and add beef, browning on all sides. Place in a slow cooker or large pot with lid. Add onion, pepper, salt. Combine water, vinegar and stir. Pour over beef. Add bouillon cubes. Cook low 8-10 hours or 4-6 hours on high

Reuben Meatloaf

Serves 8

1 cup sauerkraut
1 garlic clove
2 TBSP parsley
1 tsp horseradish
½ cup liquid egg substitute
2½ cups old fashioned oats
¾ oz. turkey pastrami
1 pound ground turkey
1¾ cups canned tomatoes
½ tsp caraway seeds
1 slice low-fat Swiss cheese, cut into slices
1 cup grated Swiss cheese

In a food processor, combine sauerkraut, caraway seeds and grated cheese. Combine remaining ingredients except horseradish and sliced cheese in food processor and make a paste. On wax paper, pat mixture into a rectangle (15x12"). Press sauerkraut mix into meat mixture, within 1 inch of the edge. With the aid of the wax paper, roll meat tightly, jellyroll-like, starting at short edge. Seal seams and ends. Using wax paper, place loaf seam side down in a 2-quart shallow glass dish (12x 8x2). Cover with wax paper. Cook in microwave for 15 minutes. If microwave doesn't have turn table, turn ¼ every 4 minutes. Spoon 1 tsp horseradish over loaf and cook uncovered for 3 minutes. Arrange cheese slices, cut into triangles, over the top loaf, overlapping slightly. Cook 1 minute or until cheese melts. Let stand 5 minutes.

Spice-Rubbed Flank Steak

(RR, SS, CC)

Serves 4

½ tsp cayenne pepper
½ tsp thyme
½ tsp cinnamon
1 pound flank steak
½ tsp garlic powder
1 TBSP cumin
½ tsp salt

Preheat broiler and coat broiler pan with cooking spray. Combine all ingredients except steak in a bowl; rub mixture over steak. Broil 6-7 minutes per side, or until cooked. Let sit 5 minutes before cutting diagonally across the grain into thick strips.

Steak Wraps

(SS, CC)

Serves 1

4 oz. sirloin steak
¼ cup Pico de Gallo
½ cherry tomatoes
½ cup shredded lettuce
1 whole wheat, high fiber tortilla

Grill steak to your liking. Place all ingredients in the tortilla, then add Pico de Gallo and wrap up. May substitute lettuce wraps for tortilla.

Stuffed Cabbage

(SS, CC)

Serves 5

4 oz. white beans
2 egg whites
1 cup vegetable broth
4 cups tomato soup
½ pound ground turkey
½ pound 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. Cover and bring to a boil. 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.

Stuffed Peppers

(RR, SS, CC)

Serves 8

2 lbs lean ground beef
4 green bell peppers
1 onion
4 garlic cloves
9 oz. broccoli
6 oz. tomato paste
1 TBSP oregano
1 TBSP basil
4 portabella mushrooms
Salt and pepper to taste

Cut the tops of the peppers and clean out the seeds. Arrange peppers in a slow cooker, standing up and making sure they fit securely. Combine onion, garlic, mushrooms and broccoli in food processor. Combine beef, processed vegetables, seasonings and tomato paste. Stuff mixture into the peppers. Add water, cover and cook on low 8-10 hours.

Tenderloin Steak with Salsa Verde

(RR, SS, CC)

Serves 1

1 TBSP lemon juice
2 TBSP chopped parsley
1 TBSP chopped mint
¼ garlic clove
2 TBSP olive oil
¼ cup cucumber
½ tsp red wine vinegar
1 tsp Dijon mustard
¼ tsp black pepper
5 oz. beef tenderloin
1 TBSP basil
1 TBSP capers

Place mint, parsley, basil, capers and garlic in a bowl and whisk in the vinegar, lemon juice, mustard, 1 tsp olive oil and 2 TBSP cold water. Season with pepper and set aside at room temperature, covered in plastic wrap. Heat a heavy frying pan or rigged grill pan. Brush steak with 1 tsp oil and cook 2-3 minutes on each side, depending on how rare you like your steak. Set steak aside for 5 minutes before serving and serve with salsa verde.