

TASTES OF THE PIAA

R E C I P E B O O K



PRESENTED BY

BEEF IT'S WHAT'S FOR DINNER.® Funded by Beef Farmers and Ranchers	PREFERRED
	PROTEIN
	— OF THE —

SIMPLE BEEF AND BEER CHILI

35 minutes | Makes 4 servings



INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 medium green or red bell pepper, chopped
- 1 can (15 ounces) reduced-sodium or regular black beans, rinsed, drained
- 1 can (14-1/2 ounce) diced tomatoes with green chilies
- 1 bottle (12 ounces) light beer or 1-1/2 cups reduced-sodium beef broth
- 1 packet (1-1/4 ounces) reduced-sodium or regular chili seasoning mix

OPTIONALS TOPPINGS

Sliced cherry tomatoes, sliced green onions, sliced Serrano or jalapeño peppers, chopped onions, lime wedges and tortilla chips.

DIRECTIONS

- 1** Heat large nonstick skillet over medium heat until hot. Add Ground Beef and bell pepper; cook 8 to 10 minutes, breaking beef into 3/4-inch crumbles and stirring occasionally.
- 2** Stir in beans, tomatoes, beer and chili seasoning. Bring to a boil. Reduce heat; cover and simmer 20 minutes to blend flavors, stirring occasionally. Serve with toppings, as desired.

EASY ROAST BEEF POTLUCK ROLLS

35 minutes | Makes 12 servings



INGREDIENTS

- 1 pound thinly sliced reduced-sodium deli roast beef
- 1 package Hawaiian rolls (12 count)
- 1/4 cup cream-style prepared horseradish
- 6 slices reduced-fat provolone cheese
- 1/3 cup butter, melted
- 2 tablespoons Worcestershire sauce
- 1 tablespoon dried parsley leaves
- 2 teaspoons packed light brown sugar
- 1/4 teaspoon onion powder

DIRECTIONS

- 1** Preheat oven to 350°F. Coat 9 x 13-inch baking dish with cooking spray. Cut rolls in half, horizontally. Place bottom half in prepared baking dish; spread horseradish on cut side. Top with Deli Roast Beef and cheese. Close sandwiches. Using a paring knife, cut into 12 sandwiches.
- 2** Combine butter, Worcestershire sauce, parsley, sugar and onion powder in small bowl; mix to combine. Pour butter mixture evenly over prepared sandwiches. Cover and refrigerate 1 hour to overnight.
- 3** Bake sandwiches, uncovered, in 350°F oven 15 to 20 minutes or until cheese is melted and rolls are golden brown.

CHEF'S TIP

You may substitute Dijon mustard for prepared horseradish.

NACHO BEEF DIP

25 minutes | Makes 12 servings



INGREDIENTS

- 1 pound Ground Beef (93% lean or leaner)
- 1 jar (15 to 16 ounces) cheese dip with salsa (salsa con queso) or other cheese dip
- 1/2 cup thick-and-chunky mild or medium salsa

OPTIONALS TOPPINGS

Blue, yellow and/or white corn tortilla chips, Diced red bell pepper, thinly sliced green onions, sliced ripe olives.

DIRECTIONS

- 1** Heat nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 3/4-inch crumbles and stirring occasionally. Add cheese dip and salsa; cook and stir about 3 minutes or until mixture is heated through.
- 2** Pour beef mixture into shallow serving dish. Serve with tortilla chips for dipping. Garnish with toppings, if desired.

TINY TACO BEEF TARTS

30 minutes | Makes 30 servings



INGREDIENTS

- 12 ounces Ground Beef (93% lean or leaner)
- 1/2 cup chopped onion
- 1 teaspoon minced garlic
- 1/2 cup prepared mild or medium taco sauce
- 1/2 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 packages (2.1 ounces each) frozen mini phyllo shells (30 shells total)
- 1/2 cup shredded reduced fat Mexican cheese blend

OPTIONALS TOPPINGS

Shredded lettuce, sliced grape or cherry tomatoes, guacamole, lowfat dairy sour cream, sliced ripe olives.

DIRECTIONS

- 1** Heat oven to 350°F. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, onion and garlic in large nonstick skillet over medium heat 8 to 10 minutes, breaking up beef into small crumbles and stirring occasionally. Add taco sauce, cumin, salt and pepper; cook and stir 1 to 2 minutes or until mixture is heated through.
- 2** Place phyllo shells on rimmed baking sheet. Spoon beef mixture evenly into shells. Top evenly with cheese. Bake 9 to 10 minutes or until shells are crisp and cheese is melted.
- 3** Top tarts with lettuce, tomatoes, guacamole, sour cream, and olives, as desired.

PHILLY BEEF CHEESESTEAK SANDWICHES

30 minutes | Makes 4 servings



INGREDIENTS

- 1 beef Top Sirloin Steak Boneless,
- 3/4 inch thick (about 1 pound)
- 1 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 teaspoons olive oil, divided
- 1 medium onion, thinly sliced (about 2 cups)
- 1 medium green bell pepper, thinly sliced (about 2 cups)
- 4 whole-grain or whole wheat hoagie rolls, split, toasted
- 6 thin slices reduced-fat provolone cheese

DIRECTIONS

- 1** Cut beef Top Sirloin Steak lengthwise in half, then crosswise into 1/8-inch thick strips. Season beef with garlic powder and pepper. Set aside.
- 2** Heat 1 teaspoon oil in large nonstick skillet over medium-high heat until hot. Add onion and pepper; stir-fry 30 seconds to 1 minute. Remove from skillet; keep warm.
- 3** Heat 1/2 teaspoon oil in same skillet until hot. Add half of beef; stir-fry 2 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining 1/2 teaspoon oil and remaining beef.
- 4** Return beef and vegetables to skillet; cook and stir until heated through. Season with salt and pepper, as desired. Top beef with cheese slices. Heat, covered, 1 to 2 minutes or until cheese is melted; stir gently to mix. Place beef mixture on bottom half of rolls. Close sandwiches.

SPICY CHEESEBURGER SLIDER

35 minutes | Makes 8 servings



INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 8 Hawaiian slider buns, split, divided
- 1/4 cup dry bread crumbs
- 1 clove garlic, minced
- 1/2 teaspoon ground chipotle chili powder
- 2 slices pepper jack cheese, cut in quarters
- 1/4 cup Fresh Classic Dill Pickle Chips

OPTIONALS TOPPINGS

Barbecue sauce, lettuce, tomato slices.

DIRECTIONS

- 1** Combine Ground Beef, bread crumbs, garlic and chili powder in medium bowl, mixing lightly but thoroughly. Lightly shape into eight 1/2-inch thick mini patties.
- 2** Place patties on grill over medium, ash-covered coals. Grill, covered, 8 to 9 minutes (over medium heat on preheated gas grill, 9 to 10 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally. Evenly top with cheese during last minute of grilling.
- 3** Place burgers on bottoms of buns. Top with pickles and desired Toppings. Close sandwiches.

BEEF AND COUSCOUS STUFFED BABY BELL PEPPERS

75 minutes | Makes 30 servings



INGREDIENTS

- 1 pound Ground Beef
- 15 baby sweet bell peppers (about 2-1/2 to 3 inches long, about 1-1/4 pounds)
- 2/3 cup regular or spicy 100% vegetable juice
- 1/2 cup frozen chopped spinach, thawed, squeezed dry
- 1/4 cup uncooked whole wheat or regular couscous
- 2 teaspoons minced garlic
- 1/2 teaspoon dried oregano leaves
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup reduced-fat shredded parmesan, monterey jack, white cheddar or Italian-blend cheese

DIRECTIONS

- 1** Heat oven to 400°F. Cut bell peppers in half lengthwise; remove seeds and membranes, but not stem. Place peppers, cut-sides up, on two shallow-rimmed baking sheets. (Five medium bell peppers (any color), cut lengthwise into sixths may be substituted for mini peppers. Continue as directed in step 2.)
- 2** Combine Ground Beef, vegetable juice, spinach, couscous, garlic, oregano, salt and black pepper in large bowl, mixing lightly but thoroughly. Spoon beef mixture evenly into peppers. Sprinkle with cheese.
- 3** Bake, uncovered, in 400°F oven 25 to 30 minutes or until instant-read thermometer inserted into center of pepper registers 160°F and peppers begin to brown. Let stand 5 minutes before serving.

DETERMINING DONENESS

All you need to know for the perfect beef doneness



GROUND BEEF

Ground Beef should be cooked to a safe and savory 160°F. Color is not a reliable indicator of Ground Beef doneness. Due to the natural nitrate content of certain ingredients often used in meatloaf, such as onions, celery and bell peppers, meatloaf may remain pink even when a 160 degree Fahrenheit internal temperature has been reached.

Insert an instant-read thermometer into the center of thickest part of a meatloaf or meatball, or horizontally from the side into the center of hamburger patties for an accurate reading.

STEAKS & ROASTS

Insert an ovenproof meat thermometer prior to roasting into the thickest part of the roast, not resting in fat or touching bone. Leave the thermometer in throughout the cooking process.

For roasts, and also steaks 1/2 inch or thicker, instead insert an instant-read thermometer toward end of cooking time (as described above) for about 15 seconds to get an accurate reading.

If necessary, remove thermometer and continue cooking until the roast reaches the temperature. Temperature will continue to rise 5°F to 15°F after removing from oven, to reach desired doneness. Allow 15 to 20 minutes standing time.

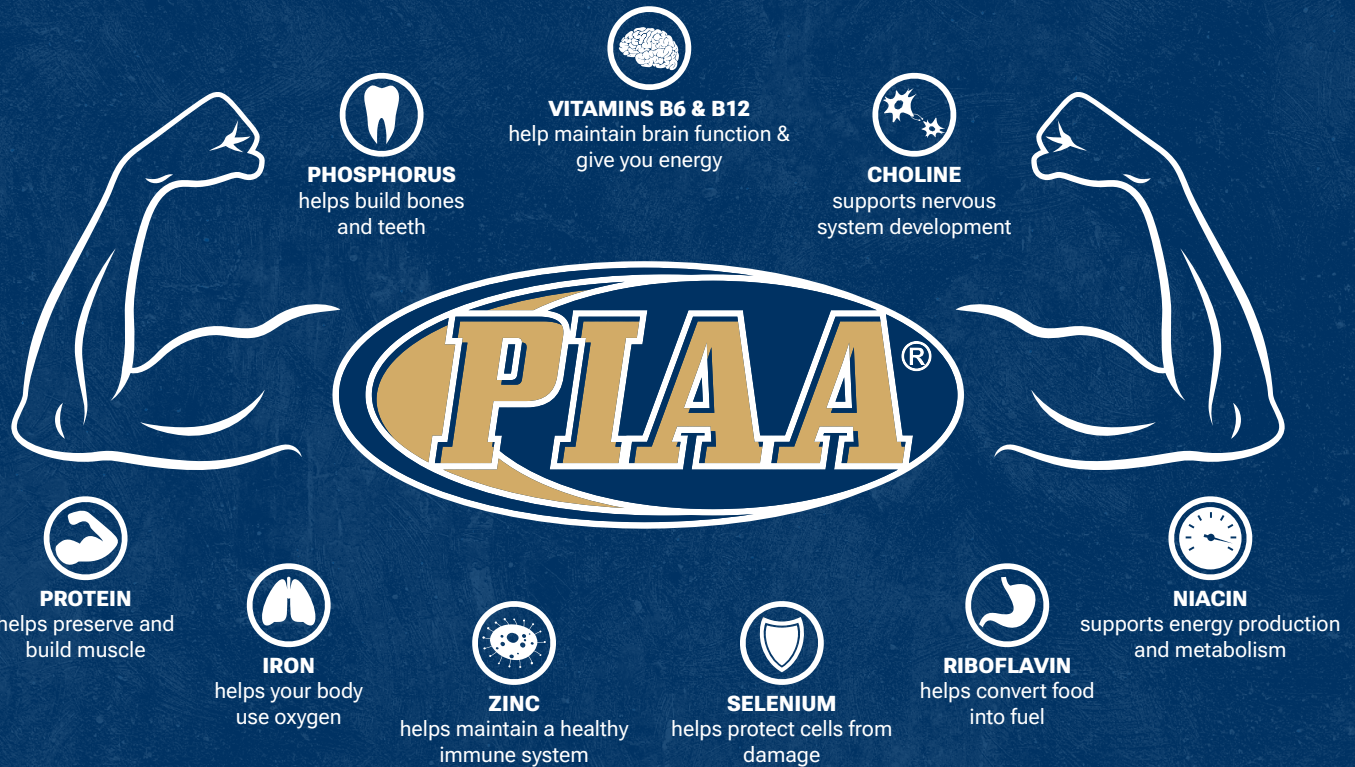
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BIG NUTRITION. SMALL PACKAGE.

When it comes to beef and your health, you can rest easy knowing that along with being delicious, beef contains important nutrients that your body needs. In just one 3 oz. cooked serving, you're getting 10 essential nutrients, including about half your Daily Value for protein

BEEF'S TOP 10

Beef gives you the nutrients your body needs and the taste you love!
See how beef's essential nutrients work to keep your body going.



DID YOU KNOW?

- Don't be left unsatisfied. On average a 3-oz serving of beef provides half (25 g) of the Daily Value for protein¹, which is one of the most satisfying nutrients.
- Get your workout in! Exercise is more effective when paired with a higher-protein diet².



For recipes and more, visit NortheastBeef.org

EXPLORE NUTRITION

DELICIOUS TAKEAWAYS

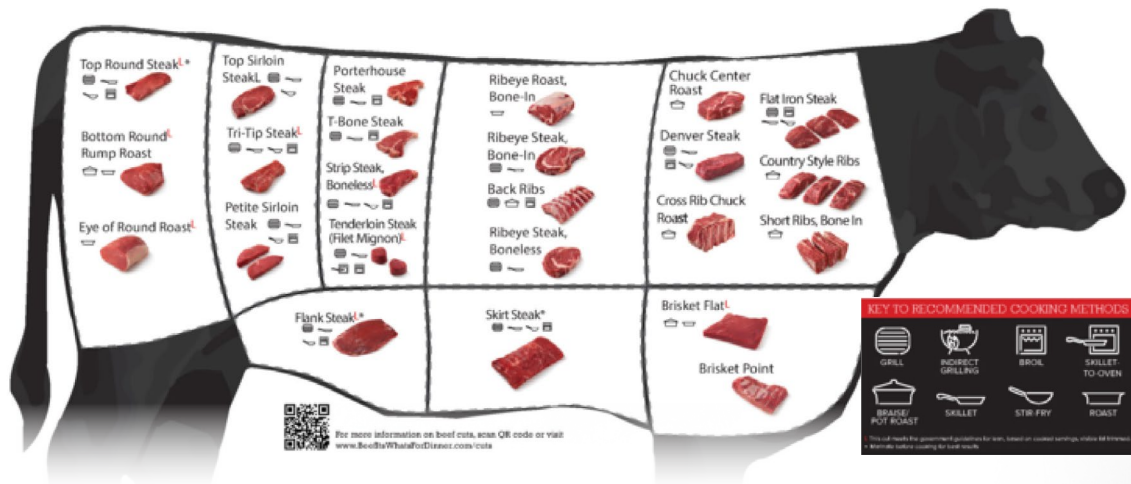
You can feel good knowing that beef is providing so much of what your body needs to perform at its best. And even more good news is how deliciously beef pairs with fruits, vegetables and whole grains—making it even easier to enjoy a balanced diet.

DID YOU KNOW?

Beef is a versatile source of protein that can fit within various eating patterns including:

- Gluten Free
- Diabetes Friendly
- Mediterranean-Style Diet
- Heart-Healthy
- Low-Carb
- Plant-Forward

FIND RECIPES



THE PERFECT CUT

Whether you're looking for a lean cut for a weeknight family dinner or a large, tender cut for your holiday roast, choose the perfect cut next time you're at the meat case.

LEARN MORE

TASTES OF THE PIAA RECIPE BOOK

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