

Home on the Range

Beef — It's What's For Dinner

Today's beef is a nutritional bargain. This means it has significant amounts of several important nutrients compared to the calories it contains. Beef provides nutrients that are essential for good health such as iron, zinc, protein, and five of the B-complex vitamins, including thiamine, niacin, riboflavin, B-6, and B-12.

Health professionals say it's important to eat a variety of foods to get these and other needed nutrients and at the same time not consume too many calories, too much fat, cholesterol, sugar, and sodium.

The average 3-ounce cooked, trimmed serving of beef contains about 8.4 grams of fat. To visualize, a 3-ounce serving is about the size of a deck of cards or the palm of an average-size woman's hand.

For less fat, look for lean cuts of beef such as those with loin or round in the name. Trim fat before cutting beef into strips or cubes for stir-fry or kabobs. Use low-fat cooking methods.

A great cookbook for beef lovers is available from the Beef Council. The featured recipe on this page includes details on how to obtain a copy of the cookbook. It's a great source for cooking great tasting, healthful meals for every occasion.

Of course, our readers have favorites to that you'll want to make sure to try.

MEXICALI BARBECUED STEAKS

Total preparation and cooking time: 20 minutes

4 boneless beef top loin or rib eye steaks, cut 1 inch thick
Glaze: 1/2 cup mild or medium prepared salsa
1/4 cup ketchup

2 tablespoons packed brown sugar
1 tablespoon Dijon-style mustard

1. In small bowl, combine glaze ingredients; mix until blended. Reserve 1/2 cup.

2. Place beef steaks on grid over medium coals. Grill 12 to 16 minutes for medium-rare to medium doneness, turning once. Brush both sides of steaks with remaining glaze during last 4 to 5 minutes of grilling time.

3. Trim fat from steaks. Carve steaks crosswise into thick slices. Serve with reserved glaze.

Makes 4 servings.

DELICIOUS SWISS STEAK

Steak (amount required for meal)

1/2 cup flour
1 tablespoon dry mustard
2 teaspoons salt
3 carrots, diced
3-4 potatoes, diced
1 1/2 cups canned tomatoes
Chopped onion, to taste
1 tablespoon cooking sherry

Mix together mustard, flour, and salt. Pound dry mixture into steak, covering both sides. Brown on both sides. Place steak and drippings in roasting pan. Cover with diced potatoes, carrots, and onion. Spread tomatoes on top, covering all the other vegetables. Sprinkle sherry over all. Dash of additional salt. Cover pan tightly with aluminum foil. Bake at 375 degrees for 2 hours or until steak is tender.

My brother and I along with our parents own and operate Mountain Springs farm in RD Aaronsburg (Centre County). We raise Angus beef cattle, Simmental beef cattle and Angus/Simmental cross. This recipe is one of our favorites. No matter how large the amount I make, there is never any leftovers.

Robin Warntz
Aaronsburg

MUFFIN TIN MEATLOAVES & QUICK PARMESAN MASHED POTATOES

Total preparation and cooking time: 30 minutes

1-1/2 pounds lean ground beef
1-1/2 cups shredded zucchini
1 cup soft bread crumbs
1 egg, slightly beaten
1 teaspoon dried Italian seasoning
1/2 teaspoon salt
1/4 cup ketchup

1. Heat oven to 400°. In a large bowl, combine all ingredients except ketchup, mixing lightly but thoroughly. Place approximately 1/3 cup beef mixture into each of 12 medium muffin cups, pressing lightly; spread ketchup over tops.

2. Bake in 400° oven 20 minutes or until no longer pink and juices run clear.

3. Meanwhile prepare Quick Parmesan Mashed Potatoes. Remove meatloaves from pan; serve with potatoes.



Two easy steps make Savory Beef Stew with Roasted Vegetables a delicious, time-saving choice for Saturday night supper with friends.

LEMON PEPPER BEEF STEAK & POTATO WEDGES

Total preparation and cooking time: 30 minutes

1-1/2-pound boneless beef top sirloin steak, cut 1-1/4 inches thick

Steak Seasoning:

3 large cloves garlic, crushed
2 teaspoons dried oregano leaves
1/2 teaspoon lemon pepper

Potato Wedges:

1 tablespoon olive oil
1/2 teaspoon lemon pepper
3 all-purpose potatoes, each cut into 6 lengthwise wedges

1. Combine steak seasoning ingredients; press into both sides of beef steak.

2. In medium bowl, combine oil and 1/2 teaspoon lemon pepper. Add potatoes; toss to coat.

3. Place steak on one side of rack in broiler pan so surface of meat is 3 to 4 inches from heat; arrange potatoes on the other side. Broil 18 to 21 minutes until steak is medium-rare to medium doneness and potatoes are tender, turning steak and potato wedges once.

4. Trim fat from steak. Carve steak crosswise into slices; serve with potatoes.

Makes 6 servings (serving size: 1/6 of recipe).

Nutritional information per serving: 233 calories; 27 g protein; 9 g fat; 11 g carbohydrate; 3.7 mg iron; 117 mg sodium; 76 mg cholesterol. (Complete nutritional information available upon request.)

Featured Recipe

The cookbook, "Skinny Beef," has more than 100 delicious, streamlined recipes for preparing beef recipes. Most of the recipes can be prepared and served in 30 minutes or less — all guaranteed delicious.

This 208-page cookbook is created with up-to-date nutrition guidelines to show how today's leaner beef fits into a healthy lifestyle. Every recipe provides nutrition information, including calories, fat, protein, carbohydrate, cholesterol, and sodium. Color photographs beautifully illustrate many of the recipes.

The Beef Council is offering the cookbook to our readers for the reduced rate of \$7, which includes shipping and handling. To order, send your check with your complete address to Pennsylvania Beef Council, 4714 Orchard St., Harrisburg, PA 17109.

Here is a recipe from the cookbook.

HONEY-MUSTARD GLAZED STEAKS WITH GRILLED ONIONS

Seasoned honey-mustard glaze is delicious on both the steak and onions, especially mingled with the subtle smokey flavor imparted by grilling. Serve with mixed green salad.

Total preparation and cooking time: 30 minutes

4 boneless beef top loin steaks, cut 1-inch thick
2 large onions, cut into 1/2-inch thick pieces

Honey-Mustard Glaze

1/2 cup honey mustard
2 tablespoons water
1 tablespoon fresh rosemary, snipped or 1 teaspoon dried rosemary, crushed

1 tablespoons white wine vinegar
1 large clove garlic, crushed

1 teaspoon grated fresh ginger
1/2 teaspoon coarse grind black pepper

1. In small bowl, combine glaze ingredients; mix well.
2. Place beef steaks and onions on grid over medium coals. Generously brush both sides of steaks and onions with glaze. Grill 9 to 12 minutes until steaks are rare to medium doneness and onions are tender, turning once.

3. Trim fat from steaks. Carve steaks crosswise into thick slices; serve with grilled onions.

Makes 8 servings (serving size: 1/8 of recipe)

Nutritional Information Per Serving

Calories: 203; Fat, 9 g; Protein 25 g; carbohydrate 5 g; Cholesterol 65 mg; sodium .185 mg.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

February 4- Heart-Healthy Recipes
11- Valentine Desserts
18- Cherry Recipes
25- Potato Lover's Month