



Beef Revives Tired Menus And Bodies

Always feel tired at the end of the day?

Perhaps it's time to jump-start your meals with ZIP — Zinc, Iron, and Protein, that is.

These three essential nutrients give energy to get you through the day and help your body function properly.

One of the most concentrated sources of ZIP is beef.

In addition to tasting great, beef is a nutrition powerhouse that loaded with B-vitamins, zinc, iron, and protein.

Zinc boosts your immune system, which keeps you running strong, by reducing your susceptibility to colds, flu, and infection.

Iron give you energy. Your body needs iron to carry oxygen to cells and to fuel your muscles. Adults who don't get enough iron may tire easily and feel weak—two common symptoms of iron deficiency.

Protein gives you stamina by building and maintaining strong muscles. You need a constant supply of protein to repair body cells and regulate body processes. And protein can also act as an alternate, supplying energy when you're low on carbohydrates and fat.

Beef is considered a complete protein because it contains all the essential amino acids your body needs. Beef also contains iron that your body absorbs more easily than iron from plant sources.

A common misconception is that beef is high in fat, yet today's beef has less fat than ever before. In addition to raising leaner animals, beef sold in supermarkets have 27 percent less trimmable fat than in previous decades.

More than 10 years of research confirm lean beef is interchangeable with lean chicken and fish with regard to its influence on blood cholesterol levels.

The leanest cuts of red meat have loin or round in the name such as round tip, sirloin, and tenderloin.

While beef is often a menu favorite, the drawback is that many beef recipes take longer to cook. To help with hectic time restraints, you can now buy fully-cooked heat-and-serve beef products. These products taste great just heated and served according to package directions, but they, along with the deli beef, can also be the jump-start many other delicious, fast beef dishes.

For example, prepare heat-and-serve beef pot roast according to package directions or shred and make into Beef and Black Bean Burritos.

Another method to save time

with beef preparation is to prepare a larger amount needed for the meal and save the leftovers and broth to make beef burgundy or beef stir fry. Meatballs is another item that can easily be prepared ahead of time and frozen for use on days when your dinner preparation time is limited.

Try these beef favorites from the Pennsylvania Beef Council and the National Cattlemen's Beef Association.

STUFFED PEPPERS

4 medium green, red or yellow bell peppers

Filling:

1 pound lean ground beef
 3/4 cup chopped onion
 1/4 cup uncooked white rice
 3 tablespoons ketchup
 1/2 teaspoon dried oregano leaves

Sauce:

1 1/2-ounce can Italian-style stewed tomatoes, undrained
 1 tablespoon ketchup
 1/2 teaspoon dried oregano leaves

Heat oven to 350 degree oven. Cut tops off bell peppers; remove seeds. In large bowl, combine filling ingredients, 1/2 teaspoon salt and 1/4 teaspoon pepper, mixing lightly but thoroughly. Spoon equal amount of filling into each pepper. Place in 8x8-inch baking dish.

Combine sauce ingredients; pour over peppers. Cover dish tightly with foil. Bake 1 1/2 hours. 4 servings.

CANNED CHILI

5 pounds ground beef
 2 cups chopped onions
 1 clove garlic, minced
 6 cups cooked or canned tomatoes and juice

1/2 cup chili powder
 1 1/2 tablespoons salt
 1 hot red pepper, finely chopped
 1 teaspoon cumin seed

Brown meat, add onions and garlic and cook slowly until tender. Add remaining ingredients and simmer 20 minutes. If meat is fat, skim off excess before canning. Pour hot into hot jars, leaving about one-inch headspace.

Adjust caps. Process pints one hour and 15 minutes; quarts 1 1/2 hours at 10 pounds pressure. Yields about 3 quarts.

To serve: add cooked or canned pinto or kidney beans, heat and serve.

Note: When cutting hot pepper or seeding, use rubber gloves to prevent burning hands.

M. Martin

CRESCENT-TOPPED BEEF POT PIE

1 boneless beef top sirloin steak, 3/4 -inch (approximately 1 pound)
 Vegetable cooking spray
 16-ounces frozen potato, green bean, onion and red pepper mixture

1/2 teaspoon dried thyme leaves
 12-ounce jar mushroom gravy
 8-ounce can refrigerated crescent dinner rolls

Heat oven to 375 degrees. Cut beef steak lengthwise into 2 or 3 strips and then crosswise into 1/2 -inch thick slices. Spray 10-inch ovenproof skillet with cooking spray; heat over medium-high heat until hot. Add beef (half at a time) and stir-fry one minute. Remove from skillet; season with 1/4 teaspoon pepper.

In same skillet, combine vegetables, 2 tablespoons water and thyme; cook and stir 3 minutes or until vegetables are defrosted. Stir in gravy; bring to a boil. Remove from heat; return beef.

Separate rolls into 8 triangles; starting at wide ends, roll up halfway. Arrange rolls on beef mixture with pointed ends directed toward center. Bake 17 to 19 minutes or until rolls are golden brown. 4 servings.

COLORFUL MEXICAN CARNE

1 package fully-cooked boneless beef pot roast with gravy
 16-ounce jar taco sauce
 15-ounce can red kidney beans, drained

1 1/2 cups frozen mixed red, yellow, and green bell pepper strips, defrosted

4 to 6 packaged tortilla bowls
 1/2 cup chopped fresh cilantro
 Heat oven to 350 degrees. Remove beef pot roast from package; set aside. Measure 3/4 cup gravy and place in Dutch oven; discard any remaining gravy or reserve for other use. Stir in taco sauce; bring to a boil. Reduce heat to medium-high; cook, uncovered, 5 minutes or until liquid is thickened.

Meanwhile cut pot roast into 1/2 -inch pieces. Add beef, beans, and bell peppers to Dutch oven. Cook over medium heat 2 to 3 minutes or until heated through, stirring occasionally.

Meanwhile place tortilla bowls on baking sheet. Bake in 350 degree oven 3 minutes or until heated through. Add chopped cilantro to beef mixture; spoon into tortilla bowls. Garnish with cilantro sprigs, if desired. Serve immediately.

BEST BEEF ROAST

4-5 pounds beef roast
 1 can cream of mushroom soup
 3/4 can water
 1/4 cup brown sugar
 1/4 cup vinegar
 1 medium onion
 Salt and pepper to taste
 1 tablespoon mustard
 1 teaspoon Worcestershire sauce

Mix and pour on roast. Bake at 350 degrees for 3 to 4 hours.

Anonymous



Stuffed Peppers is worth the time it takes to prepare. The tasty dish is packed with nutrition.



Crescent-Topped Beef Pot Pie is easy and quick to prepare with the help of refrigerated crescent rolls.

Featured Recipe

At the supermarket, Beef checkoff dollars are helping introduce new heat 'n serve main courses using chuck and round cuts, which are fully cooked and ready to serve in less than 10 minutes.

These new products appeal to about 40 percent of Americans who choose dinners based on ease of preparation. Best of all, they taste great just heated and served according to package directions, but they can also be used to jump-start many other delicious, fast beef dishes.

Here is a recipe using the new heat and serve beef pot roast. For more great beef recipes, contact the Pennsylvania Beef Council at (717) 939-7000 or 1500 Fulling Mill Rd., Middletown, PA 17057.

QUICK BEEF BURGUNDY

Transfer liquid from one package (1 1/4 to 2 1/2 -pounds) heat-and-serve beef pot roast into Dutch oven. Add one pound small mushrooms, 2 small onions cut into wedges, 1/2 cup red wine and 1/4 teaspoon marjoram leaves to liquid in pan.

Bring to a boil, reduce heat and simmer, uncovered, 7 to 8 minutes until vegetables are almost tender; stir occasionally. Cut pot roast into 1-inch pieces; add to pan. Bring to a boil; cook 2 to 3 minutes until beef is heated through. Stir in 1 tablespoon cornstarch dissolved in 3 tablespoons water. Bring to a boil; cook and stir until thickened. Serve over noodles. Makes 4 servings.

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 listed below.

January	15 - Soup's Ready
	22 - Pizza, Any Way You Like It
	29 - Breakfast Buffet
February	5 - Muffin Mania Week