

## **July 2024 TV Recipes—Red, White and Beef Recipes**

*Are you one of the 80% of American's that is planning to grill out on the 4<sup>th</sup> of July holiday? If so, you've got to try our delicious, patriotic beef recipes. Nothing says summer quite like the sound of real beef sizzling on the grill, and there is no better time to enjoy beef than now.*

### **Beef Bruschetta with Roasted Garlic-Feta Spread**

*Beef Flat Iron Steak is served on crusty bread with a garlic-feta spread, tomatoes and olives.*

Total Recipe Time: 40 minutes

Makes 6 servings

- 1 beef Flat Iron Steak (about 8 ounces)
- 5 cloves garlic, smashed
- 2 tablespoons vegetable oil
- 2 tablespoons olive oil
- 1 loaf ciabatta bread (11 to 14 ounces)
- 3/4 cup feta cheese crumbles
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarse grind black pepper
- 1 cup diced Roma tomatoes, seeded, ribs removed (about 4 medium tomatoes)
- 1/3 cup packed Kalamata olives, cut in half lengthwise then into 1/4-inch half moons
- 1/3 cup thinly sliced fresh basil leaves



1. Preheat oven to 375°F. Heat garlic, vegetable oil and olive oil in a small sauce pan over medium-low heat. Cook 8 to 10 minutes or until the garlic begins to brown. Remove from heat; set aside to cool.
2. Drain garlic from oil. Reserve 2 tablespoons oil for bread and 2 tablespoons oil for tomato mixture; set aside.
3. Cut ciabatta in half lengthwise. Slice into 18, 1/2-inch pieces; place on shallow-rimmed baking sheet. (You may have some leftover ciabatta.) Brush each piece with reserved 2 tablespoons garlic oil. Bake in 375°F oven 10 minutes. Set aside.
4. Chop cooled garlic and return to same saucepan; add feta. Heat on medium heat; cook 4 to 5 minutes until cheese is melted and looks like ricotta cheese. Keep warm.
5. Season steak with salt and pepper. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
6. Combine tomatoes, olives, basil and remaining 2 tablespoons oil in small bowl; set aside.
7. Spread 2 teaspoons garlic-feta mixture on each piece toasted ciabatta. Carve steak into 1/4-inch slices. Cut each slice into 1-1/2-inch pieces. Place two steak pieces on each piece ciabatta. Top with 1 tablespoon tomato mixture.

**Nutrition information per serving:** 368 Calories; 191.7 Calories from fat; 21.3g Total Fat (5.6 g Saturated Fat; 0.15 g Trans Fat; 3.5 g Polyunsaturated Fat; 6.7 g Monounsaturated Fat;) 41 mg Cholesterol; 728 mg Sodium; 29 g Total Carbohydrate; 1.5 g Dietary Fiber; 15 g Protein; 1.2 mg Iron; 220 mg Potassium; 1.6 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 2 mcg Vitamin B<sub>12</sub>; 3.3 mg Zinc; 14 mcg Selenium; 37.2 mg Choline.

*This recipe is an excellent source of Protein, Vitamin B12, Zinc, and Selenium; and a good source of Niacin, and Vitamin B6.*

## Grilled Steak and Watermelon Salad

*Watermelon and steak are grilled and served with a bright and colorful salad. This recipe is perfect for summertime.*

Total Recipe Time: 30 minutes

Makes 4 servings

- 4 beef Tenderloin Steaks, cut 1-inch thick (about 4 to 5 ounces each)
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 2 slices seedless baby watermelon, 1-inch thick
- Salt and pepper
- 8 cups baby arugula or spinach leaves
- 1/4 cup reduced-fat balsamic or Italian dressing
- 1 cup halved cherry tomatoes
- 1/2 cup thinly sliced red onion
- 1/4 cup crumbled reduced-fat feta cheese



1. Combine coriander and cumin; press evenly onto beef steaks.
2. Place steaks in center of grid over medium, ash-covered coals; arrange watermelon slices around steak. Grill steaks, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill watermelon 2 to 4 minutes or until grill marks form, turning once.
3. Carve steaks into slices. Cut each watermelon slice into 6 wedges. Season beef and watermelon with salt and pepper, as desired. Combine arugula and dressing in large bowl; toss to coat. Divide arugula among four serving plates. Arrange beef and watermelon on salad; top evenly with tomatoes, onion and cheese.

**Nutrition information per serving:** 285 Calories; 81 Calories from fat; 9g Total Fat (3 g Saturated Fat; 3 g Monounsaturated Fat;) 71 mg Cholesterol; 341 mg Sodium; 26 g Total Carbohydrate; 4.1 g Dietary Fiber; 29 g Protein; 3.9 mg Iron; 7.8 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 4.7 mg Zinc; 29 mcg Selenium.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber.*

## Top Round Ranch Salad (Red, White and Beef Salad)

*Steak salad with a Southwestern twist. Hearty and lean Top Round Steak is marinated in salsa for max flavor, then served on a bed of greens, corn and beans with creamy ranch.*

Recipe Time: 35 minutes

Makes 6 servings

- 1 beef Top Round Steak, cut 1-inch thick (about 1-1/2 pounds)
- 1 cup prepared salsa
- 8 cups chopped iceberg lettuce or pre-packaged iceberg lettuce mix
- 1 can (15 ounces) black beans, rinsed, drained
- 1 cup frozen corn, thawed
- 1/3 cup prepared ranch dressing
- 1/3 cup prepared salsa
- 1 cup broken tortilla chips (optional)



1. Place beef Top Round Steak and 1 cup salsa in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill steak, covered, 12 to 14 minutes (over medium heat on preheated gas grill 16 to 19 minutes) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)
3. Meanwhile, combine lettuce, beans and corn in shallow serving bowl; toss. Carve steak into thin slices; arrange on top of salad. Drizzle dressing and 1/3 cup salsa separately over beef. Sprinkle with chips, if desired.

**Nutrition information per serving, using top round:** 291 Calories; 108 Calories from fat; 12g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 66 mg Cholesterol; 466 mg Sodium; 17 g Total Carbohydrate; 4.5 g Dietary Fiber; 31 g Protein; 3.7 mg Iron; 5.4 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.1 mg Zinc; 31.9 mcg Selenium; 119.1 mg Choline.

*This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.*

## Caprese Steak Starter

*Small plates, big flavors, can't-miss. Marinate and grill skewers of bite-sized Top Sirloin Steak then toss with tomatoes, mozzarella, basil and a classic vinaigrette.*

Recipe Time: 40 minutes  
Makes 8 servings

- 1 pound beef Top Sirloin Boneless, cut 1-inch thick
- 1/2 cup reduced-fat or regular balsamic vinaigrette, divided
- 1 pint grape tomatoes
- 1 container (7.5 ounces) fresh mozzarella cheese balls, drained
- 1/4 cup chopped fresh basil
- Salt and pepper



1. Cut beef steak into 1-inch pieces. Place beef and 1/4 cup vinaigrette in food-safe plastic bag; turn to coat. Close bag securely. Combine remaining 1/4 cup dressing, tomatoes and mozzarella in medium bowl, stirring to coat; cover. Marinate beef and vegetables in refrigerator 15 minutes to 2 hours.
2. Soak four 10-inch bamboo skewers in water 10 minutes; drain. Remove beef from vinaigrette; discard marinade. Thread beef evenly onto skewers, leaving small space between pieces. Place skewers on grid over medium, ash-covered coals. Grill, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.

**Cook's Tip:** *To broil, place skewers on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 7 to 11 minutes for medium rare to medium doneness, turning once.*

3. Remove beef from skewers; add to bowl with tomato and mozzarella. Stir in basil; mixing to coat beef with vinaigrette. Season with salt and pepper, as desired. Evenly divide beef mixture among small serving plates.

**Nutrition information per serving, per skewer:** 167 Calories; 81 Calories from fat; 9g Total Fat (5 g Saturated Fat; 1 g Monounsaturated Fat;) 57 mg Cholesterol; 182 mg Sodium; 4 g Total Carbohydrate; 0.5 g Dietary Fiber; 18 g Protein; 1 mg Iron; 5.4 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 0.7 mcg Vitamin B<sub>12</sub>; 2.5 mg Zinc; 15.2 mcg Selenium; 52.1 mg Choline.

*This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Vitamin B<sub>6</sub>.*



# Caprese Polenta Sliders

Make your next dinner party a success by kicking off the night with these appetizers; topping mini Ground Beef sliders with fresh mozzarella cheese, juicy tomatoes, fresh basil and balsamic syrup.

Recipe Time: 40 minutes

Makes 8 servings

- 1-1/2 pounds Ground Beef (93% lean or leaner)
- 2/3 cup balsamic vinegar
- 1 package (16 to 18 ounces) refrigerated prepared polenta, cut into 8 slices
- 2 tablespoons olive oil
- 1 package (8 ounces) fresh mozzarella cheese, cut into 8 slices
- 2 medium tomatoes, cut into 4 slices each
- 1/4 cup thinly sliced fresh basil



1. Bring vinegar to a boil in 2-quart saucepan. Reduce heat; simmer, uncovered, 9 to 10 minutes or until reduced to 1/3 cup. Set aside.

*Cook's Tip: Prepared balsamic syrup or glaze may be substituted for balsamic reduction.*

2. Meanwhile lightly shape ground beef into eight 1/2-inch thick patties.
3. Brush polenta slices with oil. Place patties in center of grid over medium, ash-covered coals. Grill burger patties, uncovered, 11 to 12 minutes (over medium heat on preheated gas grill, covered, 9 to 10 minutes), until instant-read thermometer inserted horizontally into center registers 160°F, turning burgers occasionally and basting with 2 tablespoons reduced vinegar after turning. Arrange polenta around patties; grill 11 to 12 minutes (for gas, grill 9 to 10 minutes) or until heated through, turning once. Season burgers with salt and pepper, as desired.

*Cook's Tip: If prepared polenta is not available, the following may be used: Combine 3 cups water, 1 tablespoon butter and 1/2 teaspoon salt in large saucepan; bring to a boil. Gradually whisk in 1 cup cornmeal. Reduce heat to medium-low; cook 15 minutes, stirring often. (Mixture will be very thick.) Remove from heat; cool slightly. Spoon polenta on aluminum foil-line baking sheet. Cover with plastic wrap and pat into 12 x 6 x 1/2-inch rectangle. Refrigerate 1 hour or as long as overnight. Cut chilled polenta into eight 3-inch circles using a cookie or biscuit cutter. Proceed as directed above.*

*Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

4. For each serving, layer 1 each polenta slice, burger patty, mozzarella slice and tomato slice. Drizzle with remaining vinegar and sprinkle with basil, as desired.

**Nutrition information per serving using 93% lean ground beef:** 324 Calories; 150.3 Calories from fat; 16.7g Total Fat (7 g Saturated Fat; 0.2 g Trans Fat; 0.8 g Polyunsaturated Fat; 5 g Monounsaturated Fat;) 83 mg Cholesterol; 217 mg Sodium; 17 g Total Carbohydrate; 0.4 g Dietary Fiber; 4 g Total Sugars; 26 g Protein; 0 g Added Sugars; 122.7 mg Calcium; 3.1 mg Iron; 400 mg Potassium; 0 mcg Vitamin D; 0.2 mg Riboflavin; 5.6 mg NE Niacin; 0.3 mg Vitamin B<sub>6</sub>; 2.1 mcg Vitamin B<sub>12</sub>; 193 mg Phosphorus; 5 mg Zinc; 17.4 mcg Selenium; 74 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, Riboflavin, Vitamin B<sub>6</sub>, Phosphorus, and Choline.

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