

October 2024 TV Recipes—Game Day with Beef!

Whether tailgating at the stadium or hosting at home, every winning game plan needs a menu that will please a crowd, keep them fueled, and is easy to make so you can spend your day cheering for your favorite team rather than cooking. One sure fire way to get the party started is by bringing out these beef recipes!

Beer-Braised Spicy Beef Tacos

This recipe is a winner for Taco Tuesday or Game Day anywhere. Beer and chipotle peppers add delicious flavors to this lean beef roast.

Recipe Time: 3 hours 30 minutes

Makes 6 servings

- 1 beef Shoulder Roast Boneless (2 pounds)
 - 2 teaspoons olive oil
 - Salt and pepper
 - 1 bottle (12 ounces) beer
 - 2 medium chipotle peppers in adobo sauce, minced
 - 2 tablespoons plus 1 teaspoon adobo sauce from chipotle peppers, divided
 - 12 small corn or flour tortillas (6-inch diameter), warmed
 - 2 cups coleslaw
 - **Toppings:** Chopped red onion, chopped fresh cilantro, crumbled queso or sour cream, fresh lime juice or lime wedges (optional)
1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.
 2. Add beer, peppers and 2 tablespoons adobo sauce to stockpot; bring to a boil. Reduce heat; cover tightly and **simmer** 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.
 3. Meanwhile, combine coleslaw and remaining 1 teaspoon adobo sauce. Refrigerate until ready to use.
 4. Remove roast; cool slightly. Skim fat from cooking liquid; bring to boil. Reduce to medium and cook 10 to 12 minutes or until reduced to 1-1/2 cups. Meanwhile, trim and discard excess fat from cooked roast. Shred roast with 2 forks. Return beef to reserved liquid; cook over medium heat until heated through.
 5. Serve beef in tortillas; top with coleslaw mixture and toppings, as desired.



Nutrition information per serving: 413 Calories; 144 Calories from fat; 16g Total Fat (3 g Saturated Fat; 4 g Monounsaturated Fat;) 57 mg Cholesterol; 500 mg Sodium; 37 g Total Carbohydrate; 4.3 g Dietary Fiber; 27 g Protein; 3.7 mg Iron; 8.2 mg NE Niacin; 0.4 mg Vitamin B₆; 2.6 mcg Vitamin B₁₂; 5.9 mg Zinc; 25.5 mcg Selenium; 86.9 mg Choline.

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

Simple Beef and Brew Chili

Whip up this delicious chili that combines the flavors of Ground Beef, beer, black beans, tomatoes and chili seasonings for your next football game.

Recipe Time: 35 minutes

Makes 4 servings

- 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



- **Toppings:** Sliced cherry tomatoes, sliced green onions, sliced Serrano or jalapeño peppers, chopped onions, lime wedges and tortilla chips (optional)
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.
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.
 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.

Nutrition information per serving: 253 Calories; 45 Calories from fat; 5g Total Fat (2 g Saturated Fat; 0 g Monounsaturated Fat;) 65 mg Cholesterol; 717 mg Sodium; 22 g Total Carbohydrate; 5.8 g Dietary Fiber; 28 g Protein; 4.4 mg Iron; 5.7 mg NE Niacin; 0.4 mg Vitamin B₆; 2.1 mcg Vitamin B₁₂; 5.3 mg Zinc; 17.9 mcg Selenium; 89.5 mg Choline. This recipe is an excellent source of Dietary Fiber, Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, and Selenium; and a good source of Choline.

Sweet Onion & Pepper Beef Sandwiches

Top your favorite French bread with the tasty flavors of slow cooked beef, sweet onions and bell peppers in this hearty and satisfying sandwich.

Recipe Time: 9 hours 15 minutes

Makes 10 servings

- 3 to 3-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2 inch pieces
 - 2 medium sweet onions, cut into 1/2-inch wedges
 - 2 red bell pepper, cut lengthwise into 1-inch wide strips
 - 1 cup reduced-sodium beef broth
 - 1/3 cup reduced-sodium soy sauce
 - 1/2 cup no-salt added tomato paste
 - 2 tablespoons minced garlic
 - 8 to 10 French bread rolls, split, warmed
 - **Toppings:** Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives (optional)
1. Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Skim fat from cooking liquid, if necessary.
 2. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.



Alternate Cooking Method:

1. This recipe can be made in a 6-quart electric pressure cooker. In small bowl add 1/2 cup broth, soy sauce and tomato paste; mix well. Place onions in pressure cooker; top with beef Stew Meat, onions, peppers, broth mixture and garlic. Close and lock pressure cooker lid. Use beef, stew or high-pressure setting on pressure cooker; program 25 minutes on pressure cooker timer. Use quick-release feature to release pressure; carefully remove lid. Continue as directed in step 2. (This recipe variation was tested in an electric pressure cooker at high altitude. Cooking at an altitude of less than 3000 feet may require slightly less cooking time. Refer to the manufacturer's instructions.)

Nutrition information per serving, 1/8 of recipe: 403 Calories; 108 Calories from fat; 12g Total Fat (4 g Saturated Fat; 5 g Monounsaturated Fat;) 100 mg Cholesterol; 730 mg Sodium; 33 g Total Carbohydrate; 3.2 g Dietary Fiber; 41 g Protein; 5.6 mg Iron; 7.5 mg NE Niacin; 0.7 mg Vitamin B₆; 3 mcg Vitamin B₁₂; 8.2 mg Zinc; 26.3 mcg Selenium; 147.7 mg Choline. This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B₆, Vitamin B₁₂, Zinc, Selenium, and Choline; and a good source of Dietary Fiber.

Air Fryer Meatball Taquitos

Two cuisines collide with this air fryer recipe with a twist! Pantry staples- prepared frozen meatballs, cheese and taco seasoning fill this quick fix, kid-friendly snack or appetizer.

Total Recipe Time: 25 minutes

Makes 12 servings

- 8 ounces frozen fully-cooked Beef meatballs, thawed and sliced in half
- 2 cups shredded Mexican cheese blend
- 1/2 cup salsa
- 1 tablespoon Taco Seasoning Mix
- 12 corn tortillas, warmed (6-inch diameter)
- Nonstick cooking spray
- Guacamole, sour cream and additional salsa (optional)



1. Preheat air fryer to 390°F. Meanwhile, combine meatballs, cheese, salsa and taco seasoning in a medium bowl.
2. Wrap ½ your tortillas in a damp paper towel and microwave on high for about 30 seconds. Place tortillas evenly on work surface; spray both sides with cooking spray. Divide half of the meatball mixture evenly between tortillas. Roll up tightly. Warm second half of tortillas and repeat.
3. Place seam side down, in a single layer, in air fryer basket. Cook 5 to 6 minutes or until browned and crispy.

***Cook's Tip:** For a flavor boost, add chilies, frozen corn or other vegetables to meatball filling.*

4. If desired, serve with guacamole, sour cream or additional salsa.

***Nutrition information per serving, 1 taquito:** 152 Calories; 85.5 Calories from fat; 9.5g Total Fat (4.8 g Saturated Fat; 0 g Trans Fat; 0.3 g Polyunsaturated Fat; 1.5 g Monounsaturated Fat;) 27 mg Cholesterol; 283 mg Sodium; 9 g Total Carbohydrate; 1.2 g Dietary Fiber; 1.2 g Total Sugars; 9 g Protein; 0 g Added Sugars; 140 mg Calcium; 0.9 mg Iron; 76 mg Potassium; 0.1 mcg Vitamin D; 0.1 mg Riboflavin; 1.3 mg NE Niacin; 0 mg Vitamin B₆; 0.2 mcg Vitamin B₁₂; 87.4 mg Phosphorus; 0.6 mg Zinc; 3 mcg Selenium; 4.6 mg Choline. This recipe is a good source of Protein, and Calcium.*

Italian Beef Sausage Stromboli

Whether as pizza toppings or filling for a stromboli (a close relative of the calzone), it's hard to beat the all-star combo of homemade Italian Sausage and melty mozzarella.

Total Recipe Time: 1 hour 5 minutes

Makes 4 servings

- 1 recipe Italian-Style Beef Sausage (below)
- 2 cups pasta sauce
- 1-1/2 cups sliced button mushrooms
- 1 teaspoon minced garlic
- 1 can (13.8 ounces) refrigerated whole grain pizza dough
- 2 cups packed arugula leaves
- 1-1/3 cups part-skim mozzarella cheese



1. Preheat oven to 400°F. Prepare Italian-Style Beef Sausage. Stir pasta sauce, mushrooms and garlic into sausage mixture. Bring to a boil; reduce heat and simmer 10 minutes, stirring occasionally. Remove from heat; stir in arugula and cheese.

***Italian-Style Beef Sausage:** Combine 1 pound Ground Beef, 1 teaspoon fennel seed, 1/2 teaspoon salt, 1/4 teaspoon coriander, 1/4 teaspoon garlic powder, 1/4 teaspoon paprika, 1/4 teaspoon black pepper and 1/8 to 1/4 teaspoon crushed red pepper in large bowl, mixing lightly but thoroughly. Heat large nonstick skillet over medium heat until hot. Add sausage mixture; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally.*

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.

2. Meanwhile, spray large baking sheet with cooking spray. Place pizza dough in pan; press dough into 15 x 10-inch rectangle. Spoon sausage filling down center of rectangle, leaving 2-1/2-inch border on long sides and 1/4-inch border on short sides of dough. Cut dough at 1-inch intervals along each long side just to edge of filling. Alternating sides, fold dough strips halfway over filling at an angle, creating braided appearance. Pinch short sides of dough together to seal and enclose filling.
3. Bake in 400°F oven 20 to 23 minutes or until crust is golden brown. Let stand 5 minutes; cut crosswise into 8 slices to serve.

Nutrition information per serving: 619 Calories; 225 Calories from fat; 25g Total Fat (10 g Saturated Fat; 6 g Monounsaturated Fat;) 99 mg Cholesterol; 1497 mg Sodium; 53 g Total Carbohydrate; 10.7 g Dietary Fiber; 46 g Protein; 6.4 mg Iron; 11.7 mg NE Niacin; 0.5 mg Vitamin B₆; 3.3 mcg Vitamin B₁₂; 7.5 mg Zinc; 27.8 mcg Selenium; 91.2 mg Choline.

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

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