

## **April 2025 TV —Roll into Spring Recipes**

*Roll into spring with recipes that tastefully combine a variety of crunchy, colorful vegetables with lean beef cuts to achieve the perfect balance of taste, nutrition and simplicity. These are perfect additions to your spring-time recipe rotation.*

### **Beef Spring Rolls with Carrots & Cilantro**

*These beef spring rolls are a favorite appetizer at many Vietnamese restaurants. Tender beef stir-fried and rolled with crunchy carrots and cilantro. Delicious!*

Total Recipe Time: 30 minutes

Makes 4 servings

- 1 pound beef Top Sirloin Steak boneless or Top Round Steak, cut 3/4 to 1-inch thick
- 1/4 cup plus 3 tablespoons stir-fry sauce and marinade, divided
- 8 rice paper wrappers (8 to 9-inch diameter)
- 1 cup shredded carrots
- 1 cup lightly packed fresh cilantro
- Additional prepared stir-fry sauce and marinade (optional)



1. Cut beef steak lengthwise in half, then crosswise into 1/8 to 1/4-inch thick strips. Combine 1/4 cup stir-fry sauce and beef in medium bowl. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
3. Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.
4. Spoon 1/4 cup beef, 2 tablespoons carrots and 2 tablespoons cilantro evenly in a row across center of wrapper, leaving 1-inch border on right and left sides; drizzle with about 1 teaspoon reserved stir-fry sauce. Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Repeat with remaining wrappers and filling ingredients. Cut each spring roll diagonally in half. Serve with additional stir-fry sauce, if desired.

**Nutrition information per serving:** 321 Calories; 54 Calories from fat; 6g Total Fat (2 g Saturated Fat; 2 g Monounsaturated Fat;) 49 mg Cholesterol; 420 mg Sodium; 33 g Total Carbohydrate; 0.9 g Dietary Fiber; 31 g Protein; 2 mg Iron; 7.9 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 1.4 mcg Vitamin B<sub>12</sub>; 5 mg Zinc; 30.5 mcg Selenium. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron.

### **Vietnamese Beef & Vegetable Spring Rolls**

*Deli Roast Beef and cool, crisp vegetables get wrapped up in rice paper wrappers for an easy Vietnamese inspired meal.*

Total Recipe Time: 45 minutes

Makes 16 servings

- 16 thin slices Deli Roast Beef
- 1 cup shredded carrots
- 1/2 cup chopped jicama
- 3/4 cup torn fresh cilantro
- 1/2 cup torn fresh basil
- 1/4 cup torn fresh mint
- 8 rice paper wrappers (8-1/2-inch diameter)
- 8 green leaf lettuce leaves, ribs removed

#### **Dipping Sauce:**

- 1/4 cup seasoned rice vinegar
- 2 tablespoons red jalapeño pepper jelly
- 1 teaspoon soy sauce



1. Whisk dipping sauce ingredients in small microwave-safe bowl until blended. Microwave on HIGH 20 to 40 seconds or until warm; do not boil. Set aside to cool.
2. Toss carrots and jicama with 2 tablespoons of the dipping sauce in small bowl. Set aside. Toss cilantro, basil and mint in small bowl to combine. Set aside.
3. Fill large bowl with warm water. Dip 1 rice paper wrapper into water for a few seconds or just until moistened. Rice paper will still be firm but will continue to soften during assembly. Place on work surface.
4. Place 1 lettuce leaf at bottom of wrapper, leaving 1-inch border on right and left sides. Top with 2 slices Deli Roast Beef, 2 tablespoons carrot mixture and 1/8 of herb mixture (about 1/4 cup). Fold right and left sides of wrapper over filling. Fold bottom edge up over filling and roll up tightly. Place seam-side down on serving platter. Repeat with remaining wrappers and filling ingredients. Cover rolls with damp paper towel during assembly to prevent from drying out. Cut each spring roll diagonally in half. Serve with dipping sauce.

**Nutrition information per serving:** 77 Calories; 9 Calories from fat; 1g Total Fat (0 g Saturated Fat; 1 g Monounsaturated Fat;) 19 mg Cholesterol; 120 mg Sodium; 9 g Total Carbohydrate; 0.6 g Dietary Fiber; 7 g Protein; 0.9 mg Iron; 1.2 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.3 mcg Vitamin B<sub>12</sub>; 1.1 mg Zinc; 6.7 mcg Selenium. This recipe is a good source of Protein, Vitamin B<sub>12</sub>, Zinc, and Selenium.

## Beef and Ramen Lettuce Wraps

*These Ground Beef and ramen lettuce wrap appetizers are perfect for company - or for any day of the week. Simple and easy to prepare.*

Recipe Time: 35 minutes

Makes 20 servings

- 1 pound Ground Beef (93% lean or leaner)
- 2 teaspoons minced garlic
- 1 package (3 ounces) Oriental or beef-flavored ramen noodles
- 1/4 cup rice vinegar
- 2 tablespoons toasted sesame oil
- 1 tablespoon honey
- 1 tablespoon reduced-sodium soy sauce
- 1 cup bean sprouts
- 1 cup shredded carrots
- 20 large Boston or leaf lettuce leaves
- 1/4 cup torn fresh mint leaves



1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef and garlic; cook 8 to 10 minutes, breaking beef into 1/2-inch crumbles and stirring occasionally.
2. Cook's Tip:
3. 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. Meanwhile, reserve ramen noodle seasoning packet. Break noodles into bite-sized pieces; set aside. Combine vinegar, oil, honey, soy sauce and 1 teaspoon of the ramen seasoning packet; set aside.
5. Remove skillet from heat. Stir in bean sprouts, carrots and uncooked noodles. Add vinegar mixture; toss to coat. Divide beef mixture evenly between lettuce leaves. Sprinkle with mint. Serve immediately.

**Nutrition information per serving, per wrap:** 79 Calories; 36 Calories from fat; 4g Total Fat (1 g Saturated Fat; 2 g Monounsaturated Fat;) 19 mg Cholesterol; 140 mg Sodium; 5 g Total Carbohydrate; 1 g Dietary Fiber; 7 g Protein; 1.4 mg Iron; 0.4 mg NE Niacin; 0.1 mg Vitamin B<sub>6</sub>; 0.6 mcg Vitamin B<sub>12</sub>; 1.6 mg Zinc; 0.6 mcg Selenium; 1.7 mg Choline. This recipe is an excellent source of Vitamin B<sub>12</sub>; and a good source of Protein, and Zinc.

# Balsamic-Glazed Skirt Steak Beef Rolls

*Impress your dinner guests with this beautiful presentation. Colorful vegetables are rolled into flavorful Skirt Steak and drizzled with a balsamic reduction. Simply stunning!*

Total Recipe Time: 60 minutes

Makes 4 servings

- 1 beef Inside Skirt Steak (about 1 pound)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 tablespoons Worcestershire sauce
- 1 carrot, cut into matchsticks (2 to 3 inches long)
- 1 red bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 yellow bell pepper, cut into matchsticks (2 to 3 inches long)
- 1 zucchini, cut into matchsticks (2 to 3 inches long)
- 1 teaspoon Italian seasoning
- 1 lemon, zested and juiced
- 2 teaspoons butter
- 2 tablespoons minced shallots
- 1/4 cup balsamic vinegar
- 1 tablespoon packed light brown sugar



1. Trim excess fat from beef Skirt Steak. Place steak flat on cutting board; vertically cut into eight pieces. Season with salt and pepper; drizzle with Worcestershire sauce. Place steak pieces in food-safe plastic bag. Close bag securely and marinate 30 minutes or up to 6 hours.
2. Heat large nonstick skillet on medium high heat until hot. Coat skillet with cooking spray. Add carrot, bell peppers and zucchini; cook 5 minutes, stirring often. Add Italian seasoning, lemon zest and lemon juice; stir until vegetables are coated. Remove from skillet; keep warm.
3. Melt butter in small saucepan over medium heat. Add shallots; cook 3 to 4 minutes until shallots are translucent. Add vinegar, sugar and broth. Bring to a boil; cook 5 to 6 minutes until mixture is reduced by half. Remove saucepan from heat; keep warm.
4. Remove steak from plastic bag; discard bag. Pat steak dry with paper towel. Place steak piece on cutting board or plate; top with 1/2 cup vegetable mixture at top edge of each piece. Roll beef around vegetables; close with toothpick.
5. Heat same skillet as used to cook vegetables over medium heat until hot. Place beef rolls, seam-side down in skillet; cook 14 to 15 minutes for medium rare (145°F) to medium (160°F) doneness, turning often. Place rolls on serving platter; drizzle with balsamic mixture.

**Nutrition information per serving:** 290 Calories; 127.8 Calories from fat; 14.2g Total Fat (5.5 g Saturated Fat; 0.6 g Trans Fat; 0.7 g Polyunsaturated Fat; 5.9 g Monounsaturated Fat;) 84 mg Cholesterol; 463 mg Sodium; 15 g Total Carbohydrate; 1.9 g Dietary Fiber; 26 g Protein; 3.2 mg Iron; 568 mg Potassium; 6 mg NE Niacin; 0.6 mg Vitamin B<sub>6</sub>; 2.5 mcg Vitamin B<sub>12</sub>; 7.1 mg Zinc; 28.7 mcg Selenium; 56.5 mg Choline. This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, Potassium, and Choline.

Wisconsin Beef Council  
957 Liberty Dr, Ste 201  
Verona, WI 53593  
1-800-728-BEEF



# Grilled Szechuan Steak & Bok Choy Wraps with Spicy Peanut Mayonnaise

*Need a quick grab and go lunch? Try out these spicy Asian marinated steak wraps filled with tender baby Bok choy and a savory creamy peanut mayonnaise.*

Total Recipe Time: 35 minutes

Makes 4 servings

- 1 beef Top Round Steak, cut ¾-inch thick (about 1 pound)
- 2 baby Bok choy, cut lengthwise in half
- 4 spinach wraps or tortillas (8 to 10-inch diameter)

## Marinade:

- 2 tablespoons rice vinegar
- 2 tablespoons dark sesame oil
- 2 tablespoons reduced sodium or regular soy sauce
- 1 tablespoon minced fresh ginger

## Spicy Peanut Mayonnaise:

- 2 tablespoons reduced-fat or regular mayonnaise
- 2 tablespoons finely chopped dry roasted peanuts
- 1-1/2 teaspoons minced fresh ginger
- 1 to 1-1/2 teaspoons chili-garlic paste
- 3/4 teaspoon reduced-sodium or regular soy sauce
- 3/4 teaspoon rice vinegar
- 1/2 teaspoon dark sesame oil

1. Combine marinade ingredients in small bowl. Cover and refrigerate 1 tablespoon for Bok choy. Place beef Top Round Steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.) Brush Bok choy with reserved 1 tablespoon marinade. Grill Bok choy, uncovered, 4 to 5 minutes or until tender and lightly browned, turning once.
3. Meanwhile, combine Spicy Peanut Mayonnaise ingredients in medium bowl; mix well.
4. Carve steak into thin slices. Cut each Bok choy half lengthwise in half again, forming quarters. Cut core from each quarter. Spread mayonnaise mixture evenly on spinach wraps. Divide steak slices and Bok choy among wraps. Roll up tightly.

**Nutrition information per serving:** 481 Calories; 153 Calories from fat; 17g Total Fat (4 g Saturated Fat; 6 g Monounsaturated Fat;) 61 mg Cholesterol; 669 mg Sodium; 45 g Total Carbohydrate; 2.9 g Dietary Fiber; 35 g Protein; 4.9 mg Iron; 8.1 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 1.5 mcg Vitamin B<sub>12</sub>; 5.4 mg Zinc; 48.2 mcg Selenium.

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

