

## January 2025 TV Recipes—New Year, New Beef Recipes!

*One of the many resolutions we might set for the new year is to try new things, and what better way than with a new recipe!*

### Air Fryer Tri Tip

*A rising star among beef cuts, the versatile Tri-Tip Roast is at its best here —simply seasoned with olive oil, salt and black pepper.*

Total Recipe Time: 50 minutes

Makes 6 servings

- 1 Beef Tri-Tip Roast (about 1-1/2 to 2 pounds)
- 1 tablespoon olive oil
- 1 tablespoon salt
- 1/2 teaspoon freshly ground black pepper
- Chimichurri or salsa (optional)

1. Preheat air fryer to 350°F. Brush oil over Tri-Tip Roast. Season with salt and pepper.
2. Place roast in the air fryer basket. Cook for 15 minutes. Flip roast; continue cooking for 15 to 20 minutes or until a meat thermometer registers 135°F for medium rare.
3. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 to 20 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare, 160°F for medium).
4. Slice roast diagonally across the grain into thin slices. Serve with chimichurri or salsa, if desired.



*Nutrition information per serving, 4 ounces: 172 Calories; 82.8 Calories from fat; 9.2g Total Fat (2.9 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 5.1 g Monounsaturated Fat; 65 mg Cholesterol; 1208 mg Sodium; 0 g Total Carbohydrate; 0 g Dietary Fiber; 0 g Total Sugars; 23 g Protein; 0 g Added Sugars; 15.7 mg Calcium; 1.5 mg Iron; 285 mg Potassium; 0 mcg Vitamin D; 0.1 mg Riboflavin; 8.8 mg NE Niacin; 0.5 mg Vitamin B<sub>6</sub>; 1.3 mcg Vitamin B<sub>12</sub>; 176 mg Phosphorus; 4.1 mg Zinc; 25.7 mcg Selenium; 85 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 Phosphorus, and Choline.*

### Carne Asada Flatbreads

*Crispy flatbreads with spicy, citrus flavored beef and topped with pickled red onions, cheese and creamy avocado.*

Total Recipe Time: 35 minutes

Makes 4 servings

- 12 ounces Cooked (Leftover) Air Fryer Tri-Tip Roast, sliced
- 4 whole flatbreads (about 4 oz each)
- 1-1/2 cups shredded Mexican cheese blend
- 1 jalapeno pepper, seeded, sliced
- 1/2 cup chopped tomatoes
- 1 avocado, pitted, sliced
- 1/4 cup crumbled queso fresco cheese

#### Pickled Red Onions

- 1 cup water
- 1/2 cup cider vinegar
- 1/2 cup red wine vinegar
- 1/2 cup sugar
- 4-1/2 teaspoons freshly ground black pepper
- 1 teaspoon salt
- 2 small red onions, halved, thinly sliced

#### Carne Asada Marinade & Sauce

- 1/2 cup orange juice



- 1/4 cup fresh lime juice
- 1/4 cup canola oil
- 2 tablespoons white wine vinegar
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon dried oregano leaves
- 4-1/2 teaspoons minced garlic
- 4-1/2 teaspoons salt
- 4-1/2 teaspoons ground cumin
- 4-1/2 teaspoons ground ancho chile pepper
- 2 teaspoons ground guajillo chile peppers
- 2 teaspoons freshly ground black pepper
- 1 teaspoon chili powder

1. Preheat oven to 425°F.
2. Pickled Onions: Combine water, vinegars, sugar, black pepper and salt in small saucepan. Bring to a boil; when sugar is dissolved, add onion. Simmer 2 to 3 minutes or until tender and brightly colored. Cool slightly. Cover and refrigerate. **Cook's Tip:** *Pickled red onions can be made ahead of time and refrigerated in an airtight container.*
3. Carne Asada Marinade: Combine all ingredients in a blender or small food processor; pulse until smooth. **Cook's Tip:** *Can be made ahead and stored in refrigerator for up to seven days.*
4. In medium bowl, combine 4 tablespoons of marinade with cooked beef.
5. Place flatbreads on greased baking sheet. Sprinkle evenly with cheese, cooked beef, jalapeno and tomatoes. Bake 10 to 12 minutes or until flatbreads are browned. Top with pickled red onion, avocado and queso fresco. Drizzle with 2 tablespoons marinade. **Cook's Tip:** *If flatbreads aren't available, substitute flour tortillas. Spray with oil prior to topping.*

**Nutrition information per serving, 4:** 708 Calories; 319.5 Calories from fat; 35.5g Total Fat (12.3 g Saturated Fat; 0.1 g Trans Fat; 2.2 g Polyunsaturated Fat; 13.5 g Monounsaturated Fat;) 107 mg Cholesterol; 2719 mg Sodium; 59 g Total Carbohydrate; 3.4 g Dietary Fiber; 29.7 g Total Sugars; 40 g Protein; 25.2 g Added Sugars; 391 mg Calcium; 4.8 mg Iron; 781 mg Potassium; 0.4 mcg Vitamin D; 0.5 mg Riboflavin; 13.5 mg NE Niacin; 0.7 mg Vitamin B<sub>6</sub>; 1.9 mcg Vitamin B<sub>12</sub>; 485 mg Phosphorus; 6.4 mg Zinc; 42.2 mcg Selenium; 95.5 mg Choline. This recipe is an excellent source of Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Dietary Fiber, Potassium, and Choline.

## Air Fryer Greek Pitas

*Looking for a way to use leftover beef? This recipe combines Greek flavors and fresh toppings for a tasty, weeknight meal the entire family will love.*

Total Recipe Time: 25 minutes

Makes 4 servings

- 12 ounces Cooked (Leftover) Air Fryer Tri-Tip Roast, sliced
- Tzatziki Sauce**

- 2 cups chopped, peeled cucumber
- 1/2 cup plain Greek-style yogurt
- 1/4 cup olive oil
- 1 lemon, juiced
- 1 tablespoon tahini
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1-1/2 teaspoons minced garlic
- Salt and pepper, to taste
- 2 tablespoons olive oil
- 1-1/2 tablespoons Greek seasoning
- 4 (about 4 oz each) whole pita breads, warmed



- 6 radishes, thinly sliced
- 1 cup crumbled feta cheese
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced

1. In medium bowl, stir together cucumber, yogurt, 1/4 cup olive oil, lemon juice, tahini, dill, parsley and garlic. Season to taste with salt and pepper; set aside.
2. Preheat air fryer to 390°F. Combine beef strips, 2 tablespoons olive oil and Greek rub. Place beef in air fryer basket, in batches if necessary. Cook 5 minutes or until beef reaches an internal temperature for medium rare (145°F).
3. Place pitas on flat surface; divide beef evenly and place on top. Sprinkle with radishes, feta cheese, tomatoes and red onion.

**Nutrition information per serving, 1 topped flatbread:** 569 Calories; 342 Calories from fat; 38g Total Fat (10.3 g Saturated Fat; 0.1 g Trans Fat; 3.9 g Polyunsaturated Fat; 21.9 g Monounsaturated Fat;) 89 mg Cholesterol; 2053 mg Sodium; 26 g Total Carbohydrate; 2.4 g Dietary Fiber; 4.7 g Total Sugars; 33 g Protein; 0 g Added Sugars; 265 mg Calcium; 4 mg Iron; 620 mg Potassium; 0.1 mcg Vitamin D; 0.6 mg Riboflavin; 12.2 mg NE Niacin; 0.8 mg Vitamin B<sub>6</sub>; 1.9 mcg Vitamin B<sub>12</sub>; 396 mg Phosphorus; 5.7 mg Zinc; 41.3 mcg Selenium; 102.2 mg Choline. This recipe is an excellent source of Protein, Calcium, Iron, Riboflavin, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Phosphorus, Zinc, and Selenium; and a good source of Potassium, and Choline.

## Yaki Soba Noodles with Beef

Recreate street food night at home with this classic stir-fried Japanese noodle dish full of fresh veggies, spices and thinly cut steak. Serve hot or cold.

Recipe Time: 40 minutes

Makes 8 servings

- 2 pounds beef Top Round Steak, cut into 1/8-inch thick strips
- 3 packages beef-flavored instant ramen noodles, divided
- 1/4 cup canola oil
- 1/4 cup sesame oil
- 1 Spanish onion, thinly sliced
- 2 tablespoons fresh minced ginger
- 1 tablespoon minced garlic
- 1 package (16 ounce) coleslaw
- 3 bell peppers, thinly sliced
- 1 cup shredded carrots
- 1 cup frozen corn, thawed
- 1/2 cup stir-fry sauce
- 1/2 cup thinly sliced green onions



1. Cook noodles in boiling water according to package directions; drain and rinse. Combine beef with canola oil and one seasoning packet.
2. In a large nonstick skillet or wok, heat sesame oil over medium-high heat until hot. Add beef (1/2 at a time) and stir-fry 1 to 2 minutes or until outside surface is no longer pink. (Do not overcook). Add onion, ginger and garlic; cook and stir 1 to 2 minutes or until onion is tender and mixture is fragrant.
3. Add coleslaw, bell peppers and shredded carrots. Cook and stir another 2 to 3 minutes. Add cooked noodles, corn, stir-fry sauce and remaining two seasoning packets. Cook, stirring occasionally until internal temperature reaches 165°F as measured by a thermometer.
4. Sprinkle with green onions. Serve.

**Nutrition information per serving, 1/8 recipe:** 463 Calories; 175.5 Calories from fat; 19.5g Total Fat (5 g Saturated Fat; 0.2 g Trans Fat; 4.5 g Polyunsaturated Fat; 9.3 g Monounsaturated Fat;) 73 mg Cholesterol; 986 mg Sodium; 38 g Total Carbohydrate; 3.5 g Dietary Fiber; 9.5 g Total Sugars; 31 g Protein; 3 g Added Sugars; 61.5 mg Calcium; 5.1 mg Iron; 623 mg Potassium; 0 mcg Vitamin D; 0.4 mg Riboflavin; 15.1 mg NE Niacin; 1 mg Vitamin B<sub>6</sub>; 2 mcg Vitamin B<sub>12</sub>; 329 mg Phosphorus; 4.9 mg Zinc; 32.9 mcg Selenium;

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

## Easy Kung Pao Beef

*Tender beef and Asian vegetables with Kung Pao sauce and topped with spicy chili flakes.*

Total Recipe Time: 60 minutes

Makes 6 servings

- 2-1/2 pounds beef Stew Meat
- 1/2 cup kung pao sauce
- 1/2 cup honey
- 1/4 cup soy sauce
- 2 teaspoons crushed red pepper
- 1 package (16 ounces) frozen Asian vegetable blend
- Salt, to taste
- 1/3 cup roasted peanuts
- Steamed white rice



1. Add beef, kung pao sauce, honey, soy sauce and red pepper flakes to pressure cooker. Close and lock pressure lid. Use beef stew or high-pressure setting on pressure cooker program 40 minutes on pressure cooker timer.
2. Stir in frozen vegetables and cook, uncovered, 5 to 7 minutes or until vegetables are tender, stirring occasionally. Season with salt, if desired.
3. Sprinkle with peanuts. Serve with steamed rice.

*Nutrition information per serving, about 1/3 cup stir-fry: 475 Calories; 126 Calories from fat; 14g Total Fat (4.6 g Saturated Fat; 0.5 g Trans Fat; 1.4 g Polyunsaturated Fat; 6.9 g Monounsaturated Fat;) 140 mg Cholesterol; 1151 mg Sodium; 39 g Total Carbohydrate; 2.6 g Dietary Fiber; 33.1 g Total Sugars; 50.5 g Protein; 31 g Added Sugars; 49.8 mg Calcium; 4.6 mg Iron; 572 mg Potassium; 0.1 mcg Vitamin D; 0.4 mg Riboflavin; 16.5 mg NE Niacin; 0.8 mg Vitamin B6; 3.9 mcg Vitamin B12; 370 mg Phosphorus; 12.2 mg Zinc; 50.1 mcg Selenium; 153 mg Choline. This recipe is an excellent source of Protein, Iron, Riboflavin, Niacin, Vitamin B6, Vitamin B12, Phosphorus, Zinc, Selenium, and Choline; and a good source of Potassium.*

Wisconsin Beef Council  
957 Liberty Drive, Ste 201  
Verona, WI 53593  
Beeftips.com

