

# THE HEALTHY BEEF COOKBOOK ORDER FORM

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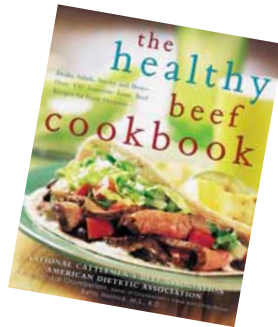
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## A WORD ABOUT MARINADES

Grilling is a form of dry heat cookery (along with broiling, oven roasting, pan-broiling and stir-frying). Although more suitable for tender cuts of beef, less tender cuts can be cooked with dry heat if marinated first in a tenderizing marinade.

Less tender beef cuts include those from the chuck and round, such as beef top round and flank steak. A flavoring marinade is used with tender beef cuts for a short time – 15 minutes to 2 hours.

Popular in many grilling recipes, marinades can add unique flavors from around the world.

- A tenderizing marinade contains a food acid or a tenderizing enzyme. Acidic ingredients include lemon or lime juice, vinegar, Italian dressing, salsa, yogurt and wine. Tenderizing enzymes are present in fresh ginger, pineapple, papaya, kiwi and figs.
- Allow 1/4 to 1/2 cup of marinade for each 1 to 2 pounds of beef.
- Marinate in a food-safe plastic bag or a non-reactive glass or stainless steel container. Turn steaks or stir beef strips occasionally to allow even exposure to the marinade.
- ALWAYS marinate in the refrigerator, NEVER at room temperature.

- Less tender steaks should be marinated at least 6 hours, but no more than 24 hours. Marinating longer than 24 hours will result in a mushy texture.

- If a marinade will also be used later for basting, or served as a sauce, reserve a portion of it before adding the raw beef. Marinade that has been in contact with uncooked meat MUST be brought to a full rolling boil for at least 1 minute before it can be used as a sauce.



Calorie-for-calorie, lean beef is one of the most nutrient-rich foods. A 3-ounce serving contributes less than 10 percent of calories to a 2,000-calorie diet, yet it supplies more than 10 percent of the Daily Value for nine essential nutrients.

## SAFE HANDLING TIPS

To ensure proper handling of foods, follow these easy steps:

- Defrost frozen beef in the refrigerator to prevent bacterial growth. Do not defrost frozen beef at room temperature.
- Wash hands well in hot soapy water before and after handling meat and other fresh foods.
- Keep raw meat and meat juices away from other foods, both in the refrigerator and during preparation.
- Wash all utensils, cutting surfaces and counters with hot, soapy water after contact with raw meat.
- Keep carving boards separate from other food preparation boards. Use separate clean tongs or spatula for removing beef from the grill and place on a clean plate to avoid cross-contamination with uncooked meat.
- Refrigerate leftovers after serving, within 2 hours after cooking.
- Charring meat, poultry or fish is not recommended. Grill over medium to medium-low coals. Never grill while the coals are still flaming; wait until the flames subside and the coals are covered with gray ash.



# GREAT GRILLING WITH LEAN BEEF

While hot dogs, burgers and sausages are mainstays at many grilling parties, lean beef steaks, kabobs and roasts have seen their fair share of the hot grill. That's good news for Americans looking to eat healthy year-round.



For more recipes, nutrition information and cooking tips, visit [www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com)

Recipes and photos as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc.



Brought to you by the Beef Checkoff Program through the Cattlemen's Beef Board

## STEAK WITH GINGER-PLUM BARBECUE SAUCE

Total preparation and cooking time: 35 minutes  
Marinating time: 6 hours or overnight



- 1 beef top round steak, cut 3/4 inch thick (about 1 pound)
- 1 tablespoon vegetable oil
- 2 cups thinly sliced carrots
- 3 cups fresh pea pods, strings removed
- 1 clove garlic, minced
- Salt and black pepper
- 3 cups hot cooked jasmine rice, prepared without butter or salt
- Chopped fresh cilantro

### Marinade:

- 1/2 cup prepared plum sauce
- 2 tablespoons minced fresh ginger
- 2 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 2 tablespoons ketchup
- 1 tablespoon minced garlic
- 1 tablespoon brown sugar
- 1/4 teaspoon ground red pepper

1. Combine marinade ingredients in small bowl. Place beef steak and 1/2 cup marinade 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. Cover and reserve remaining marinade in refrigerator.
2. Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, uncovered, 8 to 9 minutes for medium rare doneness, turning occasionally and basting with some of the reserved marinade during last 2 to 3 minutes of grilling. Remove; keep warm.
3. Heat oil in large nonstick skillet over medium-high heat until hot. Add carrots; stir-fry 5 minutes. Add pea pods and garlic; stir-fry 2 minutes.
4. Carve steak into thin slices. Season with salt and black pepper, as desired. Place remaining marinade in small saucepan; heat until warm. Serve with steak, vegetables and rice. Garnish with cilantro, if desired.

Makes 4 servings

**Nutrition information per serving:** 496 calories; 9 g fat (2 g saturated fat; 4 g monounsaturated fat); 61 mg cholesterol; 531 mg sodium; 66 g carbohydrate; 6.2 g fiber; 36 g protein; 8.4 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 6.9 mg iron; 43.0 mcg selenium; 6.1 mg zinc.

**This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc.**

## MOJO BEEF KABOBS

Total preparation and cooking time: 40 minutes



- 1 pound boneless beef top sirloin steak, cut 1 inch thick
- 1 teaspoon coarse grind black pepper
- 1 large lime, cut into 8 wedges
- 1 small red onion, cut into 8 thin wedges
- 1 container grape or cherry tomatoes (about 10 ounces)

### Mojo Sauce:

- 1/4 cup fresh orange juice
- 1/4 cup fresh lime juice
- 3 tablespoons finely chopped fresh oregano
- 3 tablespoons olive oil
- 2 tablespoons finely chopped fresh parsley
- 1 teaspoon ground cumin
- 1 teaspoon minced garlic
- 3/4 teaspoon salt

1. Whisk Mojo Sauce ingredients in small bowl. Set aside.
2. Cut beef steak into 1-1/4 inch pieces; season with pepper.
3. Alternately thread beef with lime and onion wedges evenly onto four 12-inch metal skewers. Thread tomatoes evenly onto four 12-inch metal skewers.
4. Place kabobs on grid over medium, ash-covered coals. Grill tomato kabobs, uncovered, about 2 to 4 minutes or until slightly softened, turning occasionally. Grill beef kabobs, uncovered, about 8 to 10 minutes for medium rare to medium doneness, turning occasionally.
5. Serve kabobs drizzled with sauce.

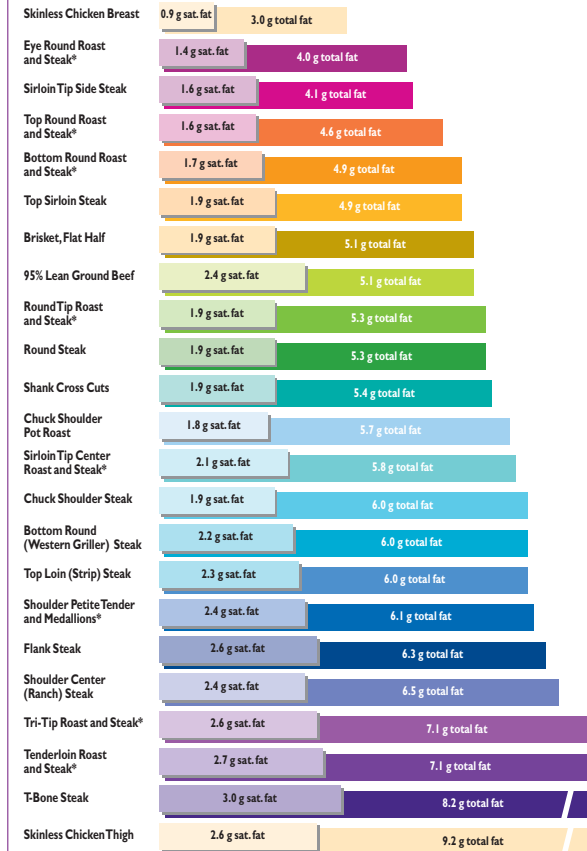
Makes 4 servings

**Nutrition information per serving:** 285 calories; 15 g fat (3 g saturated fat; 10 g monounsaturated fat); 50 mg cholesterol; 500 mg sodium; 10 g carbohydrate; 1.8 g fiber; 27 g protein; 8.2 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.4 mcg vitamin B<sub>12</sub>; 2.6 mg iron; 31.9 mcg selenium; 5.1 mg zinc.

**This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc, and a good source of iron.**

When it comes to choosing lean beef, consumers have a full range of choices. More than 65% of cuts sold at the supermarket meet government guidelines for lean, with less than 10 grams of total fat, 4.5 grams or less of saturated fat, and less than 95 milligrams of cholesterol per 3-ounce serving (and 100 grams).

### Twenty-nine Ways to Love Lean Beef

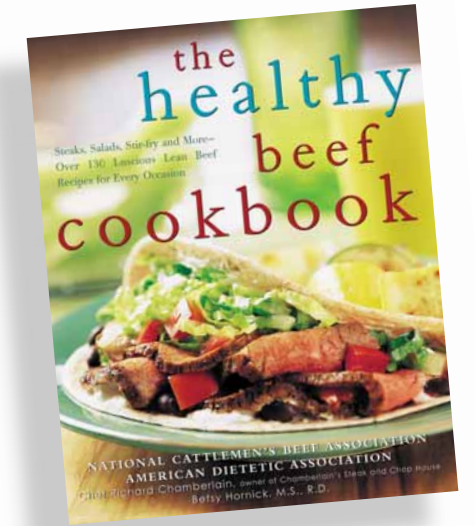


Source: US Department of Agriculture, Agricultural Research Service, 2005. USDA Nutrient Database for Standard Reference, Release 18. Based on cooked servings, visible fat trimmed.

Refer to *The Healthy Beef Cookbook* for information on which cuts are most appropriate for specific cooking methods, and how to choose the right cut to enhance your favorite beef recipes.



## ORIGINAL, DELICIOUS AND NUTRITIOUS LEAN BEEF RECIPES FOR EVERY OCCASION



You've heard that beef can be an important part of a healthy lifestyle. But, you may not be confident that you have the know-how to deliver great-tasting, health-promoting lean beef dishes to your dinner table on a regular basis. **The Healthy Beef Cookbook** is now available to show you how to use lean beef to add excitement and ease to everything from quick and easy dinners to special occasion entrées.

The nutrition experts at the American Dietetic Association and the beef experts at the National Cattlemen's Beef Association combined their efforts to produce this compilation of more than 130 delicious recipes, the latest nutrition information, and cooking techniques to create tender, moist, flavorful beef dishes every time.

To order *The Healthy Beef Cookbook*, complete and mail the order form on the reverse side of this sheet. Or call 1-800-368-3138 to place your order with customer service.

Online orders can be placed at  
[www.BeefitsWhatsForDinner.com](http://www.BeefitsWhatsForDinner.com)  
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