



## Beef Pepper Steak

Total Recipe Time: 30 to 35 minutes

Marinade Time: 30 minutes to 2 hours | Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless or Top Round Steak, cut  $\frac{3}{4}$  inch thick, or Flank Steak
- $\frac{1}{2}$  cup prepared Italian dressing
- Salt and pepper
- 2 large bell peppers, any color, cut into  $\frac{1}{8}$ -inch strips
- 1 onion, cut into  $\frac{1}{8}$ -inch wedges

1. Cut beef steak lengthwise in half, then crosswise into  $\frac{1}{8}$ -inch thick strips. Place beef and  $\frac{1}{3}$  cup Italian dressing in food-safe plastic bag; turn beef to coat. Reserve remaining dressing for vegetables. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
2. Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add  $\frac{1}{2}$  of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef. Season beef with salt and pepper; keep warm. Wipe skillet with paper towel.
3. Heat remaining Italian dressing in same skillet until hot. Add peppers and onion. Stir-fry 5 to 6 minutes or until vegetables are crisp-tender.
4. Return beef and juices to skillet. Cook and stir 1 to 2 minutes or until heated through.

# Beef Pepper Steak

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For more tasty lean beef recipes visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)

## Cook once, dine twice:

Use leftovers to make fajitas for tomorrow's lunch or dinner. All you need is a tortilla!

## Cooking tip:

Turn steaks with tongs. Avoid using a fork, which will pierce the beef and result in the loss of flavorful juices.

## Nutrition information per serving, using Top Sirloin Steak:

240 calories; 10 g fat (3 g saturated fat; 3 g monounsaturated fat); 69 mg cholesterol; 260 mg sodium; 9 g carbohydrate; 2.0 g fiber; 27 g protein; 8.3 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 2.1 mg iron; 35.7 mcg selenium; 5.1 mg zinc; 106.5 mg choline.

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

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*Courtesy of the Beef Checkoff*



## Steak, Green Bean and Tomato Salad

Total Recipe Time: 30 to 35 minutes

Marinade Time: 30 minutes to 2 hours | Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless, cut  $\frac{3}{4}$  inch thick
- $\frac{1}{4}$  cup plus 2 tablespoons reduced-fat or regular balsamic vinaigrette, divided
- $2\frac{1}{2}$  cups fresh green beans (2-inch pieces)
- 1 to 2 teaspoons olive oil, divided
- 1 cup grape tomatoes
- Salt and pepper
- 1 package (6 ounces) fresh baby spinach
- $\frac{1}{4}$  cup shaved Parmesan cheese
- $\frac{1}{4}$  cup sunflower seeds or toasted chopped walnuts (optional)

1. Cut beef steak lengthwise in half, then crosswise into  $\frac{1}{8}$  to  $\frac{1}{4}$ -inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
3. Add remaining 1 teaspoon oil to same skillet, if needed; add half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese and sunflower seeds, if desired. Drizzle with remaining  $\frac{1}{4}$  cup dressing.

# Steak, Green Bean and Tomato Salad

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## Did you know?

Exercise is more effective when paired with a higher-protein diet, and a 3-ounce serving of cooked beef provides about half of the Daily Value for protein.

## Cooking tip:

When cooking with acidic ingredients such as tomatoes, citrus or wine, avoid using aluminum and cast iron pans which can affect the taste and color of dishes.

## Nutrition information per serving:

255 calories; 11 g fat (3 g saturated fat; 3 g monounsaturated fat); 56 mg cholesterol; 389 mg sodium; 9 g carbohydrate; 4.0 g fiber; 30 g protein; 7.7 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.5 mcg vitamin B<sub>12</sub>; 3.4 mg iron; 30.5 mcg selenium; 4.9 mg zinc; 101.4 mg choline.

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 fiber, iron and choline.

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*Courtesy of the Beef Checkoff*



## Philly Cheese Steak

Total Recipe Time: 50 to 55 minutes | Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless or Top Round Steak, cut  $\frac{3}{4}$ -inch thick
- 1 teaspoon onion powder
- 1 teaspoon salt-free garlic-pepper seasoning
- 1 large Spanish onion, thinly sliced and separated into rings
- 1 medium red, yellow or green bell pepper, cut lengthwise into quarters, then crosswise into  $\frac{1}{4}$ -inch strips
- $1\frac{1}{2}$  teaspoons olive oil, divided
- Salt (optional)
- 4 whole-grain or whole-wheat hoagie rolls, split, warmed
- 4 slices Provolone cheese

1. Partially freeze beef steak (about 30 minutes), if desired for easier slicing. Cut steak lengthwise in half, then crosswise into  $\frac{1}{8}$ -inch thick strips. Season beef with onion powder and garlic-pepper seasoning. Set aside.
2. Spray large nonstick skillet with nonstick cooking spray. Heat over medium heat until hot. Add onion and bell pepper; cook and stir 8 to 10 minutes or until peppers are tender and onions are golden brown.
3. Heat  $\frac{1}{2}$  teaspoon oil in same skillet until hot. Add  $\frac{1}{3}$  of beef; stir-fry 30 seconds to 1 minute or until outside surface of beef is no longer pink. Remove from skillet. Repeat twice with remaining beef, adding  $\frac{1}{2}$  teaspoon oil to each batch, if necessary.
4. Return vegetables to skillet; stir to combine. Season with salt, if desired. Divide beef mixture evenly over bottom of each roll. Top each sandwich with cheese slice. Close sandwiches.

# Philly Cheese Steak

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For more tasty lean beef recipes visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com)

## Did you know?

A serving of lean beef (3 ounces) is about the size of a deck of cards and 150 calories.

## Shopping tip:

Look for fresh beef cuts displaying the American Heart Association's Heart-Check mark to spot foods that meet American Heart Association criteria for saturated fat and cholesterol.

## Nutrition information per serving, using Top Sirloin Steak:

545 calories; 19 g fat (8 g saturated fat; 6 g monounsaturated fat); 89 mg cholesterol; 680 mg sodium; 54 g carbohydrate; 8.4 g fiber; 42 g protein; 17.8 mg niacin; 0.9 mg vitamin B<sub>6</sub>; 1.9 mcg vitamin B<sub>12</sub>; 4.3 mg iron; 81.2 mcg selenium; 7.8 mg zinc; 132.1 mg choline.

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

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*Courtesy of the Beef Checkoff*



## Beef Stir-Fry with Green Beans

Total Recipe Time: 20 to 30 minutes

Marinade Time: 30 minutes to 2 hours | Makes 4 servings

- 1 pound beef Top Sirloin Steak Boneless, Top Round Steak or Flank Steak, cut  $\frac{3}{4}$  inch thick
- $\frac{1}{2}$  cup prepared Asian-sesame dressing
- 2 teaspoons minced garlic
- $2\frac{1}{2}$  cups green beans or asparagus pieces (2-inch length)
- Salt
- 1 tablespoon toasted sesame seeds
- Hot cooked rice (optional)

1. Cut beef steak lengthwise in half, then crosswise into  $\frac{1}{8}$  to  $\frac{1}{4}$ -inch thick strips. Combine  $\frac{1}{4}$  cup dressing and garlic in medium bowl. Add beef; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and remaining  $\frac{1}{4}$  cup dressing; stir-fry 5 to 7 minutes or until crisp-tender. Remove from skillet; season with salt, as desired. Set aside.
3. Remove beef from marinade; discard marinade. Add  $\frac{1}{2}$  of beef to same skillet; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef.
4. Return green beans and beef to skillet; cook and stir 1 to 2 minutes or until heated through. Garnish with sesame seeds. Serve with rice, if desired.

# Beef Stir-Fry with Green Beans

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## Shopping tip:

To help you find lean beef cuts at the store, look for beef with Loin or Round in the name and labeled as Select or Choice. Trim visible fat before cooking for even greater fat reduction.

## Cooking tip:

To make it easier to cut uniform strips for stir-fry, put raw beef steak in the freezer for about 30 minutes to partially freeze before slicing.

## Nutrition information per serving, using Top Sirloin Steak:

216 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 69 mg cholesterol; 350 mg sodium; 11 g carbohydrate; 1.9 g fiber; 29 g protein; 8.1 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 2.4 mg iron; 33.5 mcg selenium; 5 mg zinc; 109.3 mg choline.

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

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