

# All for the Beef Recipe Cards

## Sourcebook

Career and Technology  
Studies FOD2100  
Basic Meat Cookery





## All for the Beef

Prep 20 mins  
Cook 1 hr 20 mins  
Yields 6 servings

# Braised Beef Short Ribs

## Shopping List



Boneless beef short ribs  
Olive oil  
Onions  
Garlic cloves  
Dried thyme, rosemary  
Beef stock  
Canned diced tomatoes  
Worcestershire sauce  
Orange  
Salt and pepper



## Ingredients

3 lb (1.5 kg) boneless beef short ribs  
2 tbsp (25 mL) olive oil  
2 onions, chopped  
3 cloves garlic, finely chopped  
1 tsp (5 mL) dried rosemary  
1 tsp (5 mL) thyme leaves, crumbled  
1 tsp (5 mL) salt  
½ tsp (2 mL) freshly ground black pepper  
1 ½ cup (375 mL) beef stock (approx.)  
1 cup (250 mL) canned diced tomatoes, including juice  
2 tbsp (25 mL) Worcestershire sauce  
3 strips orange peel (3-inch/8 cm in long)

## Instructions

1. Pat short ribs dry with paper towels. Heat 1 tbsp (15 mL) of the oil in Dutch oven or large saucepan over medium-high heat; brown short ribs, in batches and adding more oil as needed, until browned on all sides. Transfer to plate.
2. Add onions, garlic, rosemary, salt and pepper to pan; cook over medium heat, stirring often, for 5 minutes or until softened.
3. Add stock, tomatoes with juice, Worcestershire sauce and orange peel. Return beef and accumulated juices to pan; bring to boil.
4. Cover and reduce heat; simmer for 2 hours, adding additional stock to keep beef covered while braising, until beef is fork-tender. Serve with apple slices, sliced cucumber with dip and yogurt.

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Every effort has been made to acknowledge sources used in the **All for the Beef: Basic Meat Cookery** program resources. In the event of questions arising as to the use of any material, we will be pleased to make the necessary corrections in future versions. Please contact Patricia Shields-Ramsay at InPraxis Learning at 780.421.7163.



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All for the Beef

# Corn and Black Bean Beef Chili



This recipe is a snap to pull together with simple pantry ingredients. Use it to fill tortillas and bake as a casserole (as in the Chili Enchiladas instructions) or just serve from the pot with wedges of baked tortilla. If you prefer a fiery version, add a teaspoon or so chopped canned chipotle peppers.

Chili recipes are basically lean if they start with lean ground beef. For heart-healthy improvements, we used lean beef, no-oil frying when cooking the meat and vegetables and increased the veggie content.

If you add some chopped fresh dill near the end of cooking, it plays up the fresh vegetable flavours.

Excellent source of iron (26% DV) and zinc (33% DV).

## Nutrition Facts

per serving	
Amount	
<b>Calories</b>	192
<b>Protein</b>	16 g
<b>Fat</b>	5 g
<b>Carbohydrate</b>	24 g
<b>Sodium</b>	573 mg

## notes

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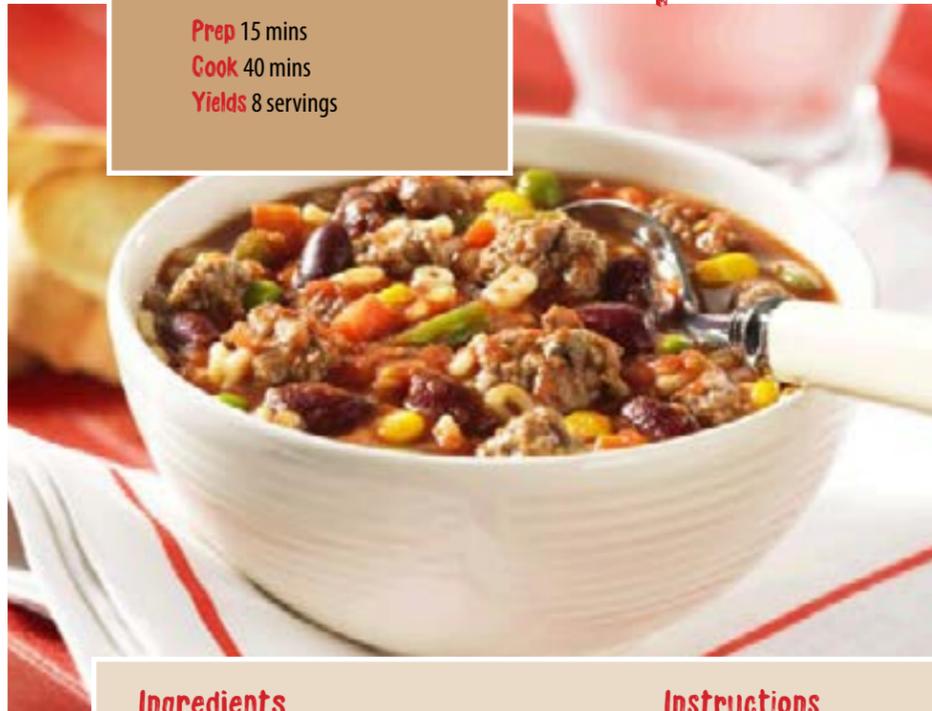
Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/corn-and-black-bean-beef-chili/>



All for the Beef

# Hearty Beef Minestrone Soup

Prep 15 mins  
Cook 40 mins  
Yields 8 servings



## Shopping List



- Extra lean ground beef
- Onions
- Garlic cloves
- Frozen mixed vegetables
- Italian herb seasoning
- Canned diced tomatoes
- Chicken broth
- Tomato sauce
- Whole wheat spaghetti or alphabet pasta
- Chili pepper flakes (optional)
- Fresh parsley (optional)
- Fresh spinach (optional)
- Canned kidney beans (optional)

## Ingredients

- 1 lb (500 g) extra lean ground beef round or sirloin or extra lean ground beef
- 1 large onion, chopped
- 4 cloves garlic, minced
- 3 cup (750 mL) frozen mixed vegetables
- 1 ½ tsp (7 mL) dried Italian herb seasoning
- ¼ tsp (1 mL) chili pepper flakes (optional)
- 1 can (28 oz/796 mL) diced tomatoes
- 1 pkg (900 mL) sodium-reduced chicken broth
- 1 can (213 mL) tomato sauce
- 1 cup (250 mL) shredded fresh spinach (optional)
- ¼ cup (50 mL) chopped fresh parsley (optional)
- ½ cup (125 mL) broken whole wheat spaghetti or alphabet pasta
- ½ cup (125 mL) kidney beans, drained and rinsed (optional)

## Instructions

1. Cook beef, onion, garlic, frozen mixed vegetables, Italian seasoning and chili pepper flakes (if using) in Dutch oven over medium-high heat for 10 to 15 minutes or until meat is thoroughly cooked and any liquid has evaporated.
2. Add tomatoes, broth and tomato sauce; bring to boil. Reduce heat and simmer for 15 minutes.
3. Add spinach and parsley (if using). Stir in pasta and beans (if using); simmer for 10 minutes or until pasta is tender.













All for the Beef

# Classic Beef Meat Loaf with Pepper Jelly Glaze



The key to good meat loaf is one that is moist and tender. Follow the basic recipe in the step-by-step lessons to make our best meat loaf: Classic Meat Loaf with Pepper Jelly Glaze. Great meat loaf can be lean when made from lean or extra lean ground beef. Add finely shredded carrot and milk-soaked fresh bread crumbs to the meat loaf mix before cooking. These little secrets keep meat loaves moist and tender and also add a nutrient boost to the meal.

You can use a oven-safe meat thermometer instead of a rapid-read if you want – insert oven-safe thermometer into centre of meat loaf before cooking.

Pepper Jelly Glaze: Combine ½ cup hot or sweet pepper jelly, ¼ cup apple sauce (optional), 2 tbsp ketchup and 1 tbsp.

Worcestershire sauce in microwaveable bowl. Microwave on high (100%) for 1 to 2 minutes or until bubbling, stirring once.

Good source of iron (21% DV), excellent source of zinc (61% DV), 6 mg sodium.

Nutrition Facts	
per serving	
Amount	
Calories	316
Protein	27 g
Fat	10 g
Carbohydrate	29 g

## notes

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Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/classic-meat-loaf/>



All for the Beef

Prep 20 mins  
Cook 15 mins  
Yields 12 cupcakes

# Cowboy Cupcakes



## Shopping List

- Lean or medium ground beef
- Onion
- Mushrooms
- Pasta sauce
- Ricotta cheese
- Fresh basil
- Green onions or chives
- Salt and pepper
- Wonton wrappers
- Parmesan cheese
- Mozzarella cheese

## Ingredients

- 1 lb (0.45 kg) lean or medium ground beef
- ½ cup minced onion
- ½ cup minced mushrooms
- 1 cup pasta sauce
- ¾ cup ricotta cheese
- 2 tbsp chopped fresh basil
- 1 tbsp minced green onion or chives
- Salt and pepper
- 24 wonton wrappers
- 1 cup each grated Parmesan and shredded mozzarella cheese

## Instructions

1. Pan-fry ground beef, onions and mushrooms thoroughly in large skillet. Drain if necessary. Add pasta sauce and heat through.
2. Meanwhile, combine ricotta with basil, green onion, salt and pepper to taste; set aside.
3. Spray a 12-cup muffin tin with cooking spray. Press a wonton wrapper firmly into the bottom of each muffin cup. Spoon in a scant 1 tsp each Parmesan, mozzarella, ricotta and top with 1 tbsp of the meat mixture.
4. Layer a second wonton into each cup and top each with approx. 1 tsp each of the cheeses. Divide meat mixture evenly among the cups (approx. ¼ cup each). Top with additional grated Parmesan or mozzarella if desired.
5. Bake in preheated 375°F oven for 15 to 20 minutes or until edges are brown and cupcakes are bubbling. Remove from the oven; let stand 5 to 10 minutes. Use a knife to remove each cupcake from muffin tin.



All for the Beef

# Cowboy Cupcakes



Cupcakes can be made ahead and frozen before baking. Bake from frozen for 25 minutes.

Be sure to buy wonton wrappers – not egg roll wrappers – wonton wrappers are the best size. These wrappers can usually be found refrigerated in the produce section where you find tofu. They work just like a lasagna noodle in these cupcakes, without the hassle of having to boil noodles.

Mexican Version: Use shredded Cheddar or Tex-Mex Cheddar cheese instead of the mozzarella. Add ½ cup salsa, ⅔ cup canned kidney beans (drained and rinsed), 2 tbsp chili powder and 1 tsp ground cumin to the meat sauce.

Greek Version: Use crumbled feta cheese instead of the mozzarella. Add 1 ½ tsp dried oregano leaves or Italian seasoning and ¼ tsp ground cinnamon to the meat sauce.

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Recipe and image courtesy of Canada Beef <https://canadabeef.ca/recipe/cowboy-cupcakes/>



All for the Beef

Prep 20 mins  
Cook 10 mins

# Egg and Beef Fried Rice



## Shopping List

- Fast fry beef steaks (strip loin)
- Canola oil
- Onion
- Cauliflower (riced)
- Soy sauce
- Sesame oil
- Eggs
- Frozen peas and carrots
- Long brown rice
- Green onions



## Ingredients

- ½ lb (250 g) fast fry beef steaks (thin cut strip loin)
- Pinch of salt and pepper
- 1 tsp (5 mL) canola oil
- 1 small onion, finely chopped
- 2 cups (500 mL) cauliflower rice
- 2 tbsp (25 mL) soy sauce
- ¼ tsp (1 mL) sesame oil
- 4 eggs
- 1 ½ cups (375 mL) frozen peas and carrots, thawed
- 2 cups (500 mL) cold cooked long brown rice
- ½ cup (75 mL) chopped green onions

## Instructions

- Season beef with salt and pepper. In a large non-stick skillet, heat canola oil over medium-high. Cook beef for 2 minutes on each side, set aside and chop into bite sized pieces (¼-inch x ¼-inch pieces).
- Add onions to the skillet and cook for one minute. Stir in cauliflower, soy sauce and sesame oil. Cook for 2 minutes. Push vegetables to one side of the pan. Beat eggs and add to the cleared side of the pan, pour in egg mixture. As mixture begins to set, gently move spatula across bottom and sides of skillet to form marble sized, soft curds. Cook until eggs are thickened and no visible liquid egg remains, about 3 minutes. Mix to combine all ingredients. Stir in peas and carrots, beef and cold rice. Remove from heat and sprinkle with green onions.











All for the Beef

# Beef Kabobs with Peanut Sauce



To use these as an appetizer, cook beef cubes and veggies on a foil-lined baking sheet under the broiler for about 8 minutes -- pierce each beef cube with a toothpick along with 1 veggie wedge and place on platter to serve. Sprinkle with some toasted sesame seeds to dress them up (if desired).

**Peanut Sauce:** In medium saucepan, combine 1 clove garlic (minced), ½ cup (125 mL) each crunchy peanut butter and reduced-sodium chicken broth, 1 tbsp (15 mL) reduced-sodium soy sauce, 2 tsp (10 mL) fresh lemon juice and 1 tsp (5 mL) each garlic-chili sauce and granulated sugar. Bring to boil over medium-high heat, stirring often. Reduce heat and simmer, stirring, for about 1 minute or until sauce thickens slightly. Stir in ¼ cup (50 mL) coconut milk and cook, stirring until heated through. Serve warm.

## Nutrition Facts

per serving

Amount	
<b>Calories</b>	282
<b>Protein</b>	22 g
<b>Fat</b>	17.3 g
<b>Carbohydrate</b>	11 g
Fibre	3 g
<b>Sodium</b>	231 mg

## notes

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Recipe courtesy of Canada Beef <https://canadabeef.ca/recipe/beef-kabobs-with-peanut-sauce/>



All for the Beef

# Pineapple-Glazed Beef Miami Ribs

Prep 15 mins  
Cook 25 mins  
Yields 4 servings



## Shopping List



- Beef Miami or Korean-cut short ribs
- Unsweetened pineapple juice
- Brown sugar
- Garlic cloves
- Ginger root
- Dried thyme
- Hot chili pepper flakes

## Ingredients

- 2 cup (500 mL) unsweetened pineapple juice
- ¼ cup (50 mL) soy sauce
- 2 tbsp (30 mL) packed brown sugar
- 2 cloves garlic, sliced
- 1 inch (2.54 cm) ginger root, peeled and thinly sliced
- ½ tsp (2 mL) dried thyme
- Pinch hot chili pepper flakes
- 2 lb (1 kg) beef Miami or Korean-cut short ribs

## Instructions

1. Combine pineapple juice, soy sauce, sugar, garlic, ginger, thyme and chili pepper flakes in large sealable freezer bag. Add ribs, turning to coat with marinade. Place on plate and refrigerate for at least 8 hours or up to 24 hours. Reserving marinade, remove ribs and set aside.
2. Bring marinade to boil in medium saucepan over high heat. Reduce heat to medium; boil for 15 to 20 minutes or until reduced to about 1 cup (250 mL).
3. Grill ribs using medium-high heat for 6 to 10 minutes, turning often and basting with reduced marinade, until browned and tender. Serve with grilled sliced pineapple if desired.





















All for the Beef

# Goulash-Style Beef Hamburger Soup



Hungarian flavours, lots of vegetables and seasonings make this main-course beef hamburger soup an interesting departure from traditional Hamburger Soup recipes. You can use almost any mix of vegetables you want, even frozen.

Use an abundance of veggies, lean beef plus sodium-reduced broth for a heart-healthy approach. Hungarian spices, soy sauce and fresh parsley pump up the flavour.

Good source of iron (21% DV) and excellent source of zinc (44% DV), 28% DV sodium.

## Nutrition Facts

per serving

Amount	
<b>Calories</b>	200
<b>Protein</b>	20 g
<b>Fat</b>	5 g
<b>Carbohydrate</b>	19 g
Fibre	3 g
<b>Sodium</b>	662 mg

## notes

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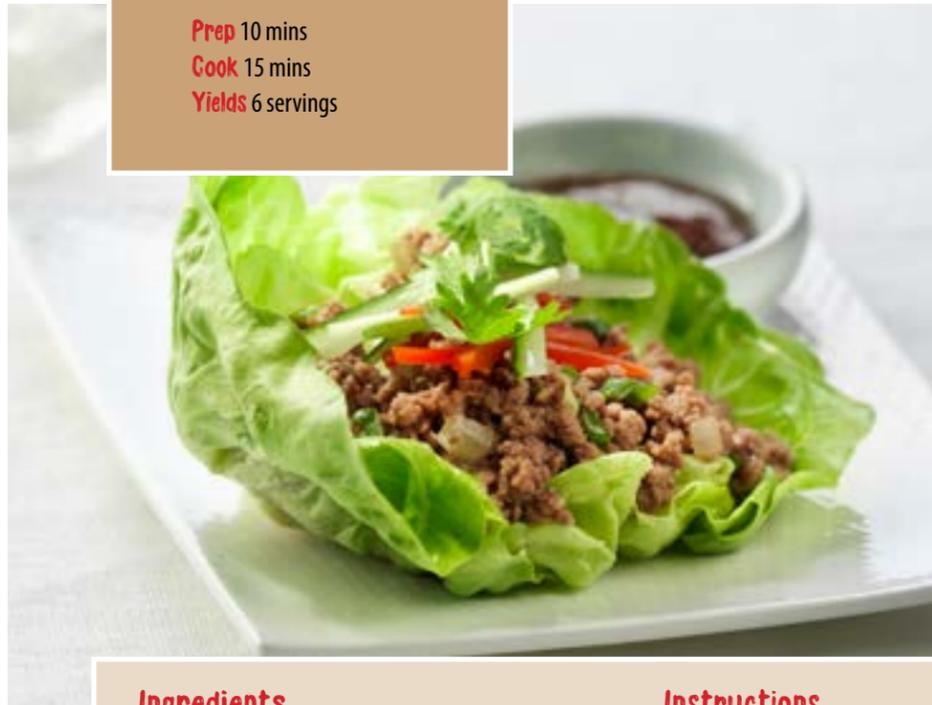
Recipe courtesy of Canada Beef <https://canadabeef.ca/recipe/goulash-style-beef-hamburger-soup/>



All for the Beef

Prep 10 mins  
Cook 15 mins  
Yields 6 servings

# Korean Beef Lettuce Cups



## Shopping List



- Lean ground beef, sirloin or chuck
- Garlic cloves
- Sweet red pepper
- Ginger root
- Soy sauce
- Asian chili sauce
- Sesame oil
- Bibb lettuce
- Lime
- Carrot
- Cucumber
- Cilantro, mint or green onion
- Hoisin sauce

## Ingredients

- 2 cloves garlic, minced
- ½ sweet red pepper, diced
- 1 lb (500 g) lean ground beef sirloin or chuck or lean ground beef
- 1 tsp (5 mL) minced ginger root
- ¼ cup (50 mL) soy sauce
- 1 tbsp (15 mL) Asian chili sauce
- 1 tsp (5 mL) sesame oil
- Bibb lettuce leaves
- Fresh lime wedges
- Shredded carrot and cucumber
- Chopped cilantro or mint or chopped green onion
- Hoisin sauce

## Instructions

1. Cook garlic, diced pepper, ground beef and ginger root in large skillet using medium heat, stirring occasionally for 8 to 10 minutes until beef is browned and completely cooked. Drain if necessary.
2. Add soy sauce, chili sauce and sesame oil; reduce heat to medium-low and simmer 3 to 4 minutes.
3. Transfer to warm platter. At the table let each person spoon some filling into lettuce leaves. Top with squeeze of lime juice and serve with toppings such as shredded carrot, cucumber, chopped cilantro or mint. Roll up with your hands to eat.







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