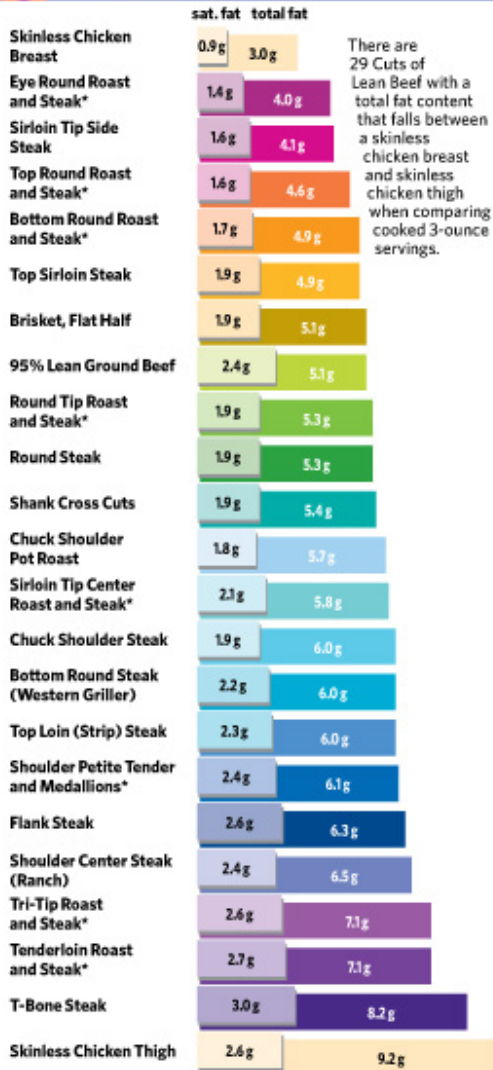


29 Ways to Love Lean Beef



There are 29 Cuts of Lean Beef with a total fat content that falls between a skinless chicken breast and skinless chicken thigh when comparing cooked 3-ounce servings.



NATIONAL BEEF AMBASSADOR FAVORITE RECIPES



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Fast, easy and tasty
BEEF meals & snacks.



ROAST BEEF & VEGGIE WRAP

Total preparation time: about 25 minutes

12 ounces thinly sliced deli roast beef
2 cups shredded broccoli slaw
1/4 cup reduced fat ranch dressing
1 container (8 ounces) reduced fat or regular whipped cream cheese
2 tablespoons reduced fat ranch dressing
4 large spinach, sun-dried tomato or whole wheat tortillas (10-inch diameter)

1. Place broccoli slaw and 1/4 cup ranch dressing in medium bowl. Toss with 2 forks to coat evenly; set aside. Place cream cheese and 2 tablespoons ranch dressing in small bowl; stir to combine.
2. Place 1 tortilla on cutting board or other flat surface. Spread about 1/4 cup cream cheese mixture on one tortilla using rubber spatula. Place 1/4 of roast beef slices in even layer on top of cream cheese. Place 1/3 cup broccoli mixture on top of roast beef. Spread broccoli mixture in even layer.
3. Starting at bottom edge, roll tortilla up tightly to enclose filling. Repeat steps 2 and 3 with remaining ingredients.

Serve immediately or refrigerate up to 2 hours. To serve, cut diagonally in half, if desired.

Makes 4 servings.

Cook's Tip: Flour tortillas can be substituted.



EAST MEETS WEST STEAK SALAD



Total preparation and cooking time: 25 to 30 min.
Marinating time: 15 minutes to 2 hours

2 beef shoulder center (ranch) or top sirloin steaks, cut 1 inch thick (about 8 ounces each)
3/4 cup regular or reduced fat Asian-style dressing, divided
1 package (1 pound) coleslaw mix (about 6 cups)
1 cup snow peas or sugar snap peas, trimmed, cut diagonally in half
1/4 cup honey-roasted peanuts, chopped or slivered almonds (toasted, if desired)

1. Place beef steaks and 1/4 cup dressing in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove steaks from marinade; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 14 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare to medium doneness, turning occasionally.
3. Carve steaks into thin slices; season with salt and pepper, as desired. Toss coleslaw mix, snow peas and peanuts with remaining 1/2 cup dressing in large bowl until well coated. Add beef; toss to combine.

Makes 4 servings.

Easy No-Cook Variation: Substitute 12 ounces sliced deli roast beef, cut 1/8 to 1/4 inch thick or leftover cooked steak for beef shoulder center (ranch) steaks. Decrease Asian-style dressing to 1/2 cup. Continue as directed in step 3.

HOT BEEF "SUNDAES"

Total preparation and cooking time: 15 to 20 minutes

1 package (17 ounces) refrigerated fully-cooked beef tips with gravy
1 package (24 ounces) refrigerated mashed potatoes
Toppings:
Shredded Cheddar cheese, reduced fat dairy sour cream, cherry or grape tomatoes

1. Heat beef tips with gravy unit hot according to package directions. Heat mashed potatoes until hot according to package directions.
2. Using ice cream scoop, place 2 scoops (about 1/3 cup each) mashed potatoes in each of 4 individual sundae cups or serving bowls. Divide beef tips evenly over potatoes in each dish. Sprinkle with cheese and top with dollop of sour cream, as desired. Place 1 tomato in center of each serving for "cherry."

Makes 4 servings.

Cook's Tips: One package (17 to 18 ounces) refrigerated fully-cooked boneless beef pot roast with gravy may be substituted for beef tips. Cut pot roast into 1-inch pieces and return to gravy. Heat in microwave until hot according to package directions, stirring once. Or, substitute leftover home-made pot roast and gravy. A total of 2 cups beef and gravy mixture is needed for this recipe.

Three cups home-made or prepared frozen or instant mashed potatoes may be substituted for the refrigerated mashed potatoes.

