



BEEF.
IT'S WHAT'S FOR DINNER.®

Beefy Sweet & Sloppy Joes

COOK TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 cup chopped yellow, green or red bell pepper
- $\frac{3}{4}$ cup finely chopped onion
- 1 can or bottle (12 ounces) 100% vegetable juice
- 2 tablespoon lightly-packed brown sugar
- 1 tablespoon Worcestershire sauce
- 4 whole wheat hamburger buns, split

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef up into $\frac{3}{4}$ -inch crumbles and stirring occasionally.
2. Stir in vegetable juice, brown sugar and Worcestershire sauce; bring to a boil. Reduce heat; simmer, uncovered, 7 to 9 minutes or until most of the liquid has evaporated and thickens slightly, stirring occasionally.
3. Evenly place beef mixture on bottom half of each bun; close sandwiches.

Cooks Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

TIPS FOR INFANTS AND TODDLERS

Beef has a unique mix of nutrients, including high-quality protein, iron, zinc, choline, selenium and vitamins B₆ and B₁₂, essential for growth and development in infants and children.^{1,2}

¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.

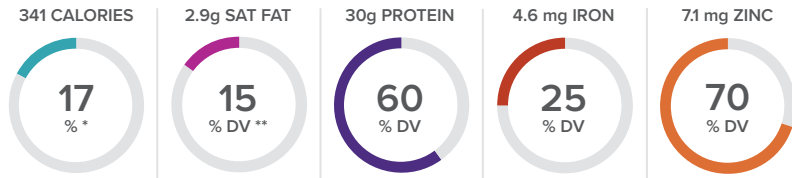
² US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>

If you have questions about starting solid foods, consult a physician or health care provider.

For more tips on feeding beef to babies and toddlers visit BeefItsWhatsForDinner.com

Nutrition information per serving: 341 Calories; 69.3 Calories from fat; 7.7g Total Fat (2.9 g Saturated Fat; 0.1 g Trans Fat; 1.3 g Polyunsaturated Fat; 2.7 g Monounsaturated Fat); 76 mg Cholesterol; 499 mg Sodium; 38 g Total Carbohydrate; 5.1 g Dietary Fiber; 30 g Protein; 4.6 mg Iron; 838 mg Potassium; 8.2 mg NE Niacin; 0.6 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7.1 mg Zinc; 40 mcg Selenium; 94.6 mg Choline.

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



* Based on a 2,000 calorie diet ** Percent Daily Values are based on a 2,000-calorie diet



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Spaghetti Squash with Meat Sauce

COOK TIME: 45 MINUTES | SERVINGS: 4

INGREDIENTS

- 1 pound Ground Beef (93% lean)
- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) Italian-Style diced tomatoes, undrained
- 1 can (6 ounces) tomato paste
- ¼ to ½ teaspoon crushed red pepper
- 1 medium spaghetti squash (about 3 to 3½ pounds), cut in half lengthwise, seeds removed
- Toppings (optional) Thinly sliced fresh basil and grated Parmesan cheese

COOKING

1. Heat stockpot over medium heat until hot. Add Ground Beef, onion and garlic; cook 8 to 10 minutes, breaking beef into ¼ to ½-inch crumbles and stirring occasionally.
2. Stir in tomato sauce, diced tomatoes, tomato paste and crushed red pepper; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat; stir in basil, if desired.
3. Meanwhile, place squash in 8 x 8-inch microwave-safe baking dish, overlapping halves slightly. Microwave on HIGH 10 to 12 minutes or until squash is tender. Let stand 5 minutes. Scrape squash with fork to separate strands.
4. Serve sauce over squash. Serve with Toppings, if desired.

To Roast Spaghetti Squash: Place squash halves, cut-side down, in 13 x 9-inch ovenproof baking dish. Bake in 350°F oven 45 to 55 minutes or until squash is tender.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

TIPS FOR INFANTS AND TODDLERS

Beef is a natural source of more than 10 essential nutrients including protein, zinc and iron, which can help prevent harmful nutrient deficiencies.^{1,2}

¹ Pérez-Escamilla R, et al, on behalf of the Robert Wood Johnson Foundation Healthy Eating Research Expert Panel on best practices for promoting healthy nutrition, feeding patterns, and weight status for infants and toddlers from Birth to 24 Months. Feeding guidelines for infants and young toddlers: A responsive parenting approach. Durham, NC: Healthy Eating Research, 2017. Available at: <http://healthyeatingresearch.org>.

² Lim KHC, et al. Iron and zinc nutrition in the economically-developed world: a review. *Nutrients* 2013;5:3184-211.

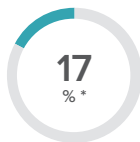
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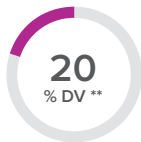
Nutrition information per serving, using no salt added tomato sauce: 326 Calories; 81 Calories from fat; 9g Total Fat (4 g Saturated Fat; 3 g Monounsaturated Fat); 76 mg Cholesterol; 514 mg Sodium; 34 g Total Carbohydrate; 7.2 g Dietary Fiber; 29 g Protein; 6.3 mg Iron; 8.5 mg NE Niacin; 0.6 mg Vitamin B₆; 2.3 mcg Vitamin B₁₂; 6.4 mg Zinc; 19 mcg Selenium; 100.1 mg Choline.

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

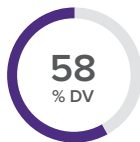
326 CALORIES



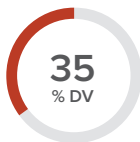
4g SAT FAT



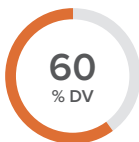
29g PROTEIN



6.3 mg IRON



6.4 mg ZINC



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Beef & Pasta Skillet Primavera

COOK TIME: 30 MINUTES | SERVINGS: 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- 1 (14 to 14½ ounces) can reduced-sodium beef broth
- 1 cup uncooked whole wheat or whole grain pasta
- 2 zucchini and/or yellow squash, ¼ to ½-inch diced
- 1 (14½ ounces) can no-salt added diced tomatoes
- 1½ teaspoons Italian seasoning
- Freshly grated Parmesan cheese (optional)

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ¼ to ½-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth, pasta, squash, tomatoes and Italian seasoning; bring to a boil. Reduce heat, cover and cook 9 to 11 minutes or until pasta and squash are almost tender and sauce is slightly thickened, stirring occasionally. Garnish with Parmesan cheese, if desired.

Cook's Tip: For early eaters (6-7 months), spaghetti can be hard to pick up prior to baby having the pincer grasp. Pieces of pasta about the size of an adult pinky finger are preferable early on it self-feeding. These include rigatoni, penne, cavatappi.

Cook's Tips: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

TIPS FOR INFANTS AND TODDLERS

Introducing a variety of flavors and textures, including meats like beef, encourages infants to accept the taste of healthy foods as they grow older.¹

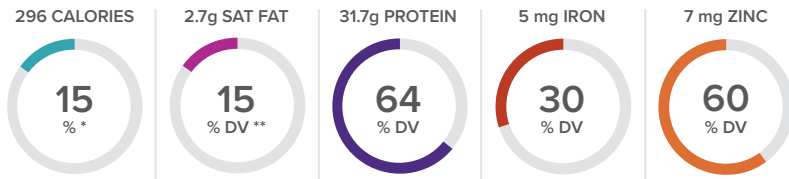
¹ Mennella JA, Trabulsi JC. Complementary foods and flavor experiences: setting the foundation. Ann Nutr Metab 2012;60 (Suppl 2):40-50.

If you have questions about starting solid foods, consult a physician or health care provider.

For more tips on feeding beef to babies and toddlers visit BeefItsWhatsForDinner.com

Nutrition information per serving: 296 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat;) 76 mg Cholesterol; 338 mg Sodium; 28.2 g Total Carbohydrate; 3.1 g Dietary Fiber; 31.7 g Protein; 5 mg Iron; 614 mg Potassium; 8.1 mg NE Niacin; 0.5 mg Vitamin B₆; 2.4 mcg Vitamin B₁₂; 7 mg Zinc; 18.4 mcg Selenium; 82.3 mg Choline.

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



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Citrus Beef & Fruit Kabobs

COOK TIME: 45 MINUTES

MARINADE TIME: 15 minutes to 2 hours

SERVINGS: 4

INGREDIENTS

- 1 beef Top Sirloin Steak Center Cut,
Boneless (about 1 pound)
- 1 medium orange
- ¼ cup chopped fresh cilantro
- 1 tablespoon smoked paprika
- ¼ teaspoon ground red pepper
(optional)
- 4 cups cubed mango, watermelon,
peaches and/or plums
- Garnish
- Chopped fresh cilantro leaves

COOKING

1. Grate peel and squeeze 2 tablespoons juice from orange; reserve juice. Combine orange peel, cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef Steak into 1¼-inch pieces. Place beef and 2½ tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food safe plastic bag; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
3. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
4. Season beef with salt, as desired. Drizzle orange juice over fruit kabobs.

Cook's Tip: To broil, place kabobs on rack in broiler pan so surface is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

TIPS FOR INFANTS AND TODDLERS

The American Academy of Pediatrics recommends including meat, such as beef, as an early solid food in an infant's diet. Pureed or mashed meat will help provide the proper nutrition that is critical during this life stage to help infants grow up strong.¹

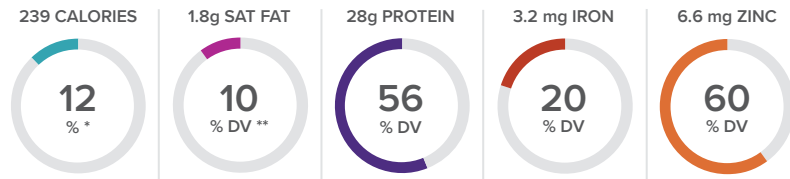
¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.

If you have questions about starting solid foods, consult a physician or health care provider.

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Nutrition information per serving, using Choice grade beef: 239 Calories; 51.3 Calories from fat; 5.7g Total Fat (1.8 g Saturated Fat; 2.5 g Monounsaturated Fat;) 69 mg Cholesterol; 53 mg Sodium; 22 g Total Carbohydrate; 3.4 g Dietary Fiber; 28 g Protein; 3.2 mg Iron; 6.3 mg NE Niacin; 0.7 mg Vitamin B₆; 3.2 mcg Vitamin B₁₂; 6.6 mg Zinc; 30.1 mcg Selenium; 109.7 mg Choline.

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



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Beefy Sweet Potato Hash

COOK TIME: 35 MINUTES | SERVINGS: 4

INGREDIENTS

- 1 pound Ground Beef (96% lean)
- ½ cup water, divided
- 4 teaspoons taco seasoning mix, divided
- 1 large sweet potato, cut into ½-inch cubes (about 2½ cups)
- 1½ cups diced yellow onions
- 1 tablespoon vegetable oil
- ¼ cup plain nonfat Greek-style yogurt
- ½ teaspoon hot pepper sauce
- 2 tablespoons chopped fresh cilantro leaves
- 8 small corn tortillas (6 to 7 inch-diameter), warmed (optional)

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 teaspoons taco seasoning; cook 3 minutes. Remove from skillet; keep warm.
2. Combine sweet potatoes, onions, remaining ¼ cup water and remaining 2 teaspoons taco seasoning in same skillet. Bring water to a boil. Reduce heat; cover and simmer 10 minutes, stirring once. Remove lid; stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2 to 4 minutes or until heated through, stirring occasionally.
3. Meanwhile, combine yogurt and hot sauce, as desired, in small bowl.
4. Evenly divide beef mixture into tortillas. Garnish with cilantro and serve with yogurt mixture, as desired.

Cook's Tips: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

TIPS FOR INFANTS AND TODDLERS

Parents worried about their children getting sick should know that foods rich in iron and zinc, like beef, support the growth of healthful bacteria in an infant's gut, which enhances immune function.^{1,2}

¹ Palmer C, et al. Development of the human infant intestinal microbiota. PLoS Biol 2007;5:e177.

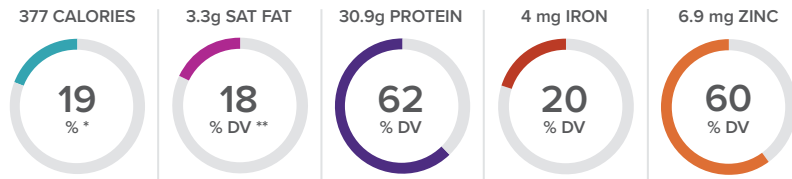
² Krebs NF, et al. Effects of different complementary feeding regimens on iron status and enteric microbiota in breastfed infants. J Pediatr 2013;163:416-23.

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Nutrition information per serving: 377 Calories; 94.5 Calories from fat; 10.5g Total Fat (3.3 g Saturated Fat; 3.3 g Monounsaturated Fat); 76 mg Cholesterol; 174 mg Sodium; 40.2 g Total Carbohydrate; 5.4 g Dietary Fiber; 30.9 g Protein; 4 mg Iron; 7.8 mg NE Niacin; 0.7 mg Vitamin B₆; 2.5 mcg Vitamin B₁₂; 6.9 mg Zinc; 20.1 mcg Selenium; 91.2 mg Choline.

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



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BEEF
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Beef Stir-Fry with Couscous

COOK TIME: 30 MINUTES | SERVINGS: 4



INGREDIENTS

- 1¼ pounds beef Top Sirloin Steak Boneless, cut 1 inch thick
- 1 can (14 to 14½ ounces) ready to serve beef broth
- 1 cup dry couscous
- 1 tablespoon olive oil
- 1 medium red bell pepper, cut into ¼-inch thick strips
- ½ cup coarsely chopped Vidalia or other sweet onion
- ½ cup prepared honey-Dijon barbecue sauce
- 1 tablespoon chopped fresh parsley

COOKING

1. Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into ¼-inch thick strips; set aside.
2. In medium saucepan, bring beef broth to a boil. Stir in couscous; cover pan and remove from heat.
3. In large nonstick skillet, heat oil over mediumhigh heat until hot. Add beef, ½ at a time, and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet with slotted spoon; keep warm.
4. In same skillet, stir-fry bell pepper and onion 7 minutes or until tender. Return beef to skillet; stir in barbecue sauce. Cook and stir 1 to 2 minutes or until heated through. Arrange beef mixture on couscous; sprinkle with chopped parsley.

TIPS FOR INFANTS AND TODDLERS

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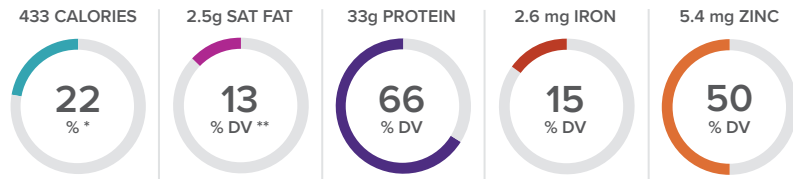
¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.

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Nutrition information per serving: 433 Calories; 81 Calories from fat; 9g Total Fat (2.5 g Saturated Fat; 1.4 g Trans Fat; 0.7 g Polyunsaturated Fat; 4.6 g Monounsaturated Fat;) 70 mg Cholesterol; 802 mg Sodium; 51 g Total Carbohydrate; 3.1 g Dietary Fiber; 33 g Protein; 2.6 mg Iron; 561 mg Potassium; 10.1 mg NE Niacin; 0.7 mg Vitamin B₆; 1.5 mcg Vitamin B₁₂; 5.4 mg Zinc; 31.4 mcg Selenium; 105.2 mg Choline.

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



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