

Lean or extra lean beef can be one of the proteins you enjoy in a heart-healthy diet. A recent study showed that up to 4-5½ ounces of lean beef, eaten daily as part of a heart-healthy diet and active lifestyle, can help lower cholesterol.^{1, 2, 3}

— KEVIN CAMPBELL, MD, CARDIOLOGIST

AIM FOR A HEALTHY WEIGHT

Protein plays an important role in weight management by increasing satiety (staying full longer), helping support strong, lean bodies and reducing the risk of chronic diseases such as sarcopenia, type 2 diabetes and cardiovascular disease.^{1,2,3,4}

1. Russell MA, et al. Beef in an Optimal Lean Diet study. Effects on lipids, lipoproteins, and apolipoproteins. *Am J Clin Nutr* 2012;95:9-16. (Use this shortened format as listed on #5)
2. Lady HJ, et al. The role of protein in weight loss and maintenance. *Am J Clin Nutr* 2015;101:1320S-9S.
3. Paddon-Jones D, et al. Protein and healthy aging. *Am J Clin Nutr* 2015;101:1339S-45S.
4. Layman DK, et al. Protein in optimal health: Heart disease and type 2 diabetes. *Am J Clin Nutr* 2008;87:1571S-5S.

INGREDIENTS

- 1 lb. beef Top Sirloin Steak Boneless, cut 1-inch thick
- 1 medium orange
- ¼ cup chopped fresh cilantro leaves
- 1 Tbsp. smoked paprika
- ¼ tsp. ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches and/or plums

GARNISH

Chopped fresh cilantro leaves (optional)

COOKING

1. Grate peel and squeeze 2 Tbsp. 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 2 ½ Tbsp. cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bags; 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 grill over medium, ash-covered coals. Grill beef kabobs, covered, 5-7 minutes (over medium heat on preheated gas grill, 7-9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5-7 minutes or until softened and beginning to brown, turning once.
4. Season beef with salt, as desired. Drizzle reserved orange juice over fruit kabobs. Garnish with cilantro, if desired.

NUTRITION

Nutrition information per serving: 239 calories; 6 g fat (2 g saturated fat); 2 g monounsaturated fat; 70 mg cholesterol; 57 mg sodium; 20 g carbohydrate; 2.4 g fiber; 27 g protein; 113 mg niacin; 0.7 mg vitamin B₆; 1.5 mcg vitamin B₁₂; 2.1 mg iron; 31.0 mcg selenium; 5.0 mg zinc; 1071 mg choline.

INGREDIENTS

- 2 lbs. Ground Beef (95% lean)
- 1 Tbsp. vegetable oil
- 1½ cups chopped onions
- 2 Tbsp. minced garlic
- 2 medium yellow bell peppers, chopped
- 1 large jalapeño pepper, seeded, finely chopped
- ¼ cup chili powder
- 1 Tbsp. ground cumin
- 1 tsp. dried oregano leaves, crushed
- 1 tsp. dried thyme leaves, crushed
- ½ tsp. ground red pepper

COOKING

1. Heat large nonstick stockpot over medium heat until hot. Add ground beef; cook over medium heat 8-10 minutes, breaking up into ¾-inch crumbles and stirring occasionally. Remove from stockpot with slotted spoon. Set aside. Pour off drippings.
2. Heat oil in same stockpot over medium heat until hot. Add onions and garlic; cook and stir 3-5 minutes or until onions are tender. Add bell peppers and jalapeño; cook and stir 4-5 minutes or until peppers are tender.
3. Return beef crumbles to stockpot. Add chili powder, cumin, oregano, thyme and red pepper; cook and stir for 2-3 minutes. Stir in crushed tomatoes, diced tomatoes, broth, beer, tomato paste and honey; bring to a boil. Reduce heat; cover and simmer 45 minutes. Uncover stockpot; continue simmering 30 minutes or until thickened to desired consistency, stirring occasionally. Stir in beans; cook 5-10 minutes or until beans are heated through. Season with salt and black pepper, as desired. Garnish with cilantro, if desired.

NUTRITION

Nutrition information per serving: 364 calories; 19 g fat (3 g saturated fat; 4 g monounsaturated fat); 76 mg cholesterol; 131 mg sodium; 39 g carbohydrate; 10.6 g fiber; 34 g protein; 8.1 mg niacin; 0.8 mg vitamin B₆; 2.2 mcg vitamin B₁₂; 7.3 mg iron; 19.3 mcg selenium; 6.5 mg zinc.

INGREDIENTS

- 1 lb. Ground Beef (95% lean)
- ¾ cup salsa
- ½ cup shredded low-fat Cheddar cheese
- 1 medium tomato, chopped (about 1 cup)
- 8 cups mixed salad greens
- ½ cup diced bell pepper
- ¼ cup thinly sliced red onion

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings. Stir in salsa; cook 2 minutes. Remove skillet from heat; keep warm.
2. Line 4 plates with salad greens. Divide beef mixture among 4 plates. Top beef with cheese, tomato, pepper and onion. Garnish with olives and dressing, as desired.

GARNISH (OPTIONAL)

Black olives, sliced

Dressing, as desired

NUTRITION

Nutrition information per serving: 221 calories; 6.7 g fat (3.2 g saturated fat; 2.5 g monounsaturated fat); 79 mg cholesterol; 571 mg sodium; 81 g carbohydrate; 3 g fiber; 30.9 g protein; 71 mg niacin; 0.5 mg vitamin B₆; 2.5 mcg vitamin B₁₂; 3.9 mg iron; 20.9 mcg selenium; 6.5 mg zinc; 90.6 mg choline. Trans fat 0.2 g; polyunsaturated fat 0.4g; potassium 645mg; added sugars 0g.

INGREDIENTS

- 1 lb. beef Top Sirloin Steak Boneless, cut ¾-inch thick
- ¼ cup plus 2 Tbsp. reduced-fat balsamic vinaigrette, divided
- 2 ½ cups fresh green beans (2-inch pieces)
- 1 tsp. olive oil
- 1 cup grape tomatoes, cut in half
- 5 cups fresh baby spinach (about one 5 oz. package)
- ¼ cup shaved Parmesan cheese

COOKING

1. Cut beef steak lengthwise in half, then crosswise into ¼ to ½-inch thick strips. Combine 2 Tbsp. vinaigrette 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 tsp. oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2-3 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 to same skillet, half of beef; stir-fry 1-3 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, if desired. Drizzle with remaining ¼ cup vinaigrette.

INGREDIENTS

- 1 lb. Ground Beef (93% lean or leaner)
- 1 can (14-14 ½ oz.) reduced-sodium beef broth
- 1 cup uncooked whole wheat or whole grain pasta
- 2 small zucchini and/or yellow squash, cut in half lengthwise, then crosswise into ½ inch slices
- 1 can (14 ½ oz.) Italian-style diced tomatoes, drained
- Freshly grated Parmesan cheese (optional)

NUTRITION

Nutrition information per serving: 232 calories; 8 g fat (2.9 g saturated fat; 3.4 g monounsaturated fat); 31 mg cholesterol; 45.4 mg sodium; 12 g carbohydrate; 3.2 g fiber; 31 g protein; 8.4 mg niacin; 0.7 mg vitamin B₆; 1.3 mcg vitamin B₁₂; 3.8 mg iron; 34.7 mcg selenium; 5.2 mg zinc.

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth and pasta; bring to a boil. Reduce heat; cover and cook 7-11 minutes or until pasta is almost tender. Add squash and tomatoes; continue to cook 4-6 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally. Garnish with Parmesan cheese, if desired.

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ¾-inch crumbles and stirring occasionally. Pour off drippings.

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INGREDIENTS

- 1 lb. Ground Beef (95% lean)
- ½ cup water, divided
- 4 tsp. taco seasoning mix, divided
- 1 large sweet potato, cut into ½-inch cubes (about 2 ½ cups)
- 1½ cups diced yellow onion
- 1 Tbsp. vegetable oil
- ¼ cup plain nonfat Greek yogurt
- ½ tsp. hot pepper sauce
- 2 tsp. chopped fresh cilantro leaves
- 8 small corn tortillas (6-7-inch diameter), warmed (optional)

NUTRITION

Nutrition information per serving, using 93% lean Ground Beef: 315 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 78 mg cholesterol; 465 mg sodium; 28 g carbohydrate; 3.6 g fiber; 31 g protein; 8.8 mg niacin; 0.6 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.3 mg iron; 18.2 mcg selenium; 6.9 mg zinc; 88.0 mg choline.

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 tsp. taco seasoning; cook 3 minutes. Remove from skillet; keep warm.
2. Combine sweet potatoes, onion, remaining ¼ cup water and 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, 4-6 minutes or until potatoes are tender and begin to brown, stirring frequently. Return beef mixture to skillet; continue to cook 2-4 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, if desired. Garnish with cilantro and serve with yogurt mixture, as desired.

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 tsp. taco seasoning; cook 3 minutes. Remove from skillet; keep warm.

COOKING

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8-10 minutes, breaking into ½-inch crumbles and stirring occasionally. Remove drippings. Stir in ¼ cup water and 2 tsp. taco seasoning; cook 3 minutes. Remove from skillet; keep warm.

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NUTRITION

Nutrition information per serving: 247 calories; 12 g fat (4 g saturated fat; 5 g monounsaturated fat); 76 mg cholesterol; 236 mg sodium; 8 g carbohydrate; 10 g fiber; 26 g protein; 6.3 mg niacin; 0.4 mg vitamin B₆; 2.3 mcg vitamin B₁₂; 2.8 mg iron; 18.3 mcg selenium; 6.0 mg zinc; 82.3 mg choline.

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Nourish Your Heart



Citrus-Marinated Beef and Fruit Kabobs

45 MINUTES
 MAKES 4 SERVINGS
 6 INGREDIENTS



Beef Chili

2 HOURS
 MAKES 8 SERVINGS
 19 INGREDIENTS



Confetti Beef Taco Salad

30 MINUTES
 MAKES 4 SERVINGS
 7 INGREDIENTS



Steak, Green Bean and Tomato Salad

65 MINUTES
 MAKES 4 SERVINGS
 7 INGREDIENTS



Beef and Pasta Skillet Primavera

25-30 MINUTES
 MAKES 4 SERVINGS
 6 INGREDIENTS



Sweet Potato Beef Mash-Up

30-35 MINUTES
 MAKES 4 SERVINGS
 10 INGREDIENTS



Enjoy Lean Beef in a Heart-Healthy Lifestyle

- The American Heart Association recommends eating a variety of nutritious foods from all food groups for a heart-healthy diet.¹
- Go lean when adding nutrient-rich beef to heart-healthy diets.
- Consider variety and portion size when balancing lean protein on a heart-healthy plate.

¹ The American Heart Association's Diet and Lifestyle Recommendations. (n.d.). Retrieved October 03, 2016, from <http://www.heart.org/HEARTORG/HealthyLiving/HealthyEating/Nutrition/The-American-Heart-Associations-Diet-and-Lifestyle-Recommendations>.