



FARMERS FEEDING UTAH

Beef

USDA Prime beef (about two percent of graded beef) has more fat marbling, so it is the most tender and flavorful. However, it is higher in fat content. Most of the graded beef sold in supermarkets is USDA Choice or USDA Select. The protein, vitamin, and mineral content of beef are similar regardless of the grade.

BEST COOKING PROCEDURES

For safety, the USDA recommends cooking hamburgers and ground beef mixtures such as meat loaf to 160 °F (71.1 °C) as measured with a food thermometer. Cook all organ and variety meats (such as heart, kidney, liver and tongue) to 160 °F (71.1 °C). Cook all raw beef steaks and roasts to a minimum internal temperature of 145 °F as measured with a food thermometer before removing meat from the heat source. For safety and quality, allow meat to rest for at least three minutes before carving or consuming. For reasons of personal preference, consumers may choose to cook meat to higher temperatures.

CLASSIC USES

- Easy Pepper Steak
- Beef Stir Fry
- Beef & Broccoli
- Grilled Beef and Veggies
- Slow Cooker Roast Beef Dinner
- Picadillo
- Beef stew
- Beef Stroganoff
- Classic Goulash
- Beef Zucchini Boats
- Beef Kabobs with Dijon Relish
- Great Beef Barbecue



Recipes

Beef & Broccoli

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 3 tablespoons cornstarch
- 2 tablespoon water + ½ cup water
- ½ teaspoon garlic powder
- 1 lb. boneless round steak or sirloin steak, cut into thin slices
- 1 tablespoon oil
- 4 cups broccoli florets
- 1 small onion, diced
- ½ cup low-sodium soy sauce
- 2 tablespoon brown sugar
- 1 teaspoon ground ginger
- 3-4 cups cooked brown rice

DIRECTIONS

- In a medium bowl, combine 2 tablespoons cornstarch, 2 tablespoons water, and garlic powder. Stir until mixed.
- Add the sliced beef into the mixture.
- In a large skillet over medium-high heat, stir-fry beef mixture in 1 tablespoon oil until cooked through.
- Add in the broccoli and onion and stir-fry for 4-5 minutes.
- Combine soy sauce, brown sugar, ginger, 1 tablespoon cornstarch and ½ cup water into a small bowl and stir until smooth.
- Add to the skillet, cook, and stir for 2-5 minutes until thickened.
- Serve over brown rice.

Recipes

Grilled Beef and Veggies

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 lb. lean ground beef
- 1 onion, diced
- 2 cups fresh green beans, cut into bite sized pieces.
- 2 cups corn, fresh or frozen
- 2 red bell peppers, chopped
- 4 small potatoes, cubed
- 2 zucchini, cubed
- Worcestershire sauce
- Olive oil
- Salt and pepper to taste
- Non-stick cooking spray
- Aluminum foil

DIRECTIONS

- Place a long piece of aluminum foil on your kitchen countertop. Place another piece of foil the same size on top of the first piece going the opposite direction, creating a shape like a plus sign. Spray the top of the foil with non-stick spray. Repeat the foil and spray three more times so you have four foil packets.
- Mix the diced onion with the ground beef.
- Divide the ground beef into four parts and make four flat patties. Place one patty in the center of each foil packet. Season each patty with salt, pepper, and a dash of Worcestershire sauce.
- Top each patty with ¼ of the veggies. Season veggies with salt, pepper, and Worcestershire sauce. Top with a light drizzle of olive oil.
- Fold the four ends of the aluminum foil to seal the foil packets. Leave a little bit of room inside the packets for air to circulate. Place the packets on the heated grill and cook for 30-40 minutes. Packets are finished cooking when the vegetables are tender, and the ground beef reaches an internal temperature of 16 degrees F.