



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 Kabobs with Dijon Relish

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 teaspoon Dijon mustard
- ¼ cup olive oil plus some to drizzle
- 2 tablespoons red wine vinegar
- Salt
- Black pepper
- 2 red onions, divided
- ½ cup parsley, chopped
- 1 ½ lb. sirloin, cut into 1-inch cubes
- 1 head of broccoli, cut into florets
- 2 red bell peppers, cut into 1-inch cubes
- 8 bamboo skewers, soaked in water

DIRECTIONS

- Preheat grill on medium-high heat.
- Make relish: In a medium bowl, whisk together mustard, olive oil, red wine vinegar, salt and pepper. Mix in ½ up chopped red onion and parsley. Set aside.
- On a rimmed sheet pan drizzle olive oil over beef, broccoli, peppers and remaining red onion, chopped into 1-inch cubes. Toss until well coated and season with salt and pepper.
- Skewer meat and vegetable alternately.
- Place skewers on grill and cook, rotating as needed until meat and vegetables are browned; 5 minutes.
- Transfer skewers to a clean platter and serve with Dijon-onion relish.

Recipes

Great Beef Barbecue

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 bottle of ketchup (14 oz.)
- 1 bottle of sweet chili sauce (12 oz.)
- 6 tablespoons mustard
- 1 tablespoon vinegar
- 2 tablespoon Worcestershire sauce
- 3 tablespoons brown sugar
- 1 large onion, chopped
- 3-4 Bay leaves (optional)
- 5 lb. chuck roast
- Hamburger buns, hard rolls, etc.

DIRECTIONS

- Preheat oven to 300 degrees F.
- In a medium bowl, mix ketchup, chili sauce, mustard, vinegar, Worcestershire sauce, and brown sugar.
- Place chuck roast in roasting pan.
- Sprinkle onions on top of roast.
- Pour sauce over onions and roast. Scatter Bay leaves on roast or in sauce.
- Cover roast with foil and/or lid. Cook, covered in the oven for at least 4 hours at 300 degrees F.
- Remove Bay leaves and discard.
- Flake and serve on buns or hard rolls.
- To complete MyPlate add vegetable side salad, fruit, and glass of low-fat milk.