



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

Classic Goulash

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 ½ pounds lean ground beef
- 1 large onions, chopped
- 3 cloves garlic, minced
- 3 cups water
- 2 (15 oz.) cans tomato sauce
- 2 (14.5 oz.) cans diced tomatoes
- 3 tablespoons soy sauce
- 2 teaspoons dried Italian seasoning
- 3 bay leaves
- 1 teaspoon salt to taste
- 2 cups uncooked elbow macaroni
- ½ cup cheddar cheese, shredded

DIRECTIONS

- Cook and stir the ground beef in a large pot over medium-high heat, breaking the meat up as it cooks. Cook until the meat is no longer pink and has started to brown, about 10 minutes.
- Rinse and drain fat off the meat in colander. Place meat back in pot.
- Stir in onions and garlic. Cook and stir the meat mixture until onions are translucent, about 5-10 minutes more.
- Stir in water, tomato sauce, diced tomatoes, soy sauce, Italian seasoning, bay leaves, and salt into the meat mixture and bring to a boil over medium heat. Reduce heat to low, cover, and simmer 20 minutes, stirring occasionally.
- Stir in macaroni into the mixture, cover, and simmer over low heat until pasta is tender, about 20-25 minutes, stirring occasionally. Remove from heat, discard bay leaves. Sprinkle cheese on top and allow to melt.
- Serve with side salad and some fruit and a glass of low-fat milk.

Recipes

Beef Zucchini Boats

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 3 zucchini, halved lengthwise
- 2 tablespoons olive oil, divided
- Salt
- Black pepper
- ½ onion, chopped
- 2 cloves garlic, minced
- 1 lb. ground beef
- ½ teaspoon chili powder
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ cup black beans
- ½ cup cherry tomatoes, quartered
- ½ cup corn
- ¾ cup cheddar cheese, shredded
- ¾ cup Monterey jack cheese, shredded

DIRECTIONS

- Preheat oven to 350 degrees F. Score the zucchini (like you're dicing an avocado) and scoop out the insides, reserving them for later. Place zucchini halves cut side –up into the bottom of a 9 X 13 baking dish and drizzle with olive oil. Season with salt and pepper. Bake until zucchini turns bright green and is just beginning to soften, 10 minutes.
- In a large skillet over medium heat, heat oil. Add onion and reserved zucchini and cook until soft, about 5 minutes. Stir in garlic and cook about 1 minute more. Add ground beef, breaking up the meat while stirring. Cook until beef is no longer pink. Rinse and drain in colander to remove fat.
- Stir in chili powder, cumin, and paprika, then season with salt and pepper. Stir in black beans, cherry tomatoes, and corn.
- Spoon beef mixture into zucchini then top with cheeses. Bake until zucchini is just tender, and cheeses are melted, about 15 minutes.