



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

Easy Beef Stew

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 2 pounds stewing beef, trimmed and cubed
- 3 tablespoons flour
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper
- 3 tablespoons olive oil
- 1 onion, chopped
- 6 cups beef broth
- 3 tablespoons tomato paste
- 1 teaspoon dried rosemary
- 1-pound potatoes, peeled and cubed
- 4 carrots, peeled and sliced into 1-inch pieces
- 4 celery stalks, cut into 1-inch pieces
- ¾ cup peas, frozen
- 2 tablespoons cornstarch
- 2 tablespoons water

DIRECTIONS

- Combine flour, garlic powder, and salt and pepper. Toss beef in flour mixture.
- Heat olive oil in a large pot. Cook the beef on onions until browned.
- Add beef stock while scraping up any brown bits in the pot.
- Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
- Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all of the slurry).
- Stir in peas and simmer 5-10 minutes before serving. Season with salt and pepper to taste.

Recipes

Easy Beef Stroganoff

Recipe from Create Better Health (SNAP-Ed)

INGREDIENTS

- 1 ½ pounds sirloin steak, cut 1/2 -inch thick
- 3 tablespoons flour divided
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons olive oil
- 2 tablespoons butter
- 1 small onion, diced
- 8 ounces mushrooms, sliced
- 1 clove garlic, minced
- 14.5 ounces beef broth
- 2 teaspoons Worcestershire sauce
- ½ teaspoon paprika
- ½ teaspoon thyme
- ½ cup sour cream

DIRECTIONS

- Toss beef with 1 tablespoon flour, salt, and pepper. Shake off excess flour.
- Heat olive oil over medium-high heat in a saucepan. Brown beef in small batches until lightly browned, about 1 minute on each side. Remove from pan and set aside.
- Reduce heat to medium and add butter & onion. Cook until softened, about 4-5 minutes.
- Add mushrooms & garlic and cook until softened, about 4 minutes more. Stir in 2 tablespoons of flour and cook 1 minute.
- Add broth, Worcestershire sauce, Dijon mustard, thyme, and paprika. Bring to boil, reduce heat and simmer 5 minutes. (You can thicken sauce by making a slurry with equal parts cornstarch and water and add to boiling sauce a little at a time until it reaches desired thickness).
- Add beef (with any juices). Cook 2 minutes more or just until heated through. Stir in sour cream. Avoid boiling sour cream as it can cause it to curdle.
- Season with salt and pepper and serve over egg noodles.