



# 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 Pepper Steak

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- ¼ cup low-sodium soy sauce
- ½ cup water
- 2 tablespoon rice wine vinegar
- 1 tablespoon cornstarch
- ¼ teaspoon black pepper
- 1 lb. sirloin steak, thinly sliced
- 2 tablespoon olive or canola oil
- 8-10 mini sweet peppers or 2 bell peppers, sliced
- 1 cup cabbage, chopped
- 4 green onions, sliced
- ½ teaspoon ginger powder
- 2 teaspoon minced garlic

### DIRECTIONS

- Prepare a marinade by whisking soy sauce, water, vinegar, corn starch, and pepper together.
- Add steak to marinade and stir to coat.
- Cover and refrigerate at least 15 minutes.
- Heat 1 tablespoon oil in a large skillet.
- Add the peppers, cabbage, garlic, and ginger and sauté for 3 minutes, stirring occasionally. Transfer to a plate.
- Add steak and marinade to the skillet and cook until the steak has browned and sauce has thickened, about 5 minutes.
- Add the cooked veggies back to the skillet. Mix well and cook for one minute.
- Serve over quinoa or brown rice.

# Recipes

## Beef Stir Fry

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 1 tablespoon cornstarch
- 2 tablespoon + ½ cup water, separated
- 2 tablespoons rice vinegar
- 1 teaspoon sugar
- ¼ teaspoon black pepper
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 8 oz. thin sliced beef
- ½ cup yellow onion, diced
- 1 red bell pepper, diced
- 1 large carrot, sliced thin
- 1 cup red or green cabbage
- Sesame seeds
- Cooked rice (optional)

### DIRECTIONS

- Mix cornstarch and 2 tablespoons of water in a medium bowl. Whisk until smooth.
- Stir in the soy sauce, vinegar, sugar, and pepper.
- Place the beef and 2 tablespoons of sauce in a bowl. Let marinate for 15 minutes.
- Add ½ cup water to the remaining sauce. Set aside.
- Heat oil in a large skillet. Add the beef and garlic powder.
- Mix well to coat. Cook for 1 minute.
- Add the onions and cook for 1-2 minutes until beef has cooked through.
- Add carrots and bell peppers and cook for one minute.
- Add the remaining sauce and mix well.
- Add the cabbage and cook 1-2 minutes until all vegetables are tender-crisp.
- Serve alone or over a bed of rice.