



# 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

## Slow Cooker Roast Beef Dinner

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- 1 (4 lb.) beef sirloin roast
- Garlic powder
- ½ cup packed brown sugar
- 3 tablespoons cider vinegar
- 1 tablespoon low-sodium soy sauce
- 1 tablespoon Worcestershire sauce
- 1 (10.75 oz.) can cream of mushroom soup
- ¼ cup dried onion flakes
- 2 tablespoon low-sodium beef bouillon granules
- ¼ teaspoon onion powder
- ¼ teaspoon parsley flakes
- ¼ teaspoon celery seed
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- 1 cup beef broth
- 5 large carrots, peeled and cut
- 6 red potatoes or medium russets scrubbed clean and quartered

### DIRECTIONS

- Place the roast in slow cooker. Sprinkle with garlic powder.
- In a medium bowl, mix the brown sugar, vinegar, soy sauce, Worcestershire sauce, mushroom soup, onion flakes, beef bouillon, onion powder, parsley flakes, celery seed, paprika, black pepper, and broth; pour over roast.
- Add the carrots and potatoes to the slow cooker. Cover and cook on high heat for 5 to 6 hours or on low heat for 10-12 hours.

# Recipes

## Picadillo

Recipe from Create Better Health (SNAP-Ed)

### INGREDIENTS

- ½ tablespoon vegetable oil
  - 1 lb. ground beef
  - ½ cup onion, chopped
  - 2 garlic cloves, minced
  - 1 serrano pepper, chopped
  - 1 ½ cups diced potato
  - 2 large carrots, sliced
  - 1 cup corn
  - Chicken bouillon
  - ½ cup cilantro, chopped
  - Salt and pepper to taste
  - 3 cups cooked rice
- Tomato Salsa:
- 4 tomatoes
  - ¼ onion
  - 1 head of garlic
  - 1 tablespoon chicken bouillon powder
  - 2 ½ cups water

### DIRECTIONS

- In a blender, add tomatoes, ¼ onion, 1 head of garlic, 1 tablespoon chicken bouillon powder, and water. Mix well until all the ingredients have been incorporated to make a tomato salsa.
- Heat oil in a large skillet. Once oil is hot, add the onion and garlic. Cook for 2 minutes and then add the ground beef to cook. Break apart meat to small pieces to make sure meat is cooked well. Fry until brown.
- Drain fat off from meat.
- Add potatoes, carrots, serrano pepper and corn to skillet and pour the tomato salsa over it.
- Stir and keep cooking until potatoes and carrots are slightly tender, but still firm.
- Taste it. Add more bouillon if necessary.
- Place a lid on your skillet and lower the heat. Keep cooking the picadillo until the potatoes are completely cooked.
- Finally, season with salt and pepper and add the chopped cilantro.
- Serve with rice and warm corn tortillas.