



Sweet and Sloppy Joe

Total Recipe
Time - 35 to 40
minutes
Makes -
4 servings

- 1 pound Ground Beef
- 1 cup small diced bell peppers, ¼ to ½ inch (red, green, yellow or orange)
- ½ cup chopped onion
- 1 can (8 ounces) tomato sauce
- ½ cup water
- ½ cup golden raisins, finely chopped
- 2 teaspoons ancho chile powder (optional)
- 1 teaspoon dried oregano leaves
- 4 whole wheat hamburger buns, split

Toppings (optional)

Chopped mango, chopped tomato, chopped fresh cilantro, sliced green onion, shredded Cheddar cheese

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef, bell pepper and onion; cook 8 to 10 minutes, breaking beef into ¼-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in tomato sauce, water, raisins, ancho chili powder and oregano; bring to a boil. Reduce heat; simmer, uncovered, 15 to 18 minutes or until sauce thickens slightly, stirring occasionally.
3. Evenly divide beef mixture on bottom half of each bun. Garnish with toppings, as desired; close sandwiches.

Cook's Tips: Two teaspoons chili powder and ½ teaspoon ground red pepper may be substituted for ancho chile powder.

Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving using 93% lean Ground Beef:

397 calories; 10 g fat (4 g saturated fat; 4 g monounsaturated fat); 85 mg cholesterol; 658 mg sodium; 44 g carbohydrate; 5.9 g fiber; 28 g protein; 9.7 mg niacin; 0.6 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 5.4 mg iron; 40.3 mcg selenium; 6.7 mg zinc; 105.4 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of choline.

Tips for infants and toddlers

Beef has a unique mix of nutrients, including high-quality protein, iron, zinc, choline, selenium and vitamins B₆ and B₁₂, essential for growth and development in infants and children.^{1,2}

¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.

² US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised). Version Current: May 2016. Available at: <http://www.ars.usda.gov/ba/bhnrc/ndl>



Spaghetti Squash with Meat Sauce

Total Recipe
Time - 40 to 45
minutes
Makes -
4 servings

- 1 pound Ground Beef
- 1 medium yellow onion, chopped
- 1 tablespoon minced garlic
- 1 can (15 ounces) tomato sauce
- 1 can (14.5 ounces) Italian-Style diced tomatoes, undrained
- 1 can (6 ounces) tomato paste
- ¼ to ½ teaspoon crushed red pepper
- 1 medium spaghetti squash (about 3 to 3½ pounds), cut in half lengthwise, seeds removed

Toppings (optional)

Thinly sliced fresh basil and grated Parmesan cheese

1. Heat stockpot over medium heat until hot. Add Ground Beef, onion and garlic; cook 8 to 10 minutes, breaking beef into ¼ to ½-inch crumbles and stirring occasionally.
2. Stir in tomato sauce, diced tomatoes, tomato paste and crushed red pepper; bring to a boil. Reduce heat; cover and simmer 20 minutes to develop flavors, stirring occasionally. Remove from heat; stir in basil, if desired.
3. Meanwhile, place squash in 8 x 8-inch microwave-safe baking dish, overlapping halves slightly. Microwave on HIGH 10 to 12 minutes or until squash is tender. Let stand 5 minutes. Scrape squash with fork to separate strands.
4. Serve sauce over squash. Serve with Toppings, if desired.

To Roast Spaghetti Squash: Place squash halves, cut-side down, in 13 x 9-inch ovenproof baking dish. Bake in 350°F oven 45 to 55 minutes or until squash is tender.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Nutrition information per serving using 93% lean Ground Beef:

360 calories; 9 g fat (4 g saturated fat; 3 g monounsaturated fat); 84 mg cholesterol; 799 mg sodium; 40 g carbohydrate; 8.4 g fiber; 32 g protein; 10.3 mg niacin; 0.9 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 10.0 mg iron; 24.6 mcg selenium; 7.4 mg zinc; 138.1 mg choline.

This recipe is an excellent source of fiber, protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium, zinc and choline.

Tips for infants and toddlers

Beef is a natural source of more than 10 essential nutrients including protein, zinc and iron, which can help prevent harmful nutrient deficiencies.^{1,2}

¹ Pérez-Escamilla R, et al, on behalf of the Robert Wood Johnson Foundation Healthy Eating Research Expert Panel on best practices for promoting healthy nutrition, feeding patterns, and weight status for infants and toddlers from Birth to 24 Months. Feeding guidelines for infants and young toddlers: A responsive parenting approach. Durham, NC: Healthy Eating Research, 2017. Available at: <http://healthyeatingresearch.org>

² Lim KHC, et al. Iron and zinc nutrition in the economically-developed world: a review. *Nutrients* 2013;5:3184-211.



Beef & Pasta Primavera

Total Recipe
Time - 30 to 35
minutes
Makes -
4 servings

- 1 pound Ground Beef
- 1 can (14 to 14½ ounces) reduced-sodium beef broth
- 1 cup uncooked whole wheat or whole grain pasta
- 2 small zucchini and/or yellow squash, ¼ to ½-inch diced
- 1 can (14½ ounces) Italian-style diced tomatoes, drained
- Freshly grated Parmesan cheese (optional)

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ¼ to ½-inch crumbles and stirring occasionally. Pour off drippings.
2. Stir in broth and pasta; bring to a boil. Reduce heat; cover and cook 14 minutes or until pasta is almost tender. Add squash and tomatoes; continue to cook 4 to 6 minutes or until pasta is tender and sauce is slightly thickened, stirring occasionally. Season to taste, if desired. Garnish with Parmesan cheese, if desired.

Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.

Nutrition information per serving using 93% lean Ground Beef:

307 calories; 9 g fat (3 g saturated fat; 3 g monounsaturated fat); 86 mg cholesterol; 596 mg sodium; 27 g carbohydrate; 3.6 g fiber; 31 g protein; 8.3 mg niacin; 0.5 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 4.3 mg iron; 39.4 mcg selenium; 7.0 mg zinc; 98.3 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, iron, selenium and zinc; and a good source of fiber and choline.

Tips for infants and toddlers

Introducing a variety of flavors and textures, including meats like beef, encourages infants to accept the taste of healthy foods as they grow older. ¹

¹ Mennella JA, Trabulsi JC. Complementary foods and flavor experiences: setting the foundation. *Ann Nutr Metab* 2012;60(Suppl 2):40-50.



Citrus Beef & Fruit Kabobs

Total Recipe Time -
40 to 45 minutes
Marinade Time -
15 minutes to
2 hours
Makes -
4 servings

- 1 pound beef Top Sirloin Steak
Boneless, cut 1 inch thick
- ¼ cup chopped fresh cilantro leaves
- 1 tablespoon smoked paprika
- ¼ teaspoon ground red pepper (optional)
- 4 cups cubed mango, watermelon, peaches
and/or plums
- 2 tablespoons fresh orange juice

1. Combine cilantro, paprika and ground red pepper, if desired, in small bowl. Cut beef Steak into 1¼-inch pieces. Place beef and 2½ tablespoons cilantro mixture in food-safe plastic bag; turn to coat. Place remaining cilantro mixture and fruit in separate food-safe plastic bags; turn to coat. Close bags securely. Marinate beef and fruit in refrigerator 15 minutes to 2 hours.
2. Soak eight 9-inch bamboo skewers in water 10 minutes; drain. Thread beef evenly onto four skewers leaving small space between pieces. Thread fruit onto remaining four separate skewers.
3. Place kabobs on grid over medium, ash-covered coals. Grill beef kabobs, covered, 5 to 7 minutes (over medium heat on preheated gas grill, 7 to 9 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Grill fruit kabobs 5 to 7 minutes or until softened and beginning to brown, turning once.
4. Season beef with salt, as desired. Drizzle orange juice over fruit kabobs.

Cook's Tip: To broil, place kabobs on rack in broiler pan so surface is 3 to 4 inches from heat. Broil 9 to 12 minutes for medium rare (145°F) to medium (160°F) doneness, turning once.

Nutrition information per serving:

245 calories; 6 g fat (2 g saturated fat; 2 g monounsaturated fat); 74 mg cholesterol; 61 mg sodium; 19 g carbohydrate; 2.6 g fiber; 29 g protein; 9.0 mg niacin; 0.7 mg vitamin B₆; 1.6 mcg vitamin B₁₂; 2.5 mg iron; 33.0 mcg selenium; 6.5 mg zinc; 114.8 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of fiber and iron.

Tips for infants and toddlers

The American Academy of Pediatrics recommends including meat, such as beef, as an early solid food in an infant's diet. Pureed or mashed meat will help provide the proper nutrition that is critical during this life stage to help infants grow up strong.¹

¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.



Beefy Sweet Potato Hash

Total Recipe
Time - 35 to 40
minutes
Makes -
4 servings

- 1 pound Ground Beef
- 1 large sweet potato, unpeeled, cut into ¼ to ½-inch cubes
- 1 medium yellow onion, chopped
- 1 tablespoon taco seasoning mix
- ¼ cup water
- 1 tablespoon vegetable oil
- 2 tablespoons dairy sour cream
- 1 teaspoon hot pepper sauce (optional)
- Chopped fresh cilantro

1. Combine sweet potatoes, onion and taco seasoning in large nonstick skillet over medium heat. Add water. Cover and cook 8 to 10 minutes or until tender and water has almost evaporated, stirring once. Stir in oil; continue cooking, uncovered, 4 to 6 minutes or until potatoes are tender and begin to brown, stirring occasionally.
2. Meanwhile, combine sour cream and hot sauce in small bowl. Set aside.
3. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into ¼ to ½-inch crumbles and stirring occasionally. Pour off drippings. Add beef to potato mixture. Continue to cook 5 minutes or until beef is heated through, stirring occasionally, adding 1 to 2 tablespoons water, if needed to avoid sticking.
4. Garnish with cilantro, as desired. Serve with sour cream mixture.

Cook's Tips: You may substitute 12 ounces of prepared shredded beef for ground beef.

- 1½ teaspoons each cumin and chili powder may be substituted for taco seasoning.

Nutrition information per serving using 93% lean Ground Beef:

280 calories; 13 g fat (5 g saturated fat; 4 g monounsaturated fat); 89 mg cholesterol; 240 mg sodium; 14 g carbohydrate; 2.0 g fiber; 27 g protein; 6.5 mg niacin; 0.5 mg vitamin B₆; 2.8 mcg vitamin B₁₂; 3.2 mg iron; 21.4 mcg selenium; 6.6 mg zinc; 101.8 mg choline.

This recipe is an excellent source of protein, vitamin B₁₂, niacin, vitamin B₆, selenium and zinc; and a good source of iron and choline.

Tips for infants and toddlers

Parents worried about their children getting sick should know that foods rich in iron and zinc, like beef, support the growth of healthful bacteria in an infant's gut, which enhances immune function.^{1,2}

¹ Palmer C, et al. Development of the human infant intestinal microbiota. PLoS Biol 2007;5:e177.

² Krebs NF, et al. Effects of different complementary feeding regimens on iron status and enteric microbiota in breastfed infants. J Pediatr 2013;163:416-23.



Beef Stir-Fry with Couscous

Total Recipe
Time - 30 minutes
Makes -
4 servings

- 1¼ pounds beef Top Sirloin Steak Boneless, cut 1 inch thick
- 1 can (14 to 14½ ounces) ready to serve beef broth
- 1 cup couscous
- 1 tablespoon olive oil
- 1 medium red bell pepper, cut into ¼-inch thick strips
- ½ cup coarsely chopped Vidalia or other sweet onion
- ½ cup prepared honey-Dijon barbecue sauce
- 1 tablespoon chopped fresh parsley

1. Trim fat from beef steak. Cut steak lengthwise in half and then crosswise into ¼-inch thick strips; set aside.
2. In medium saucepan, bring beef broth to a boil. Stir in couscous; cover pan and remove from heat.
3. In large nonstick skillet, heat oil over medium-high heat until hot. Add beef, ½ at a time, and stir-fry 1 to 2 minutes or until outside surface is no longer pink. Remove from skillet with slotted spoon; keep warm.
4. In same skillet, stir-fry bell pepper and onion 7 minutes or until tender. Return beef to skillet; stir in barbecue sauce. Cook and stir 1 to 2 minutes or until heated through. Arrange beef mixture on couscous; sprinkle with chopped parsley.

Nutrition information per serving:

485 calories; 10.6 g fat (3 g saturated fat; 5 g monounsaturated fat); 93 mg cholesterol; 820 mg sodium; 50 g carbohydrate; 3.1 g fiber; 42 g protein; 12.6 mg niacin; 0.9 mg vitamin B₆; 2.0 mcg vitamin B₁₂; 3.1 mg iron; 41.5 mcg selenium; 7.0 mg zinc, 137.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B₆, vitamin B₁₂, selenium, zinc and choline; and a good source of iron and fiber.

Tips for infants and toddlers

The American Academy of Pediatrics recommends including meat, such as beef, as an early solid food in an infant's diet. Pureed or mashed meat will help provide the proper nutrition that is critical during this life stage to help infants grow up strong.¹

¹ American Academy of Pediatrics. Pediatric Nutrition Handbook. 7th ed. Elk Grove, IL: American Academy of Pediatrics, 2014.