

## SZECHUAN BEEF STIR-FRY

This fast and easy stir-fry gets a spicy kick from crushed red pepper.

*Total preparation and cooking time: 15 minutes*

### Ingredients

- 2 beef top sirloin or flat iron steaks, cut 3/4 inch thick (about 8 oz. each)
- 1 package (10 oz.) fresh vegetable stir-fry blend
- 3 tablespoons water
- 1 clove garlic, minced
- 1/2 cup prepared sesame-ginger stir-fry sauce
- 1/4 teaspoon crushed red pepper
- 2 cups hot cooked rice *or* brown rice, prepared without butter or salt
- 1/4 cup dry-roasted peanuts



### Directions

1. Combine vegetables and water in large nonstick skillet; cover and cook over medium-high heat 4 minutes or until crisp-tender. Remove and drain vegetables. Set aside.
2. Meanwhile cut beef steaks into 1/4-inch thick strips.
3. Heat same skillet over medium-high heat until hot. Add 1/2 of beef and 1/2 of garlic; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. Remove from skillet; keep warm. Repeat with remaining beef and garlic.
4. Return all beef and vegetables to skillet. Add stir-fry sauce and red pepper; cook and stir 1 to 2 minutes or until heated through. Spoon over rice. Sprinkle with peanuts.

Makes 4 servings.

*Nutrition information per serving: 351 calories; 11 g fat (3 g saturated fat; 5 g monounsaturated fat); 64 mg cholesterol; 1147 mg sodium; 29 g carbohydrate; 3.0 g fiber; 32 g protein; 5.4 mg niacin; 0.3 mg vitamin B6; 2.9 mcg vitamin B12; 4.1 mg iron; 33.0 mcg selenium; 6.6 mg zinc.*

## Chipotle Sloppy Joes with Crunchy Coleslaw

Total preparation and cooking time: 30 minutes

Makes 4 servings.

### Ingredients

- 1 pound ground beef (95% lean)
- 1/4 cup chopped onion
- 3/4 cup ketchup
- 1/2 cup frozen corn
- 1/2 cup canned black beans, rinsed, drained
- 1/2 cup tomato sauce
- 1/2 teaspoon ground cumin
- 1/4 cup chopped fresh cilantro
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 4 whole wheat hamburger buns, split

### CRUNCHY COLESLAW

- 1/4 cup plain nonfat yogurt
- 1 tablespoon light mayonnaise
- 2 teaspoons cider vinegar
- 1/4 teaspoon hot pepper sauce
- 1/8 teaspoon salt
- 1 1/2 cups packaged coleslaw mix
- 1/2 red bell pepper, cut into 1/8-inch thick strips
- Black pepper, as desired



### Directions

1. To prepare Crunchy Coleslaw, combine yogurt, mayonnaise, vinegar, pepper sauce, and salt in small bowl. Add coleslaw mix and bell pepper; toss to coat. Season with black pepper, as desired. Refrigerate, covered, until ready to serve.
2. Brown ground beef with onion in large nonstick skillet over medium heat 8 to 10 minutes or until beef is no longer pink, breaking beef up into 3/4-inch crumbles. Pour off drippings. Stir in ketchup, corn, beans, tomato sauce, chipotle peppers, and cumin; bring to a boil. Reduce heat; simmer 5 minutes, stirring often. Stir in cilantro, salt, and black pepper.
3. Place beef mixture on bottom half of each bun; top with coleslaw. Close sandwiches.

## Green Salad w/Warm Roast Beef

Serves 4

One head red leaf lettuce, cleaned and chopped  
One head romaine lettuce, cleaned and chopped  
½ English cucumber, peeled and sliced thin  
3 Radishes, sliced  
½ small red onion, cleaned and diced  
8 – 12 oz precooked warmed beef, sliced or shredded  
4 oz cheese of choice (goat, cheddar, Swiss)  
¼ c toasted pecans

Toss lettuces, cucumber, radishes and onions in a large bowl. Arrange cheese, beef and pecans on top and serve with your choice of vinaigrette on the side. Serve with warm bread!

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## Roast Beef Quesadilla's

Serves One

Whole wheat tortilla  
2-3 Tablespoons of cooked roast beef  
¼ c shredded cheddar or mozzarella cheese, divided  
1 teaspoon finely chopped green onions, optional  
1 T cooked potato, diced small, optional  
1 T cooked mushrooms, optional  
1 teaspoon butter

Melt butter in a nonstick skillet on medium heat. Toast tortilla briefly on one side, about one minute. Flip tortilla and layer desired fillings on half of the tortilla, starting and ending with the cheese. Layer on half of the cheese and add remaining toppings. Top with the rest of the cheese and bring the uncovered tortilla half over onto the filled side making a half moon. Press down lightly and allow to cook about one minute. Flip and cook other side until cheese is melted about 2-3 minutes.

Serve with sour cream or salsa!

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## Roast Beef Salad

Leftover, cooked roast beef  
Mayonnaise  
Finely diced onion  
Finely diced celery  
Minced garlic  
Optional: Prepared horseradish or prepared yellow mustard  
Salt and pepper

Shred, grind or finely chop the leftover roast beef. Add onion, celery, onion and garlic proportionately to the amount of beef or to taste. Add small amounts of mayo to just moisten. Add a dab of mustard or horseradish to taste. Cover and refrigerate at least four hour to blend flavors.