

SVRCS Community Engagement Program



CREOLE STEAK WITH JAMBALAYA RICE



30
MIN



4
SERVINGS



340
CAL



29 G
PROTEIN

4 beef sirloin tip steaks, cut 1/4 inch thick
(about 1 pound)

2 tablespoon vegetable oil, divided

1 cup chopped onion

1 cup chopped celery

1 cup chopped green bell pepper

2-1/2 teaspoons Creole seasoning, divided

1 can (14-1/2 ounces) no-salt added diced tomatoes

1-1/2 cups cooked brown rice

NUTRITION INFORMATION PER SERVING:

338 Calories; 117 Calories from fat; 13g Total Fat (2.85 g Saturated Fat; 4.05 g Monounsaturated Fat); 69 mg Cholesterol; 490 mg Sodium; 28 g Total Carbohydrate; 4.7 g Dietary Fiber; 29 g Protein; 3.4 mg Iron; 6.5 mg NE Niacin; 0.8 mg Vitamin B6; 3.2 mcg Vitamin B12; 6.9 mg Zinc; 29.6 mcg Selenium; 104.1 mg Choline.

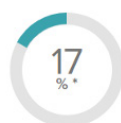
This recipe is an excellent source of Protein, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium; and a good source of Dietary Fiber, Iron, and Choline.

TEST KITCHEN TIPS:

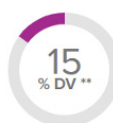
Use the pan size specified in the recipe. If the pan is too small, the beef will be crowded and browning will be inhibited. If the pan is too large, overcooking may result.

- Heat 1 tablespoon oil over medium heat in 3-quart saucepan until hot. Add onion, celery, bell pepper and 1 teaspoon Creole seasoning; cook 8 to 10 minutes or until vegetables are crisp-tender, stirring occasionally.
- Meanwhile, press remaining 1-1/2 teaspoons Creole seasoning evenly onto beef sirloin tip steaks. Heat 1-1/2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Cooking in batches, place steaks in skillet (do not overcrowd) and cook 1 to 3 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.) Remove from skillet; keep warm. Repeat with remaining steaks and oil.
- Stir tomatoes and rice into saucepan with vegetables. Cover and continue cooking 2 to 4 minutes or until heated through, stirring occasionally. Keep warm.
- Serve steaks topped with rice mixture.

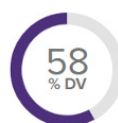
338 CALORIES



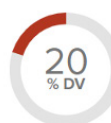
2.9g SAT FAT



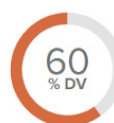
29g PROTEIN



3.4 mg IRON



6.9 mg ZINC



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MEDITERRANEAN BEEF MEATBALL KABOB



30
MIN



4
SERVINGS



360
CAL



33 G
PROTEIN



1 pound ground beef
(93% lean or leaner)

1/4 cup dry breadcrumbs

2 egg whites or 1 whole egg

2 tablespoons chopped fresh parsley

2 tablespoons water

2 teaspoons minced garlic

1 teaspoon ground cumin

1/2 teaspoon salt

1/4 teaspoon pepper

4 flatbreads (such as naan, lavash or pita bread)

TOPPINGS (optional):

Chopped tomatoes, chopped cucumber, chopped red onion, chopped fresh parsley, Tzatziki sauce

NUTRITION INFORMATION PER SERVING:

360 Calories; 117 Calories from fat; 13g Total Fat (4 g Saturated Fat; 7 g Monounsaturated Fat); 76 mg Cholesterol; 763 mg Sodium; 26 g Total Carbohydrate; 1.6 g Dietary Fiber; 33 g Protein; 5.2 mg Iron; 9.2 mg NE Niacin; 0.5 mg Vitamin B6; 2.3 mcg Vitamin B12; 6.8 mg Zinc; 32.3 mcg Selenium.

This recipe is an excellent source of Protein, Iron, Niacin, Vitamin B6, Vitamin B12, Zinc, and Selenium.

SAFE HANDLING TIPS

1. Heat oven to 400°F. Combine ground beef, breadcrumbs, egg whites, parsley, water, garlic, cumin, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into 12, 2-inch meatballs.
2. Thread meatballs onto 4, 10-inch skewers. Place on rack in broiler pan that has been sprayed with cooking spray. Bake in 400°F oven 24 to 27 minutes.

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.

3. Remove meatballs from skewers. Serve in flatbreads. Garnish with toppings, as desired.

ALTERNATIVE COOKING METHOD

Recipe can be made in a 8-quart air fryer. Heat air fryer to 350°F. Place un-threaded meatballs into Air Fryer basket sprayed with cooking spray. Bake at 350°F for 24 to 27 minutes or until instant-read thermometer inserted into center registers 160°F.

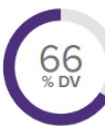
360 CALORIES



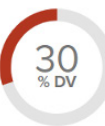
4g SAT FAT



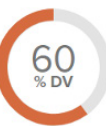
33g PROTEIN



5.2 mg IRON



6.8 mg ZINC



- Wash hands with soap and water before cooking and always after touching raw meat.
- Separate raw meat from other foods.
- Wash all cutting boards, utensils, and dishes after touching raw meat.
- Do not reuse marinades used on raw foods.
- Wash all produce prior to use.
- Cook beef until temperature reaches 145°F for medium rare steaks and roasts 160°F for ground beef.
- Refrigerate food promptly.