

12 Delicious Ways To Enjoy Nutrient-Rich Lean Beef

Amy Kulwicki RD, CD
Froedtert Hospital Outpatient Dietitian
akulwick@fmlh.edu or (414) 805-6885

Calorie-for-calorie, beef is naturally a nutrient-rich food. A 3-ounce serving of lean beef contributes less than 10 percent of calories to a 2,000-calorie diet. At the same time, beef supplies more than 10 percent of the Daily Value for nine essential nutrients, including protein, iron, zinc, and many B-vitamins. There are at least 19 cuts of beef that meet government guidelines for lean. Here are a dozen simple ways for your family to enjoy their favorite cuts of beef – and pump up their nutrients too!

- 1. Slice an EYE ROUND ROAST:**
Roast your own beef for sandwiches and wraps – an easy way to get more flavor for less money.
- 2. Stir-fry TOP ROUND STEAK:**
Cut top or bottom round into small pieces. Marinate with soy sauce and ginger; fry with broccoli or peapods.
- 3. Sauté TOP SIRLOIN STEAK:**
Sliced steak, onions, and peppers are the perfect combination. Serve over brown rice or a whole wheat sub roll.
- 4. Bake 95% LEAN BURGER:**
Lean ground beef (5% or less fat) is perfect for baking in lasagna and all your family's casserole recipes.
- 5. Braise BRISKET:**
Slowly cook brisket in wine or broth with some yummy veggies, like carrots, red potatoes, and leeks.
- 6. Stew CHUCK ROAST:**
Beef stew is superb for dinner and even better as leftovers for lunch. It also freezes well for emergencies.
- 7. Microwave POT ROAST:**
In 7 minutes or less? The new pre-cooked beef products are convenient and tasty when time is short.
- 8. Marinate FLANK STEAK:**
Surprise your family with a unique and flavorful new marinade from www.beefitswhatsfordinner.com/.
- 9. Barbecue a RIBEYE STEAK:**
Nothing beats a succulent steak and baked potato meal, especially with ranch beans and a tossed salad.
- 10. Roast a TRI-TIP ROAST:**
Maximize the flavor of beef with a dry “rub” before cooking. Try a mix of herbs, black pepper, and garlic.
- 11. Broil a TENDERLOIN STEAK:**
Use an oven broiler or indoor grill to quickly cook a steak, while steaming asparagus or beans on the stove top.
- 12. Grill a T-BONE STEAK:**
Who knew your favorite steak was lean? For a nutrient-rich meal, grill with sliced veggies and fruit.

Tip from Eat Right Montana
www.eatrightmontana.org