

## Beef Recipes

---

### Steak fajita salad

Serves 2

4 teaspoons olive oil  
1/4 teaspoon red pepper flakes  
1/2 teaspoon chili powder  
1/4 teaspoon pepper  
1 green pepper, cut into strips  
8 mushrooms, sliced  
10 ounces of flank steak, cut into strips  
1/4 cup onion, cut into strips  
2 medium Roma tomatoes  
romaine or iceberg lettuce

Combine the 2 teaspoons oil, red pepper flakes, chili powder and pepper. Pour into a large zip lock bag. Place steak in bag and toss to coat. Marinate for 1 hour. Grill or cook steak in a pan. In a medium skillet, heat remaining 2 teaspoons of oil and saute the green pepper and mushrooms until tender. Cut the steak into slices against grain. Cut up your lettuce and place on your plate. Top with your flank steak, sauteed vegetables, raw onion and tomatoes. Top with Walden Farms Chipotle Ranch dressing.

### Sirloin Kabobs

Serves 4

1/8 cup soy sauce  
2 tsp. splenda  
2 tablespoons of distilled white vinegar  
1/4 teaspoon of garlic powder  
1/4 teaspoon Redmond seasoning salt  
1/8 teaspoon pepper  
20 ounces of beef sirloin steak, cut into 1 1/2 inch cubes  
1 green bell pepper, cut into 2 inch pieces  
1 zucchini  
1/2 pound fresh mushrooms, remove the stems

1. In a medium sized bowl, mix the soy sauce, splenda, vinegar, garlic powder, seasoning salt and pepper. Reserve half of the mixture for basting. Put the steak in a resealable bag, pour the other half of the mixture in the bag and seal. Refrigerate at least 8 hours or overnight.

2. Bring a saucepan of water to a boil. Add the green peppers and cook for one minute, just to blanch. Drain and put aside.

3. Preheat the grill for high heat. Place the steak cubes, green peppers, zucchini and mushrooms onto your skewers in an alternating pattern. Discard the marinade in the bag.

4. Cook the kabobs on the grill for 10 minutes or until your desired doneness. Baste frequently with the reserved marinade during the last five minutes of cooking.

### **Adobe Sirloin**

Serves 4

1 lime, juiced

2 tablespoon minced garlic

1 teaspoon dried oregano

1 1/2 teaspoon ground cumin

2 tablespoons finely chopped canned chipotle peppers in adobe sauce (count this towards your occasional vegetable list)

4 beef sirloin steaks

salt and pepper to taste

1. In a small bowl, mix the lime juice, garlic, oregano and cumin. Stir in chipotle peppers and season to taste with adobe sauce.

2. Pierce the meat on both sides with a sharp knife. Sprinkle with salt and pepper and place in a glass dish. Pour lime and chipotle sauce over the meat and turn to coat. Cover and marinate in the refrigerator for 1 to 2 hours.

3. Preheat the grill on high.

4. Place the steaks on the grill. Discard the marinate. Grill the steaks for 5-6 minutes per side or until desired doneness.

## **Ginger Beef**

5 ounces of steak

1 c. bell pepper

8 tablespoons of soy sauce

Red pepper flakes to enhance flavor (or eliminated if you don't like it spicy)

Ginger root sliced into large pieces

1. Slice peppers into long strips
2. Place steak into strips and marinate in mixture of soy sauce, red pepper flakes and ginger root.
3. Spray olive oil lightly on ribbed Teflon coated pan.
4. Cook steak on high heat. Any excess marinate will drip between ribs of pan. Sprinkle black pepper and salt on steaks as they cook. Set steak aside.
5. Dip vegetables in marinade and dry on a paper towel. Cook on high heat along with strips of ginger root until. lightly transparent, but not limp.
6. Add steak to vegetables, cooking for a minute or so on high heat, then place on paper towels to dry.
7. Remove and discard ginger.

\*Stir fry is done on high heat, and quickly. Whereas most stir fry is cooked in the marinade, and thus requires only a bit of ginger to flavor, this meal is cooked pretty dry and so more ginger is needed to create a good flavor. This takes a bit of practice to get portions where you like them.

\*If desired, pork can be substituted for steak and garlic can be added to the ginger for a different flavor. Broccoli can be substituted for bell peppers.

## **Trisha's Cabbage Rolls**

Serves 2-3

Ingredients:

4-6 large cabbage leaves  
1 lb. lean ground hamburger or ground sirloin  
1 bell pepper, chopped  
1 bag of Miracle Rice  
1/2-3/4 cup Walden Farms Ketchup  
1 tsp. sea salt  
1 Tbsp onion flakes  
2 cloves minced garlic  
1/2 tsp. pepper

1. Boil cabbage leaves in plenty of water for approximately 8 minutes (until tender).
2. Prepare Miracle Rice per package instructions.
3. Brown hamburger in skillet and drain.
4. Add chopped peppers to hamburger and cook until tender.
5. Add the rest of the ingredients (rice through pepper) and stir to combine. (Use 3/4 c. of the Walden Farms ketchup if you like it saucier).
6. Fill cabbage leaves with 1/4 to 1/6 of the mixture (depending if you want to eat 5 oz. of meat or 8 oz. in 2 small rolls) and roll.
7. Place in a casserole dish, drizzle with additional Walden Farms ketchup if desired.
8. Sprinkle with salt and pepper.
9. Bake at 350 degrees for about 30 minutes.

## **Mexican Meat Loaf**

Serves 4

25 oz. lean ground beef  
1 package of Ideal Protein Southwest Cheese puffs (crushed)  
1 can mild diced green chilies  
1 medium onion (finely chopped)  
1/2 cup of salsa  
1 egg white  
3 cloves of garlic  
2 tsp. dried oregano  
2 tsp. ground cumin  
1 tsp salt

Preheat oven to 350.

Combine all of the ingredients in a large bowl. With clean, hands, mix and combine all ingredients until well mixed. Form into a loaf. Bake for 1 hour- 1 hour and 15 minutes (approx).

## **Marinated Flank Steak**

Serves 6

1/4 cup soy sauce  
3 tsp. Splenda  
2 tablespoons distilled white vinegar  
3/4 teaspoon ground ginger  
3/4 teaspoon garlic powder  
12 tsp. grape seed oil (garlic, plain or jalapeno flavored)  
1 1/2 pounds flank steak

### **Directions**

1. In a blender, combine the soy sauce, Splenda, vinegar, ginger, garlic powder, and grape seed oil.
2. Lay steak in a shallow glass or ceramic dish. Pierce both sides of the steak with a sharp fork. Pour marinade over steak, then turn and coat the other side. Cover, and refrigerate 8 hours, or overnight.
3. Preheat grill for high heat.
4. Place grate on highest level, and brush lightly with oil. Place steaks on the grill, and discard marinade. Grill steak for 10 minutes, turning once, or to desired doneness.

## **Pot Roast with Mushrooms**

Serves 5

2 pound sirloin roast  
2 Tablespoons grape seed oil  
Salt and pepper to taste  
1/2 teaspoon onion powder  
1 onion, thinly sliced  
4 oz can of sliced mushrooms, drained  
8 oz can of tomato sauce (count this as an occasional vegetable)

Preheat oven to 325 degrees. Heat grape seed oil in large skillet over medium high heat. Brown the roast on both sides. Place the roast in a 9 x 13 baking dish that has been lined heavily with aluminum foil. Season with salt, pepper and onion powder. Top with onion, mushrooms and tomato sauce. Cover with foil; bake about 4 hours or until tender.

\*Note about onion. You are not caramelizing the onion. It is just cooking enough to be tender. You want to avoid cooked onions generally, because they caramelize and turn to a sugar.

## Peppered Flank Steak

Serves 4

### Ingredients:

1/2 teaspoon salt

1/2 teaspoon ground cumin

1/2 teaspoon freshly ground black pepper

1/4 teaspoon ground white pepper

1/4 teaspoon ground coriander

1/8 teaspoon ground red pepper

1 (1.5-2 pound) flank steak, trimmed

### Cooking spray

1 1/2 cups diced red and yellow tomato (\*occasional vegetable, could substitute bell peppers\*)

2 tablespoons sliced green onions

4 teaspoons chopped fresh oregano

1 tablespoon extra-virgin olive oil

2 teaspoons cider vinegar

1/8 teaspoon salt

1/8 teaspoon freshly ground black pepper

### Prep:

1. Preheat grill to medium-high heat.

2. Combine first 6 ingredients in a small bowl. Rub spice mixture evenly over both sides of steak. Place steak on grill rack coated with cooking spray; grill 6 minutes on each side or until desired degree of doneness. Let stand 5 minutes. Cut steak diagonally across grain into thin slices.

3. Combine 1 1/2 cups tomato and remaining ingredients. Serve salsa over steak.