

# EAT BEEF!

## Thank You

# KANSAS CATTLE PRODUCERS!

add flavor with  
**MARINADES**

### Burgundy Beef & Vegetable Stew (2 1/2 hours 6 servings)

- 1-1/2 lb beef eye round, 1-1/2" pieces
- 1 T. vegetable oil
- 1 t. dried thyme leaves
- 1 can (13-3/4 oz) ready-to-serve beef broth
- 1/2 c. Burgundy wine
- 3 large cloves garlic, crushed
- 1-1/2 c. baby carrots
- 1 c. frozen whole pearl onions
- 2 T. cornstarch, dissolved in 2 T. water
- 1 pkg. (8 oz) frozen sugar snap peas

In Dutch oven, heat oil over medium-high heat until hot. Add beef (half at a time) and brown evenly, stirring occasionally. Pour off drippings. Season with thyme, 1/2 t. salt and 1/2 t. pepper. Stir in broth, wine and garlic. Bring to a boil; reduce heat to low. Cover tightly and simmer 1-1/2 hours. Add carrots and onions; cover and cook 35 to 40 minutes or until beef and vegetables are tender. Stir in cornstarch mixture. Bring to a boil; cook and stir 1 minute. Stir in sugar snap peas. Reduce heat to medium; cook 3 to 4 minutes or until peas are heated through.

### Beef Stroganoff

- 1 lb. Roundsteak—3/4 inch cubes
- 2 T. oil
- 1 pkg dry onion soup mix
- 1 can mushroom soup
- 1 can beef broth or 1 c. beef boullion
- 1 c. sour cream
- 1 T. Worcestershire sauce

Dip meat in flour and brown in oil. Add remaining ingredients and simmer until meat is tender. Serve over rice or noodles.

### Sloppy Joes

- 1 lb. hamburger, 1 can chicken gumbo soup,
  - 3 T. ketchup, 1 T. mustard, 1 medium onion.
- Brown hamburger and onion and put in a crockpot, add soup.

*Marinades are an easy way to add flavor to beef. A tenderizing marinade must contain an acidic ingredient such as lemon juice, yogurt, wine or vinegar.*

### WHAT TO MARINATE

Less tender cuts of beef should be marinated to enhance tenderness. Cuts include: top round steak, eye round steak, chuck shoulder steak, and flank steak. Tender cuts of beef can be marinated for flavor.

### HOW TO MARINATE

- Marinate in the refrigerator, NEVER at room temperature.
- Marinate in a glass utility dish or food-safe plastic bag.
- Turn meat occasionally while marinating so all sides are equally exposed to marinade.
- Allow 1/4 to 1/2 cup marinade for each 1 to 2 pounds of beef.



### WHEN TO MARINATE

- For *flavor* only, marinate for 15 minutes to 2 hours.
- For *tenderizing*, marinate for at least 6 hours, but no more than 24 (*Marinating longer can result in a mushy surface texture*).

### MARINATING FOOD SAFETY

If a marinade is to be used later for basting or served as a sauce, reserve a portion of it before adding the beef. Never save and reuse a marinade.

### TASTY MARINADE RECIPES

Each recipe yields 1/2 cup of marinade.

#### Southwestern Marinade

- 1/4 cup prepared salsa
- 2 tablespoons chopped cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon vegetable oil
- 1 clove garlic, minced
- 1/4 teaspoon ground cumin

Combine all ingredients and mix well.

#### Red Wine Marinade

- 1/3 cup red wine vinegar
- 2 tablespoons vegetable oil
- 1 tablespoon Dijon-style mustard
- 2 cloves garlic, minced
- 3/4 teaspoon dried Italian seasoning
- 1/4 teaspoon coarse grind black pepper

Combine all ingredients and mix well.

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