



# MEALS & RECIPES

## BEEF RECIPES

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# TABLE OF CONTENTS

## BEEF RECIPES

Real Deal Chili .....	3
Beef and Bean Stew .....	5
Zesty Ground Beef Skillet Pasta.....	6
Herbed Flank Steak .....	8
Muscle Building Chili .....	9
Lean Beef Kebabs .....	10
Ginger Vegetable Beef .....	11
Muscle Meat Loaf.....	13
Untidy Joe .....	14
Thai Grilled Beef Strips .....	15
Beef Chop Suey .....	16
Maple Herbed Beef .....	17





# Real Deal Chili

## Ingredients

- 1 can kidney beans
- 1 can black beans
- 3 large diced tomatoes
- 1 chopped large onion
- 8 ounces lean ground beef
- 2 tablespoons chili powder

## Directions

1. Cook onion with beef until meat is brown
2. Drain and rinse beans
3. Add beans and chili powder to pot
4. Boil then simmer for up to 45 minutes
5. Optional – Add Verde salsa or tomato juice to mixture
6. Water may need to be added so chili is not too thick



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 38 g  
**Fat:** 6 g  
**Carbohydrates:** 40 g

**Calories: 350**





## BEAF AND BEAN STEW





# Beef and Bean Stew

## Ingredients

- 2 small onions
- 3 teaspoons extra virgin olive oil
- ½ teaspoon red or cayenne pepper
- 1 cup canned kidney beans
- 8 ounces roasted round beef eye, trimmed to 0" of fat
- 1 cup canned beef bullion broth
- ½ cup canned tomato puree
- 1 cup ready to serve pace picante salsa
- 1 teaspoon chili powder
- 1 teaspoon ground basil
- ½ teaspoon curry powder
- 1 teaspoon ground oregano

## Directions

1. In a sauce pan, cook the beans and onion in 2 teaspoons of oil until they are tender.
2. Add tomato puree, beef broth, spices and salsa. Continue to cook vegetable mixture under medium heat until hot.
3. In another pan, place remaining oil and stir fry beef until it is cooked.
4. Add beef to vegetables and simmer for 5 minutes.
5. Place equal amounts on 2 plates and serve.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 33 g  
**Fat:** 12 g  
**Carbohydrates:** 30 g

**Calories: 367**



# Zesty Ground Beef

## Ingredients

- 1 lb ground beef that's at least 93% lean
- 1 cup penne pasta, cooked according to the package directions
- 1 small onion, diced
- 1 small bell pepper, diced
- 1 cup canned, diced tomatoes in their juices
- 1 jalapeño pepper, minced
- 1 teaspoon honey
- 1 teaspoon chili powder
- ¼ cup low fat sour cream

## Directions

1. Heat a large skillet over medium heat and add the beef, onion, and green pepper. Cook until meat is cooked through and drain as much of the fat off as you can.
2. Add the tomatoes, jalapeño, honey and chili powder. Season with salt and pepper.
3. Turn the heat down to low, and simmer for about 10 minutes.
4. Add the pasta and sour cream and cook on low until just heated through. Serve.



**4** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 28 g  
**Fat:** 10 g  
**Carbohydrates:** 12 g

**Calories: 303**



## HERBED FLANK STEAK







# Herbed Flank Steak

## Ingredients

- ½ teaspoon dried marjoram
- ½ teaspoon rubbed sage
- ¼ teaspoon salt
- ¼ teaspoon celery seed
- ¼ teaspoon ground mustard
- ¼ teaspoon pepper
- 1 ½ lbs well-trimmed flank steak
- 12 ounces whole wheat pasta, boiled al dente

## Directions

1. Combine the first six ingredients; rub over roast. Cover and refrigerate for 4 hours or overnight.
2. Place roast on a rack in a shallow roasting pan. Bake, uncovered, at 325°F degrees for 2-1/2 hours. Let stand for 15 minutes before slicing. Serve with pasta.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 50 g  
Fat: 12 g  
Carbohydrates: 48 g

**Calories: 505**





# Muscle Building Chili

## Ingredients

- 1 lb ground beef that's at least 93% lean
- 1 cup cooked pinto beans
- 1 cup cooked kidney beans
- ½ cup tomato juice
- 1 cup tomato sauce
- ½ small onion, chopped
- ¼ teaspoon cayenne pepper
- ½ teaspoon sugar
- ½ teaspoon ground cumin
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 tablespoons chili powder
- 1 cup shredded cheddar cheese
- ½ cup low fat sour cream

## Directions

1. Heat a large skillet over medium high heat. Add the ground beef and cook, crumbling it as you go. Drain.
2. In a large Dutch oven or pot, add the ground beef and the rest of the ingredients except for the cheese and sour cream. Bring to a boil and turn the heat down to low. Simmer on low heat for about 90 minutes.
3. Serve topped with the sour cream and cheese.



**4** Servings



## Nutritional Analysis (Per Serving)

Protein: 47 g  
Fat: 16 g  
Carbohydrates: 46 g

**Calories: 514**



# Lean Beef Kebabs

## Ingredients

- 6 ounces lean beef (like eye of round)
- 1 red bell pepper, chopped
- ½ medium onion
- ¼ cup brown rice
- Mushrooms, tomatoes, zucchini

## Directions

1. Season meat and vegetables with salt and pepper
2. Stick beef and vegetables on skewer
3. Lightly coat with some olive oil if you choose
4. Grill skewers until fully cooked
5. Serve over brown rice



**1** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 57 g  
**Fat:** 12 g  
**Carbohydrates:** 45 g

**Calories: 526**



# Ginger Vegetable Beef

## Ingredients

- 1 cup tomato sauce
- 4 tablespoons olive oil
- ½ teaspoon minced ginger
- Salt and pepper to taste
- 2 teaspoons soy sauce
- 2 stalks celery, diced
- 2 cloves garlic, minced
- ½ teaspoon fresh ginger
- 1 medium onion, diced
- 1 green bell pepper, diced
- 1 medium tomato, diced
- ¾ lb sirloin, diced
- 1 ½ cups cooked brown rice

## Directions

1. In a bowl combine soy sauce oil, beef, minced ginger, and garlic.
2. Heat a wok on high. Add beef mixture and stir-fry until meat is browned.
3. Add vegetables and continue to cook, five minutes, until all ingredients are cooked through. Serve with rice.



**2** Servings



## Nutritional Analysis (Per Serving)

Protein: 42 g  
Fat: 9 g  
Carbohydrates: 43 g

**Calories: 290**



## MUSCLE MEAT LOAF







# Muscle Meat Loaf

## Ingredients

- ¼ teaspoon cumin
- 1 ½ lbs lean ground beef
- 1 egg, beaten
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 1 teaspoon dried parsley
- 2 scallions, minced
- 4 small potatoes, scrubbed and pierced with a fork

## Directions

1. Mix all ingredients together.
2. Oil a loaf pan and spread the meat evenly in the pan.
3. Bake the meat loaf and potatoes at 375°F for 1 hour. Drain off the liquid and let stand for about 15 minutes.



**4** Servings



## Nutritional Analysis (Per Serving)

Protein: 37 g  
Fat: 11 g  
Carbohydrates: 32 g

**Calories: 381**



# Untidy Joe

## Ingredients

- 2 cloves garlic, peeled and diced
- 1 onion, chopped
- 1 green pepper, diced
- 1 pound lean ground beef
- 1 cup tomato sauce
- 1 can whole tomatoes, crushed
- ½ pound fresh mushrooms, chopped
- ¼ cup barbecue sauce

## Directions

1. Sauté garlic, onions, green pepper, mushrooms, and ground beef in a pan over medium-high heat for 5 minutes.
2. Add tomato sauce, canned tomatoes, and barbecue sauce. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.



**4** Servings



## Nutritional Analysis (Per Serving)

Protein: 24 g  
Fat: 6 g  
Carbohydrates: 22 g

**Calories: 240**



# Thai Grilled Beef

## Ingredients

- 6 ounces lean sirloin strips
- ½ cup rice wine vinegar
- ¼ cup oyster sauce
- ¼ cup lime juice
- 4 tablespoons minced green onions
- 4 cloves garlic, minced
- 1 tablespoon maple syrup
- 2 tablespoons chili paste
- 1 ½ cups cooked quinoa

## Directions

1. Combine vinegar, oyster sauce, lime juice, chili paste, green onion, and garlic. Pour over beef. Marinate in the refrigerator for 4 to 8 hours, turning once in the middle.
2. Drain beef, reserving 1 cup of the liquid.
3. Pour reserved marinade into a wide pan and bring to a boil. Cook for 5 minutes, stirring frequently. Remove from heat and stir in maple syrup.
4. Grill beef on the rack of an uncovered grill over medium coals for 10 to 12 minutes or till strips are tender and no longer pink, turning once. Brush with hot marinade halfway through grilling.
5. Allow to cool for 5 minutes; serve with quinoa.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 50 g  
**Fat:** 12 g  
**Carbohydrates:** 46 g

**Calories: 488**



# Beef Chop Suey

## Ingredients

- 6 large eggs
- 8 ounces lean top sirloin
- 3 cups cabbage
- 2 ½ strips raw celery
- 2 cups raw sliced or pieced mushroom
- 1 ½ cups diced onion
- 1 cup water chestnuts
- 2 teaspoons olive oil
- 2 tablespoons apple cider vinegar
- 1 tablespoon soy sauce
- ½ cup canned ready to serve beef bullion broth

## Directions

1. In a pan, place 1 teaspoon extra virgin olive oil and beef. Cook until the beef is done.
2. In another pan, while the beef is cooking, add 2 teaspoons of olive oil, cabbage, celery, mushrooms, sprouts, water chestnuts, vinegar and onions. Cook until the entire mix is hot, and then add soy sauce, beef stock and the cooked beef.
3. Cook for 5 to 10 minutes to blend the flavors. Place equal amounts on two plates, and serve hot.



**2** Servings



## Nutritional Analysis (Per Serving)

**Protein:** 48 g  
**Fat:** 25 g  
**Carbohydrates:** 13 g

**Calories: 455**





# Maple Herbed Beef

## Ingredients

- 1 tablespoon cumin
- 2 tablespoons minced fresh mint
- 2 tablespoons minced fresh cilantro
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 pound lean beef, cubed
- 2 small scallions, minced
- 2 cups cooked brown rice

## Directions

1. Mix cumin, mint, cilantro, garlic, and scallions together and rub into cubed beef. Marinate for at least 4 hours, tossing occasionally.
2. Drain the beef. Heat olive oil in a large skillet and sauté the meat until lightly browned, about 3 minutes. Do not overcook. Serve immediately with rice.



**4** Servings



## Nutritional Analysis (Per Serving)

Protein: 50 g  
Fat: 12 g  
Carbohydrates: 48 g

**Calories: 505**