

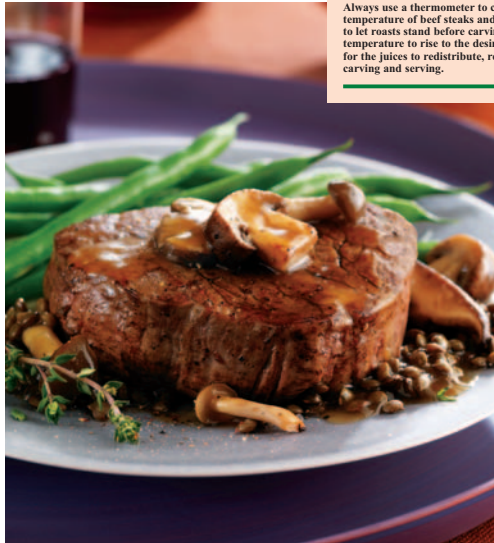
## Season's Eatings

FAMILY FEATURES

**B**eef up holiday entertaining with luscious recipes that will make all your guests feel merry.

Each lean beef recipe is rich in essential protein and nutrients needed to fuel and strengthen your body. This will help keep you energized and maintain balance in your diet throughout the holidays. Who knew healthy eating could taste so good?

For more on beef cookery, nutrition and recipes, visit [www.BeefItsWhatsForDinner.com](http://www.BeefItsWhatsForDinner.com).



Always use a thermometer to check the internal temperature of beef steaks and roasts. Be sure to let roasts stand before carving to allow the temperature to rise to the desired doneness and for the juices to redistribute, resulting in easier carving and serving.

### Hearty Glazed Tri-Tip Roast With Creamy Gorgonzola Sauce

Total preparation and cooking time: 1 to 1-1/4 hours  
Marinating time: 30 minutes to 2 hours  
Makes 6 to 8 servings

- 1 beef tri-tip roast (1-1/2 to 2 pounds)
- 1 red onion, cut into 16 wedges
- 4 cups Broccoli or baby broccoli, trimmed (about 9 ounces)
- Nonstick cooking spray
- Salt and pepper

#### Marinate:

- 1/3 cup balsamic vinegar
- 2 tablespoons light brown sugar
- 1 tablespoon reduced sodium soy sauce
- 3 cloves garlic, minced

#### Creamy Gorgonzola Sauce:

- 1/4 cup reduced fat cream cheese, softened
- 1/4 cup plain nonfat yogurt
- 2 tablespoons crumbled Gorgonzola cheese
- 1 tablespoon minced onion
- 1/4 teaspoon pepper

1. Combine marinade ingredients in small bowl. Reserve 2 tablespoons for basting. Place beef roast and remaining marinade in food-safe plastic bag; turn roast to coat. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
2. Heat oven to 425°F. Remove roast from marinade; discard marinade. Place roast on rack in shallow roasting pan. Place onion wedges around roast.

Do not add water or cover. Roast in 425°F oven 30 to 40 minutes for medium rare; 40 to 45 minutes for medium doneness, basting with reserved 2 tablespoons marinade halfway through roasting time.

3. Remove roast when instant-read thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
4. Meanwhile prepare Creamy Gorgonzola Sauce. Combine all sauce ingredients in small bowl; mix well. Set aside.
5. Spray Broccoli with nonstick cooking spray, tossing to coat. Place on rimmed baking sheet. Roast in 425°F oven 10 to 15 minutes or until crisp-tender and slightly browned. Toss onion wedges with Broccoli. Season with salt and pepper, as desired.
6. Carve roast across the grain into thin slices. Season with salt and pepper, as desired. Top beef with Creamy Gorgonzola Sauce. Serve with vegetables.

**Nutrition information per serving, 1/8 of recipe:** 179 calories, 7 g fat (3 g saturated fat, 3 g monounsaturated fat), 51 mg cholesterol, 117 mg sodium, 8 g carbohydrate, 0.7 g fiber, 20 g protein, 5.0 mg niacin, 0.4 mg vitamin B6, 1.0 mcg vitamin B12, 1.6 mg iron, 20.9 mcg selenium, 3.3 mg zinc

This recipe is an excellent source of protein, niacin, vitamin B6, selenium and zinc and a good source of vitamin B12.

### Beef Tenderloin With Savory Saucy Mushrooms and Lentils

Total preparation and cooking time: 45 to 60 minutes  
Makes 4 servings

- 4 beef tenderloin steaks, cut 1 inch thick (about 6 ounces each)
- 1/2 cup uncooked lentils
- 1/2 cup water
- 2 cups ready-to-serve beef broth, divided
- 1 teaspoon fresh thyme, chopped or 1/2 teaspoon dried thyme leaves, crushed
- Salt and pepper
- 2 teaspoons olive oil
- 6 ounces assorted mushrooms (shiitake, enoki, straw, cremini, button or chanterelle), whole or cut in half if large
- 1/4 cup minced shallots
- 1 tablespoon cornstarch
- 1 tablespoon Worcestershire sauce

1. Combine lentils, water and 1/2 cup broth in medium saucepan; bring to a boil. Reduce heat to low; cover and simmer 30 to 45 minutes or until lentils are tender but not mushy. Stir in thyme; season with salt and pepper, as desired. Keep warm.
2. Meanwhile heat large nonstick skillet over medium heat until hot. Place steaks in skillet; cook 10 to 13 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Remove to platter; season with salt and pepper, as desired. Keep warm.
3. Heat oil in same skillet over medium heat until hot. Add mushrooms and shallots; cook and stir 3 to 5 minutes or until mushrooms are tender and browned. Add remaining 1-1/2 cups broth to skillet, stirring until browned bits attached to bottom of pan are dissolved; bring to a boil. Combine cornstarch and Worcestershire sauce in small bowl; stir into mushroom mixture. Cook 2 minutes or until sauce thickens, stirring occasionally. Season with salt and pepper, as desired.
4. Divide lentils among 4 serving plates. Top with steaks and mushroom sauce.

**Nutrition information per serving:** 394 calories, 13 g fat (4 g saturated fat, 6 g monounsaturated fat), 101 mg cholesterol, 567 mg sodium, 21 g carbohydrate, 3.6 g fiber, 46 g protein, 11.6 mg niacin, 0.9 mg vitamin B6, 2.1 mcg vitamin B12, 5.0 mg iron, 45.6 mcg selenium, 7.1 mg zinc

This recipe is an excellent source of protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc and a good source of fiber.

### Beef Bourguignonne

Total preparation and cooking time: 2-1/4 to 2-3/4 hours  
Makes 6 servings

- 2 pounds beef chuck shoulder pot roast, cut into 1-inch pieces
- 4 slices bacon, chopped (about 4 ounces)
- 1/4 cup all-purpose flour
- Vegetable oil
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 cup ready-to-serve beef broth
- 2 cups Burgundy or other dry red wine
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 2 teaspoons dried marjoram leaves, crushed
- 8 ounces baby carrots (about 1-3/4 cups)
- 8 ounces fresh pearl onions, peeled or frozen pearl onions
- 8 ounces mushrooms, cut in half if large
- Chopped fresh parsley (optional)

1. Cook bacon in stockpot over medium heat 8 to 10 minutes or until crisp, stirring frequently. Remove with slotted spoon to paper towel-lined plate. Set aside. Reserve drippings.
2. Lightly coat beef with flour. Heat 2 tablespoons reserved bacon drippings in same stockpot over medium heat until hot. Brown 1/2 of beef; remove from stockpot. Repeat with remaining beef, adding bacon drippings or oil as needed. Remove beef from stockpot; season with salt and pepper. Pour off drippings.
3. Add broth to stockpot. Cook and stir 1 to 2 minutes or until browned bits attached to stockpot are dissolved. Stir in wine, tomato paste, garlic and marjoram. Return beef and bacon to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 1 hour.
4. Add carrots and onions to stockpot; bring to a boil. Reduce heat; continue simmering, covered, 30 minutes. Stir in mushrooms; continue simmering, covered, 10 to 15 minutes or until beef and vegetables are fork-tender.
5. Remove from heat. Skim fat from cooking liquid, if necessary. Garnish with parsley, if desired.

**Cook's Tip:** Two and one-half pounds beef for stew, cut into 1 to 1-1/2-inch pieces, may be substituted for beef chuck shoulder pot roast. Prepare recipe as directed above.

**Nutrition information per serving:** 354 calories, 13 g fat (4 g saturated fat, 6 g monounsaturated fat), 71 mg cholesterol, 685 mg sodium, 18 g carbohydrate, 1.9 g fiber, 27 g protein, 3.9 mg niacin, 0.3 mg vitamin B6, 2.7 mcg vitamin B12, 3.8 mg iron, 30.3 mcg selenium, 5.7 mg zinc

This recipe is an excellent source of protein, vitamin B12, iron, selenium and zinc and a good source of niacin and vitamin B6.

