

# BEEF DISHES

## Beef Taco Wraps



### Ingredients:

- \* 1 lb lean ground beef
- \* Canola oil spray
- \* Small onion, minced
- \* 2 cloves garlic, minced
- \* 2 tbsp bell pepper, minced
- \* ¾ cup water
- \* 4 oz can tomato sauce, no salt added
- \* 15 oz can whole kernel corn, no salt added

### Directions:

*Makes 6 servings.*

Heat skillet to medium, spray with oil and add ground beef. Break beef into smaller pieces as it cooks. When no longer pink, drain fat. Add onion, garlic, bell pepper, water, tomato sauce and corn. Cover & let simmer on low for about 20 minutes. Serve on large leaves of washed iceberg lettuce.

Nutrition Facts	Amount Per Serving		Amount Per Serving		*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.																					
		% Daily Values*		% Daily Values*																						
Serving Size 1 Calories 215	<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carbohydrate</b> 11g	<b>4%</b>	<table border="1"> <thead> <tr> <th></th> <th>2,000</th> <th>2,500</th> </tr> </thead> <tbody> <tr> <td>Total Fat</td> <td>Less than 65g</td> <td>80g</td> </tr> <tr> <td>Sat Fat</td> <td>Less than 20g</td> <td>25g</td> </tr> <tr> <td>Cholesterol</td> <td>Less than 300mg</td> <td>300mg</td> </tr> <tr> <td>Sodium</td> <td>Less than 2400mg</td> <td>2400mg</td> </tr> <tr> <td>Total Carbs</td> <td>300g</td> <td>375g</td> </tr> <tr> <td>Dietary Fiber</td> <td>25g</td> <td>30g</td> </tr> </tbody> </table>		2,000	2,500	Total Fat	Less than 65g	80g	Sat Fat	Less than 20g	25g	Cholesterol	Less than 300mg	300mg	Sodium	Less than 2400mg	2400mg	Total Carbs	300g	375g	Dietary Fiber	25g	30g
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	Saturated Fat 4g	<b>20%</b>	Dietary Fiber 4g	<b>16%</b>																						
	Trans Fat 0g		Sugars 6g																							
<b>Cholesterol</b> 45mg	<b>15%</b>	<b>Protein</b> 18g	<b>36%</b>																							
<b>Sodium</b> 373mg	<b>16%</b>																									
Vitamin C 24%		Vitamin K 28%																								
		Niacin 21%																								
		Vitamin B12 30%																								

### Topping Options:

Diced tomato  
Black beans

Reduced fat cheese, shredded  
Sliced avocado

Diced onion  
Salsa



*Did you know: Serving beef with vitamin C (tomatoes & bell peppers) increases iron absorption!*

Recipe adapted from: <http://www.skinnytaste.com/2009/04/turkey-taco-lettuce-wraps-3-pts.html>

# BEEF DISHES

## Lean Beef Stroganoff



### Ingredients:

- \* 1.5 lb extra lean ground beef
- \* Canola oil spray
- \* 1 small onion, chopped
- \* 2 cloves garlic, chopped
- \* 10 oz. sliced mushrooms
- \* 10 oz fl can tomato soup, less sodium
- \* 15 oz can sweet peas, no salt added
- \* 1 cup water
- \* 1 small fresh bay leaf
- \* ¼ cup light sour cream
- \* Pepper to taste

### Directions:

*Makes 6 servings.*

Heat large pan on medium, spray with oil and add ground beef. Cook until meat is browned. Drain fat. Add onions, garlic and mushrooms, fry until tender. Add soup, peas, water and fresh bay leaf; heat until boiling. Reduce heat and simmer covered for 5 minutes. Remove bay leaf and stir in sour cream and pepper. Heat through and serve.

### Nutrition Facts

Serving Size 1  
Calories 435

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
<b>Total Fat</b> 9g	<b>14%</b>	<b>Total Carbohydrate</b> 49g	<b>16%</b>
Saturated Fat 4g	<b>20%</b>	Dietary Fiber 27g	<b>108%</b>
Trans Fat 0g		Sugars 18g	
<b>Cholesterol</b> 66mg	<b>22%</b>	<b>Protein</b> 36g	<b>72%</b>
<b>Sodium</b> 492mg	<b>21%</b>		
Vitamin D 120%	•	Riboflavin 54%	•
		Niacin 78%	•
		Vitamin B12 40%	

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

### Serve on options:

Whole wheat noodles

Brown Rice

Quinoa



*Increase nutrients by adding in additional canned or frozen vegetables!*

Recipe adapted from: <http://www.skinnytaste.com/2010/04/moms-beef-stroganoff.html>



UNIVERSITY OF ALBERTA  
FACULTY OF MEDICINE & DENTISTRY

Indigenous and Global Health Research Group  
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# BEEF DISHES

## Black Bean Patties



### Ingredients:

- \* 1 lb lean ground beef
- \* 16 oz can black beans, no salt added, rinsed & drained
- \* ½ red bell pepper, chopped
- \* ½ cup onion, chopped
- \* 3 tbsp cilantro, chopped
- \* 3 cloves garlic, peeled
- \* ½ cup quick oats
- \* 1 egg, large

### Directions:

*Makes 4 servings.*

Wash and dry beans. Mash with fork until thick and pasty. In food processor or blender, process together bell pepper, onion, cilantro and garlic. Then add oats and egg. Add this mixture to the mashed beans. If too wet, add another tablespoon of oats. Add bean mixture to lean ground beef and make patties. Grill for ~7 minutes per side.

### Nutrition Facts

Serving Size 1  
Calories 376

Amount Per Serving	% Daily Values*	Amount Per Serving	% Daily Values*
<b>Total Fat</b> 12g	<b>18%</b>	<b>Total Carbohydrate</b> 34g	<b>11%</b>
Saturated Fat 4g	<b>20%</b>	Dietary Fiber 13g	<b>52%</b>
Trans Fat 0g		Sugars 2g	
<b>Cholesterol</b> 108mg	<b>36%</b>	<b>Protein</b> 35g	<b>70%</b>
<b>Sodium</b> 350mg	<b>15%</b>		
Vitamin C 40%	•	Niacin 32%	•
		Vitamin B12 44%	•

\*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbs		300g	375g
Dietary Fiber		25g	30g

### Serve on options:

Whole wheat/rye buns

Lettuce wrapped



*Did you know: Adding black beans to beef patties increased the amount of fiber which is good for your gut health!*

*Increase nutrients by serving patties with sliced tomato or avocado.*

Recipe adapted from: <http://www.skinnytaste.com/2012/06/spicy-black-bean-burgers-with-chipotle.html>