

AFFORDABLE BEEF CUTS FOR FAMILIES

Looking for great-tasting beef cuts that are affordable too?

These overlooked budget-friendly faves are sure to delight your family table.

GROUND BEEF

Versatility and rich flavor make it ideal for burgers, tacos or wraps. Perfect for breakfast, lunch and everything in-between.



Grilling



Oven Roasting



Skillet Cooking



Braising



Broiling

SIRLOIN TIP STEAK

Boneless and lean, this cut is inexpensive and ideal with a tenderizing marinade before grilling.



Grilling



Oven Roasting



Skillet Cooking



Braising



Broiling

TOP ROUND STEAK

Thick and versatile weekday cut. Typically broiled or slow-cooked to bring out its best.



Grilling



Stir-Fry



Skillet Cooking



Braising



Broiling

BOTTOM ROUND STEAK

A good everyday cut, boneless and lean. Marinate and broil or grill and slice thin.



Grilling



Skillet Cooking



Broiling

CHUCK EYE STEAK

A low-cost alternative to the Rib Eye Steak. A tender and savory cut great for grilling.



Grilling



Stir Fry



Skillet Cooking



Broiling

CHUCK EYE ROAST

This cut is a good value with loads of beef flavor. Roast to highlight natural tenderness and flavor.



Oven Roasting



Braising



Pressure Cooking



Smoking

EYE OF ROUND ROAST

A lean, flavorful cut often used for roast beef at the deli. Can be roasted or slow-cooked at home for an everyday meal.



Oven Roasting



Braising

STEW MEAT

A full-flavored staple. Great for slow-cooking, chili and stews.



Braising



Sous Vide



Pressure Cooking



Stewing

Scan here to find more affordable beef cuts suggestions, recipes and nutritional information or visit www.beefitswhatsfordinner.com





FOUR-WAY BAKED MINI MEATBALLS

Need an idea to feed the little ones at home? These Ground Beef meatballs are perfect for pizzas, sandwiches, pasta or soup.

INGREDIENTS:

1 pound Ground Beef (93% lean or leaner)
1 cup finely chopped fresh spinach
1/4 cup seasoned dry bread crumbs
2 egg whites or 1 whole egg
2 tablespoons water
1 teaspoon minced garlic
1/2 teaspoon salt
1/4 teaspoon pepper
Meatball Pizzas, Meatball Sandwiches, Meatballs and Pasta or Meatball Soup (recipes follow)

COOKING:

Heat oven to 400°F. Combine Ground Beef, spinach, bread crumbs, egg whites, water, garlic, salt and pepper in large bowl, mixing lightly but thoroughly. Shape into twenty four 1-inch meatballs. Place on rack in broiler pan sprayed with cooking spray. Bake in 400°F oven 18 to 20 minutes.

Cook's Tip: For easy clean up, line broiler pan (not rack) with aluminum foil.

Use meatballs to prepare one of the following recipes for pizzas, sandwiches, pasta or soup.

Meatball Pizzas: Heat oven to 450°F. Spread 1-1/3 cups pizza or marinara sauce evenly over four 8-inch whole wheat pita breads. Carefully cut hot cooked meatballs in half; place 12 halves on each pizza. Top evenly with 1 cup shredded mozzarella cheese or Italian cheese blend. Place on 2 baking sheets. Bake in 450°F oven 8 to 10 minutes or until cheese is melted and crusts are crisp.

Meatball Sandwiches: Heat 1 jar (14-1/2 ounces) marinara sauce according to package directions until hot. Add hot cooked meatballs; stir to coat evenly. Spoon meatball-sauce mixture evenly into 4 split French bread rolls. Top with sautéed onion and bell pepper, and shredded mozzarella cheese or Italian cheese blend, if desired.

Meatballs and Pasta: Cook 8 ounces dry pasta according to package directions; drain. Keep warm. Meanwhile heat 1 jar (26 ounces) pasta sauce according to package directions until hot. Add hot cooked meatballs to pasta sauce; stir to coat evenly. Serve over pasta.

Meatball Soup: Combine 1 can (15 ounces) rinsed and drained Great Northern or pinto beans, 1 can (14-1/2 ounces) undrained seasoned diced tomatoes, 1 can (13-3/4 to 14-1/2 ounces) ready-to-serve beef broth, 2 cups frozen mixed vegetables and 1 cup water in medium saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Add hot cooked meatballs; continue simmering 5 minutes to blend flavors. Serve with shredded Parmesan cheese, if desired.



TANGY LIME GRILLED TOP ROUND STEAK

One of our most popular recipes. This lean cut benefits from a marinade of lime juice and brown sugar for this no-fuss grilled Top Round Steak recipe.

INGREDIENTS:

1 beef Top Round Steak, cut 3/4 inch thick (about 1 pound)
1/4 cup fresh lime juice
2 tablespoons brown sugar
2 tablespoons vegetable oil
1 tablespoon Worcestershire sauce
3 large cloves garlic, crushed
Salt and pepper

COOKING:

Combine juice, sugar, oil, Worcestershire and garlic in small bowl. Place beef steak and lime mixture in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or overnight; turning occasionally.

Remove steak from marinade; discard marinade. Place steak on grid over medium, ash-covered coals. Grill, covered, 10 to 11 minutes (over medium heat on preheated gas grill, times remain the same) for medium rare (145°F) doneness, turning occasionally. (Do not overcook.)

Cook's Tip: To broil, place steak on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 12 to 13 minutes for medium rare (145°F) doneness, turning once. (Do not overcook.)

Carve steak into thin slices. Season with salt and pepper, as desired.

Find more affordable beef cut recipes at
www.beefitswhatsfordinner.com

