CRANBERRY ROAST BEEF ROLL UPS

**Ingredients**
- 12 slices Certified Angus Beef® brand deli roast beef
- 2 oz. (approximately 2 tablespoons) horseradish sauce
- 1 (8 oz.) package Neufchatel (low fat) cream cheese
- ½ cup whole berry cranberry sauce
- 1 small head butter lettuce or Boston lettuce

**Instructions**
1. In a small bowl, mix together the horseradish sauce and the cream cheese.
2. Spread each slice of roast beef evenly with 1 tablespoon cream cheese mixture.

**Nutrition Facts**

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Yield: 15 servings

*Nutritional information may vary depending on types/brands of recipe ingredients used. Analysis available upon request.*

ITALIAN CHEESE STUFFED ROAST BEEF ROLLS

**Ingredients**
- 24 slices Certified Angus Beef® brand deli roast beef, sliced thick
- 1 (28 oz.) can pizza sauce, divided
- 3 eggs, lightly beaten
- 1 teaspoon oregano
- ½ teaspoon garlic powder
- 1 tablespoon basil
- ½ cup minced scallions or chives
- 3 (15 oz.) containers low fat ricotta cheese
- ¼ cup grated parmesan cheese
- 3 cups shredded mozzarella cheese, divided

**Instructions**
1. Spread ½ cups pizza sauce in the bottom of a shallow, full steam-table pan.
2. Lay roast beef slices on one side in pan, arranged seam side down in baking dish.
3. Bake covered, at 350°F for 20 minutes.
4. Heat remaining pizza sauce and pour over beef rolls. Top with remaining mozzarella cheese and bake uncovered for 3-4 minutes until cheese is melted.

**Nutrition Facts**

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Yield: 24 servings

TORTELLINI SALAD WITH ROAST BEEF

**Ingredients**
- 18 oz. Certified Angus Beef® brand deli roast beef
- 16 oz. multicolored fresh cheese tortellini
- 4 cups broccoli florets
- ½ cup red onion, diced small
- ½ cup red bell pepper, diced
- ½ cup sliced black olives
- ¼ cup chopped fresh parsley
- ½ cup extra virgin olive oil
- ½ cup red wine vinegar
- ⅛ teaspoon black pepper
- 2 cloves garlic, crushed
- ⅛ teaspoons garlic and herb seasoning (such as Mrs. Dash)

**Instructions**
1. Cook tortellini according to package directions.
2. Steam broccoli until crisp tender and bright green, about 3 minutes.
3. Cut sliced roast beef into thin (¼ inch x 2 inch) strips.
4. Combine tortellini, broccoli, roast beef, onion, pepper, olives and parsley.
5. In a separate bowl, whisk oil, vinegar, pepper, garlic and herb seasoning. Pour over salad and let stand 30 minutes at room temperature before serving.

**Nutrition Facts**

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<td>25g</td>
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Yield: 15 servings

*Nutritional information may vary depending on types/brands of recipe ingredients used. Analysis available upon request.*
FOCUS ON HEALTH

Recipes

SHORT RIBS WITH PINEAPPLE BROCCOLI SAUCE

Ingredients
60 oz. (3 ⅔ lbs.) Certified Angus Beef® brand fully cooked boneless short ribs, with visible fat removed, reserving broth
1 tablespoon olive oil
2 cups diced celery
12 oz. broccoli slaw
3 tablespoons cornstarch
2 cups cold beef broth (reserved from bagged short ribs)
1 teaspoon granulated garlic
8 oz. pineapple tidbits, reserving juice
10 oz. package broccoli florets
10 cups rice or lo mein noodles

Additional menu suggestions: whole wheat lo mein noodles, toasted almond slices, rye toast bites, fresh apple slices

Instructions
1. Roughly chop the short ribs and place into a large mixing bowl.

Yield: 20 servings

2. Heat olive oil in large skillet. Add diced celery and sauté for 3-4 minutes until celery begins to become translucent. Add broccoli slaw and stir for 1-2 minutes until slaw begins to soften. Remove from heat and add cooked vegetables to mixing bowl with beef slaw.

3. In small bowl, mix together cornstarch and beef broth; add reserved pineapple juice and garlic. Pour in skillet used to sauté celery and heat until boiling and thickened, stirring constantly.

4. Pour sauce over beef mixture and mix gently. Transfer to a half pan, cover with foil and heat in a 350˚F oven for 30-45 minutes. Remove foil, add broccoli, and heat another 10-15 minutes or until broccoli is heated through but still bright green in color.

Suggested serving: 1 cup of beef with pineapple sauce over ½ cup rice or lo mein noodles.

Additional menu side suggestions: green beans with short ribs, broccoli with burgundy sauce over ½ cup rice or lo mein noodles.

SHORT RIBS WITH BURGUNDY DEMI-GLACE OVER WILD RICE

Ingredients
60 oz. (3 ⅔ lbs.) Certified Angus Beef® brand fully cooked boneless short ribs
1 tablespoon canola oil
1 cup chopped yellow onions
1 cup burgundy or red wine
3 oz. sundried tomatoes, diced
2 cups beef broth (reserve from bagged short ribs)
1 teaspoon dried tarragon
1 tablespoon dried parsley
20 cups prepared unseasoned wild rice for 2 oz. portions, OR 30 cups prepared unseasoned wild rice for 2 oz. portions

Instructions
1. Roughly chop the short ribs and place into a large mixing bowl.

Yield: 40 servings

2. Add chopped sundried tomatoes, then deglaze pan with burgundy, stirring to remove all bits from bottom. Bring to a boil and heat for 5 minutes until most of the liquid has evaporated.

3. Add beef broth, tarragon and parsley. Rough chop the short ribs and add to the sauce, stirring gently.

4. Transfer to a full steam table pan and cover with lid or foil. Heat at 350˚F degrees for 60 minutes in a convection oven.

5. Serve over unseasoned wild rice.

Suggested serving: 1 cup of beef with pineapple sauce over ½ cup rice or lo mein noodles.

Nutrition Facts
Serving Size 1/20 of recipe (128g)

Yield: 20 servings

Servings Per Recipe 60

Serving Size 1 oz. beef (149g)

Servings Per Recipe 30

Calories 180 Calories from Fat 91

% Daily Value%

Total Fat 10g 17%

Saturated Fat 5g 25%

Trans Fat 1g

Cholesterol 35mg 11%

Sodium 198mg 8%

Total Carbohydrate 8g 4%

Dietary Fiber 2g 6%

Sugars 5g

Protein 14g

Vitamin A 4% • Vitamin C 26%

Calcium 2% • Iron 0%

* 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

Fat 65g 42g

Saturated Fat 7g 20g

Trans Fat 2g 2g

Cholesterol 300mg 300mg

Sodium 2,400mg 2,000mg

Total Carbohydrate 100g 300g

Dietary Fiber 25g 25g

Sugars 90g 110g

Protein 200g 240g

Calories Per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Nutritional information may vary depending on types/brands of recipe ingredients used. Analysis available upon request.

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SHREDDED BEEF WRAP WITH SLAW AND AVOCADO

Ingredients

- 5 lbs. Certified Angus Beef® brand fully cooked shredded beef
- 10 oz. orange ginger stir-fry sauce
- 25 whole grain tortillas
- 10 cups shredded coleslaw mix or finely shredded cabbage
- 50 thin avocado slices

Instructions

1. Mix the shredded beef with orange ginger sauce. Transfer to a half pan, cover with foil and heat for 30 minutes in a 350˚F oven. Stir and return to the oven for 15 more minutes.

2. To serve, use a slotted ladle to place approximately ½ cup drained shredded beef onto tortilla 1/3 of the way from the edge. Top with 1/3 cup coleslaw mix. Add 2 avocado slices and roll tightly. Slice in half diagonally.

Additional menu side suggestions:
vegetable soup with crackers, sliced pears

Yield: 25 wraps

Nutrition Facts
Serving Size: 1 wrap (163g)
Servings Per Recipe: 25

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CIDER INFUSED SHREDDED BEEF WITH BUTTER SAUCE

Ingredients

- 5 lbs. Certified Angus Beef® brand fully cooked shredded beef
- 1 cup matchstick sliced carrots
- 2 cups pasteurized cider
- 2 cups frozen pearl onions
- 4 cups unsweetened 100% apple juice
- 1 cup beef broth (reserved from shredded beef package)
- 1 teaspoon onion powder
- 25 thick slices whole grain bread

Instructions

1. In large pot, mix together beef, carrots and cider. Heat until liquid comes to a boil.
2. Stir gently to break up shredded beef. Add pearl onions and transfer to a half pan.
3. Bake uncovered for 45-50 minutes at 350˚F, until beef starts to caramelize around the edges.
4. While beef is in the oven, create cider sauce by adding apple juice, beef broth and onion powder to a saucepan. Bring to a boil and simmer uncovered for 10-15 minutes until it is reduced by half. Remove from heat and add butter, stirring until melted. Keep sauce warm.
5. Serve 3 oz. beef over 1 piece whole grain bread. Drizzle 1-2 tablespoons of sauce over each sandwich.

Other uses for Cider Infused Beef: add 2 gallons unsalted beef stock and 32 oz. thick noodles to the beef mixture for a hearty soup.

Additional menu side suggestions:
sweet potato wedges, fruited coleslaw

Yield: 25 servings

Nutrition Facts
Serving Size: 3 oz. beef (177g)
Servings Per Recipe: 25

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**Ingredients**

8 cups Certified Angus Beef® brand fully cooked pot roast, with any visible fat removed

2 cups beef broth (reserved from pot roast package)

4 cups cooked pearl barley

4 cups frozen mixed vegetables (preferably green beans, yellow carrots, orange carrots and red peppers)

**Instructions**

1. Rough chop pot roast. In a large bowl, add the pot roast, beef broth and barley. Mix together gently.
   
   Add vegetables to the beef mixture and toss gently.

2. Transfer to a half pan, cover with foil and bake at 375˚F for 45 minutes.

**Nutrition Facts**

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* Additional menu side suggestions: spinach salad with strawberries, toasted whole grain baguette

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**Ingredients**

15 (3 oz.) slices Certified Angus Beef® brand fully cooked pot roast

4 cups beef broth (reserved from pot roast package)

4 tablespoons cornstarch

2 ½ teaspoons dry mustard

2 tablespoons orange marmalade

(1/8 cup olive oil

1 teaspoon minced garlic

1/4 teaspoon tarragon

1/2 teaspoon dried parsley leaves

1/2 teaspoon pepper

2 pounds redskin potatoes, quartered

1 pound baby carrots

1 large onion, cut in chunks

**Instructions**

1. Lay beef slices in baking pan. In medium bowl, mix together beef broth, cornstarch, dry mustard and orange marmalade. Pour into a saucepan and heat until boiling, stirring with a whisk, until gravy is thickened and glossy in appearance.

2. Pour gravy over beef slices. Place in 375˚F oven and bake uncovered for 20-30 minutes, until beef is heated through.

3. In a small bowl, mix together oil, garlic, tarragon, parsley and pepper.

4. Place potatoes, carrots and onions into a large bowl. Add olive oil mixture and toss gently. Spread vegetables on a baking sheet and roast, uncovered, for 10 minutes. Turn vegetables gently and return to oven for 10-15 minutes or until tender.

**Nutrition Facts**

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* Additional menu side suggestions: oatmeal rolls, perfection salad

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