

## September 2015 TV Recipes—Tailgating Sandwiches

### **SLOW-COOKED WHISKEY-MOLASSES SHREDDED BEEF**

Total Recipe Time: HIGH setting: 4-1/2 hours, LOW Setting: 8-1/2 hours

Preparation Time: 15 minutes

**Makes 8 servings.**

- 1 beef Bottom Round Roast or beef Chuck Center Roast (2 1/2 to 3 pounds), cut into 1-inch pieces
- 1/2 cup whiskey
- 1/4 cup plus 2 tablespoons cider vinegar
- 1 (6 ounce can) tomato paste
- 4 tablespoons packed brown sugar, divided
- 1/4 cup molasses
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground red pepper
- 1 tablespoon Dijon-style mustard
- 2 cups each shredded carrots and diced granny smith apple



1. Place roast in 4-1/2 to 5-1/2 quart slow cooker. Combine whiskey, 1/4 cup vinegar, tomato paste, 2 tablespoons brown sugar, molasses, salt and pepper; pour over roast. Cover and cook on HIGH 4 to 6 hours or on LOW 8 to 10 hours, or until beef is, fork-tender.
2. Remove roast from slow cooker; shred with 2 forks. Skim fat from sauce as needed. Return beef to slow cooker.
3. To make the slaw: Combine remaining 2 tablespoons cider vinegar, 2 tablespoons brown sugar and mustard in large bowl. Add carrots and apples; mix well. Season with salt and black pepper as desired. Refrigerate until ready to serve. Serve beef with slaw.

**Cook's Tip:** Can also use thinly sliced pears, celery, red cabbage, green cabbage, bell peppers, or a pre-packaged slaw mix in place of carrots or apples.

**Cook's Tip:** Thinly sliced pears, celery, red cabbage, green cabbage or bell peppers, or a pre-packaged slaw mix can be used in place of the carrots or apples.

***Nutrition information per serving:** 363 calories; 8 g fat (3 g saturated fat; 3 g monounsaturated fat); 84 mg cholesterol; 725 mg sodium; 31 g carbohydrate; 5.0 g fiber; 31 g protein; 5.5 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 1.6 mcg vitamin B<sub>12</sub>; 4.9 mg iron; 31.8 mcg selenium; 5.0 mg zinc; 116.1 mg choline. This recipe is an excellent source of fiber, protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline.*

### **BEER-BRAISED SPICY BEEF TACOS**

Total Recipe Time: 3 to 3-1/2 hours

**Makes 6 servings**

- 1 beef Shoulder, Arm OR Chuck Roast (2 pounds)
- 2 teaspoons olive oil
- Salt and pepper
- 1 bottle (12 ounces) beer
- 2 medium chipotle peppers in adobo sauce, minced
- 2 tablespoons plus 1 teaspoon adobo sauce from chipotle peppers, divided
- 12 small corn or flour tortillas (6-inch diameter), warmed
- 2 cups coleslaw



**Toppings:**

- Chopped red onion, chopped fresh cilantro, crumbled queso or sour cream, fresh lime juice or lime wedges (optional)

1. Heat oil in stockpot over medium heat until hot. Place beef roast in stockpot; brown evenly. Pour off drippings; season with salt and pepper, as desired.
2. Add beer, peppers and 2 tablespoons adobo sauce to stockpot; bring to a boil. Reduce heat; cover tightly and simmer 2-1/4 to 2-1/2 hours or until pot roast is fork-tender.
3. Meanwhile, combine coleslaw and remaining 1 teaspoon adobo sauce. Refrigerate until ready to use.
4. Remove roast; cool slightly. Skim fat from cooking liquid; bring to boil. Reduce to medium and cook 10 to 12 minutes or until reduced to 1-1/2 cups. Meanwhile, trim and discard excess fat from cooked roast. Shred roast with 2 forks. Return beef to reserved liquid; cook over medium heat until heated through.
5. Serve beef in tortillas; top with coleslaw mixture and toppings, as desired.

**Nutrition information per serving:** 413 calories; 16 g fat (3 g saturated fat; 4 g monounsaturated fat); 57 mg cholesterol; 500 mg sodium; 37 g carbohydrate; 4.3 g fiber; 27 g protein; 8.2 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.6 mcg vitamin B<sub>12</sub>; 3.7 mg iron; 25.5 mcg selenium; 5.9 mg zinc; 86.9 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of fiber and choline.

## SWEET ONION & PEPPER BEEF SANDWICHES WITH AU JUS

Total Recipe Time: on HIGH setting: 6-1/4 to 7-1/4 hours; on LOW setting: 8-1/4 to 9-1/4 hour

**Makes 8 to 10 servings**

- 3 to 3-1/2 pounds beef Stew Meat, cut into 1 to 1-1/2 inch pieces
- 2 medium sweet onions, cut into 1/2-inch wedges
- 2 red bell pepper, cut lengthwise into 1-inch wide strips
- 1 cup reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 1/2 cup no salt added tomato paste
- 6 cloves garlic, minced
- 8 to 10 French bread rolls, split, warmed



**Toppings:** Reduced-fat shredded Cheddar cheese, pepperoncini, pepper rings, assorted olives

1. Place onions in 5-1/2 quart slow cooker; top with beef, then pepper slices. Combine beef broth, tomato paste, soy sauce and garlic; add to slow cooker. Cover and cook on HIGH 6 to 7 hours or LOW 8 to 9 hours or until beef is fork-tender. (No stirring is necessary during cooking.)
2. Skim fat from cooking liquid, if necessary. Serve beef and vegetables in rolls with toppings, as desired. Serve au jus for dipping, if desired.

**Cook's Tip:** Beef mixture can be kept hot in slow cooker on LOW setting for up to 2 hours.

**Nutrition information per serving, 1/10 of recipe:** 343 calories; 10 g fat (3 g saturated fat; 4 g monounsaturated fat); 80 mg cholesterol; 628 mg sodium; 30 g carbohydrate; 2.7 g fiber; 34 g protein; 6.3 mg niacin; 0.5 mg vitamin B<sub>6</sub>; 2.4 mcg vitamin B<sub>12</sub>; 4.7 mg iron; 21.0 mcg selenium; 6.5 mg zinc; 118.2 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium, zinc and choline; and a good source of fiber.

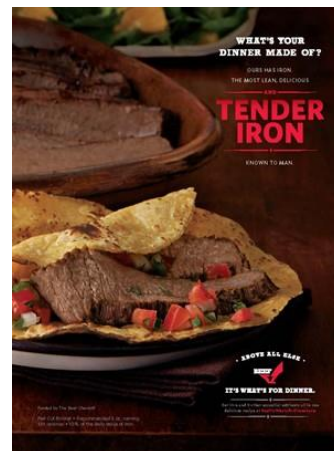
## BRAISED BRISKET STREET-STYLE TACOS

Total Recipe Time: 3 to 3-1/2 hours

Makes 8 to 10 servings

- 1 beef Brisket Flat Half (3 to 3-1/2 pounds)
- 1 tablespoon olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 large onion, sliced
- 4 cloves garlic, minced
- 1 bottle (12 ounces) beer
- 1-1/4 cup tomatillo salsa, divided
- 16 to 20 small corn tortillas (about 6-inch diameter), warmed

**Toppings:** Chopped fresh tomatoes, chopped onion, chopped fresh cilantro or prepared Pico de Gallo (optional)



1. Heat oil in stockpot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove Brisket; season with salt and black pepper.
2. Add onion and garlic to stockpot; cook and stir 4 to 5 minutes or until onion is crisp-tender. Return Brisket, fat-side up, to stockpot. Add beer and 1 cup salsa; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until Brisket is fork-tender.
3. Remove Brisket; keep warm. Skim fat from cooking liquid; bring to a boil. Cook 18 to 20 minutes or until reduced by half. Stir in remaining 1/4 cup salsa. Meanwhile, trim fat from brisket. Carve diagonally across the grain into thin slices. Return beef to cooking liquid and heat through. Serve beef in tortillas. Garnish with Toppings, as desired.

***Nutrition information per serving:** 321 calories; 8 g fat (2 g saturated fat; 4 g monounsaturated fat); 93 mg cholesterol; 353 mg sodium; 22 g carbohydrate; 3.0 g fiber; 35 g protein; 8.2 mg niacin; 0.3 mg vitamin B<sub>6</sub>; 2.3 mcg vitamin B<sub>12</sub>; 3.0 mg iron; 32.8 mcg selenium; 7.7 mg zinc; 122.4 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of fiber, vitamin B<sub>6</sub> and iron.*

## FIRECRACKER BURGERS WITH COOLING LIME SAUCE

Total Recipe Time: 35 minutes

Makes 6 servings

- 1-1/2 pounds Ground Beef
- 6 sesame seed sandwich rolls, split, toasted
- 1 cup watercress or mixed spring greens

### **Seasoning:**

- 1 tablespoon curry powder
- 1 tablespoon Caribbean jerk seasoning
- 1 teaspoon salt

### **Sauce:**

- 1/2 cup reduced-fat mayonnaise
- 1/4 cup low-fat plain yogurt
- 1 tablespoon fresh lime juice
- 2 teaspoons grated lime peel
- 1/4 teaspoon salt

1. Combine Ground Beef and seasoning ingredients in large bowl, mixing lightly but thoroughly. Shape into six 1/2-inch thick patties. Place patties on grid over medium, ash-covered coals. Grill, covered, 8 to 10 minutes



(over medium heat on preheated gas grill, 7 to 9 minutes) until instant-read thermometer inserted horizontally into center registers 160°F, turning occasionally.

2. Meanwhile, combine sauce ingredients in small bowl; set aside.
3. Spread sauce on cut sides of rolls. Place one burger on bottom half of each roll; top evenly with watercress. Close sandwiches.

**Cook'sTip:** Cooking times are for fresh or thoroughly thawed Ground Beef. Color is not a reliable indicator of Ground Beef doneness.

**Cook's Tip:** If using 95% lean ground beef, add 1/4 cup soft bread crumbs and 1 egg white to ingredients in step 1.

***Nutrition information per serving, using 95% lean ground beef:** 404 calories; 12 g fat (4 g saturated fat; 2 g monounsaturated fat); 65 mg cholesterol; 1278 mg sodium; 43 g carbohydrate; 1.4 g fiber; 28 g protein; 9.0 mg niacin; 0.4 mg vitamin B<sub>6</sub>; 2.2 mcg vitamin B<sub>12</sub>; 4.2 mg iron; 19.0 mcg selenium; 5.6 mg zinc; 75.5 mg choline. This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, iron, selenium and zinc; and a good source of choline.*

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