

Tenderloin Steaks with Horseradish Cream



Ingredients (4 servings)

- 4 beef Tenderloin Steaks, cut 1 inch thick (about 4 ounces each)
- 1 tablespoon minced garlic
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon cracked black pepper
- Salt
- 1/4 cup dairy sour cream
- 1 tablespoon prepared horseradish
- 1 tablespoon finely chopped green onion

Instructions

Horseradish Cream:

- 1/4 cup dairy sour cream
- 1 tablespoon prepared horseradish
- 1 tablespoon finely chopped green onion

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1. Combine garlic, thyme and pepper; press evenly onto beef steaks.
 2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 11 to 15 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
 3. Meanwhile, combine Horseradish Cream ingredients in small bowl; refrigerate until ready to use. Season steaks with salt, as desired. Serve with Horseradish Cream.

Nutrition information per serving: 207 calories; 10 g fat (4 g saturated fat; 3 g monounsaturated fat); 77 mg cholesterol; 71 mg sodium; 2 g carbohydrate; 0.4 g fiber; 25 g protein; 7.3 mg niacin; 0.6 mg vitamin B6; 1.4 mcg vitamin B12; 1.8 mg iron; 30.0 mcg selenium; 4.6 mg zinc.

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

Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 13 to 16 minutes for medium rare to medium doneness, turning once.

Ribeye Steaks with Fresh Tomato Tapenade



Ingredients (2 to 4 servings)

- 2 beef Ribeye Steaks Boneless, cut 1-inch thick (about 12 ounces each)
- 2 teaspoons course ground black pepper
- 1 teaspoon salt
- 1 cup cherry or grape tomatoes, cut in half
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1/4 cup chopped fresh basil
- 3 tablespoons shredded Parmesan cheese

Instructions

Fresh Tomato Tapenade:

- 1 cup cherry or grape tomatoes, cut in half
- 1 can (2-1/4 ounces) sliced ripe olives, drained
- 1/4 cup chopped fresh basil
- 3 tablespoons shredded Parmesan cheese

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1. Press pepper evenly onto beef steaks.
 2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 10 to 14 minutes (over medium heat on preheated gas grill, 9 to 14 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
 3. Meanwhile combine Fresh Tomato Tapenade ingredients in small bowl.
 4. Season steaks with salt, as desired. Top each steak evenly with Fresh Tomato Tapenade.

Nutrition information per serving (1/2 of recipe): 462 calories; 20 g fat (7 g saturated fat; 9 g monounsaturated fat); 151 mg cholesterol; 1692 mg sodium; 7 g carbohydrate; 2.6 g fiber; 6 g protein; 16.6 mg niacin; 1.3 mg vitamin B6; 3.2 mcg vitamin B12; 5.4 mg iron; 68 mcg selenium; 10.9 mg zinc.

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

Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 14 to 18 minutes for medium rare to medium doneness, turning once.

Chipotle-Braised Country Style Beef Ribs



Ingredients (4 to 6 servings)

- 2 pounds beef Country-Style Ribs
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1 cup chopped onion
- 1 can (28 ounces) crushed tomatoes, undrained
- 3 medium poblano peppers, seeded, coarsely chopped
- 1 to 2 chipotle peppers in adobo sauce, finely chopped
- Toppings: Chopped onion, cilantro and lime wedges (optional)

Instructions

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1. Heat oil in stockpot over medium heat until hot. Brown half of beef ribs; remove from stockpot. Repeat with remaining beef. Season with salt.
2. Add onion to stockpot; cook 3 to 5 minutes or until tender, stirring occasionally. Stir in tomatoes, poblano and chipotle peppers, as desired. Return beef to stockpot; bring

to a boil. Reduce heat; cover tightly and simmer 1-3/4 to 2 hours or until beef is fork-tender.

3. Remove beef; keep warm. Skim fat from cooking liquid. Spoon cooking liquid over beef. Garnish with chopped onion, cilantro and lime wedges, if desired.

Nutrition information per serving: 259 calories; 12 g fat (4 g saturated fat; 1 g monounsaturated fat); 72 mg cholesterol; 440 mg sodium; 17 g carbohydrate; 4.9 g fiber; 25 g protein; 5.3 mg niacin; 0.7 mg vitamin B6; 2.5 mcg vitamin B12; 5 mg iron; 24.8 mcg selenium; 8.1 mg zinc; 88.3 mg choline.

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

Cook's Tip: Recipe can be prepared in a 3-1/2 to 5-1/2 quart slow cooker. Browning beef ribs is optional. Place ribs, poblano peppers, onion and chipotle peppers in 3-1/2 to 5-quart slow cooker. Top with tomatoes. Cover and cook on LOW 7-1/2 to 8-1/2 hours, or on HIGH 5 to 6 hours or until beef is fork-tender. (No stirring is necessary during cooking.) Continue as directed in Step 3.

Greek-Seasoned T-Bone Steaks with Cucumber and Tomato Salad



Ingredients (4 servings)

2 beef T-Bone or Porterhouse Steaks, cut 1 inch thick (about 1 pound each)
1 medium lemon
1 tablespoon Greek seasoning
1 medium cucumber, cut lengthwise in half, then crosswise into thin slices (about 2 cups)
2 cups halved grape tomatoes
1/3 cup crumbled feta cheese
Salt and pepper

Instructions

1. Grate peel and squeeze 1 tablespoon juice from lemon. Combine Greek seasoning and lemon peel. Reserve 2 teaspoons mixture for salad. Press remaining mixture evenly onto beef steaks.

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2. Place steaks on grid over medium, ash-covered coals. Grill, covered, 11 to 16 minutes (over medium heat on preheated gas grill, 15 to 19 minutes) for medium rare (145°F) to medium (160°F) doneness, turning occasionally.
 3. Meanwhile, combine reserved 2 teaspoons seasoning mixture, lemon juice, cucumber, tomatoes and cheese in medium bowl, stirring to combine. Season with salt and pepper, as desired.
 4. Remove bones; carve steaks into slices. Season with salt, as desired. Serve beef with cucumber and tomato salad.

Nutrition information per serving: 256 calories; 12 g fat (5 g saturated fat; 5 g monounsaturated fat); 70 mg cholesterol; 219 mg sodium; 5 g carbohydrate; 1.7 g fiber; 31 g protein; 10.9 mg niacin; 0.5 mg vitamin B6; 2.6 mcg vitamin B12; 4.5 mg iron; 12.5 mcg selenium; 5.9 mg zinc; 112.4 mg choline.

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

Cook's Tip: To broil, place steaks on rack in broiler pan so surface of beef is 3 to 4 inches from heat. Broil 15 to 20 minutes for medium rare to medium doneness, turning once.
