

## Steaks:

Beef is a power pack of nutrients that benefits people of all ages in maintaining both day-to-day and long-term health. A 3 oz. serving of beef is an excellent source of protein and a good source of iron, zinc, niacin, vitamin B6 and vitamin B12, while contributing less than 10% of the calories to a 2,000-calorie diet.

- Beef is the #1 food source of protein, zinc and vitamin B12, according to a study published in the *Journal of the American Dietetic Association*.
- Beef supplies high-quality protein, complete with all nine essential amino acids.
- Beef is one of the most important dietary sources of iron. To obtain the same amount of iron found in a 3 oz. serving of beef, you'd have to eat at least 3 cups of raw spinach.
- A 3 oz. serving of beef provides 39% of the Daily Value for zinc. You would need to eat more than eleven 3 oz. servings of tuna to get the same amount of zinc in one 3 oz. serving of beef. Beef contains significant amounts of the B-complex vitamins riboflavin, niacin, thiamin, B6 and B12.
- Protein plays many roles that help keep you energized and support your body's functions. Proteins make up the hormones and enzymes that regulate body processes. Proteins work with the immune system to protect against disease.
- Calorie-for-calorie, beef is one of the best protein sources of essential B-complex vitamins, including riboflavin, niacin, B6 and B12. Vitamin B12, found only in animal food products, helps produce red blood cells. A 3 oz. serving of beef provides 37% of the Daily Value. Vitamin B6, along with B12, may play a role in preventing stroke and heart disease. A 3 oz. serving of beef provides 16% of the Daily Value.
- Riboflavin, niacin and thiamin are three key vitamins in beef that help keep you going by unleashing energy from the protein, carbohydrates and fats that you eat. Riboflavin

## Steak Fajita

1 ½ pounds steak or beef tips  
Lg green or red pepper  
Lg Onion  
2 tsp. Olive oil  
1 tsp. oregano  
1/4 tsp. garlic powder  
1/2 tsp. chili powder  
1 pkg. flour tortillas (10)

Grill steak or tips. Julienne pepper and onion. Saute peppers and onions in olive oil adding herbs and spices. Toss in tips or sliced steak and serve with tortillas and wasabi sour cream.

Wasabi Sour Cream

c. sour cream

T. wasabi paste

### **Bourbon Marinade for steak**

1/2 cup bourbon

1 cup brown sugar

1 medium orange, cut into thin slices

2 cloves garlic, minced

3 green onions, chopped

dash of salt and pepper

Mix all ingredients together.

Use to marinate 1 1/2 pounds of beef.

### **Asian steak marinade.**

1/3 c soy sauce

3 tbs. worcestershire sauce

1 tbs. garlic powder

1 tbs. season salt

1 tbs. Ginger

Mix all ingredients together. Use to marinate 1 pound of beef.

**Marinating rules:** Most seafood shouldn't stay in for longer than an hour; boneless chicken breast only needs about two hours. Pork loin can soak for four hours, lamb can go from four to eight hours, and you can leave beef for 24 hours or more. More delicate meats like seafood and skinless chicken will become mushy from the acid in the marinade if they soak too long, so keep an eye on the clock

*Marinate in refrigerator to avoid bacterial contamination.*

**Do not reuse marinade.** If you would like to use the same mixture to baste the foods while cooking, either set a small amount aside before marinating, or boil the marinade for at least five minutes before using it as a basting sauce

Do not marinate in metal or aluminum containers. Use plastic or glass.

Additionally, marinades are widely believed to tenderize meats. Buttermilk and yogurt are especially popular for this purpose. Other acidic ingredients, whether or not they will significantly tenderize a piece of meat, will do a great job of balancing