



## Top Sirloin Beef Pepper Steak

**Marinade time:** 30 minutes to 2 hours  
**Total recipe time:** 30 to 35 minutes

### Ingredients

- 1 pound beef top sirloin steak\*, cut 3/4 inch thick
- 1/2 cup prepared Italian dressing
- Salt and pepper
- 2 large bell peppers, any color, cut into 1/8 inch strips
- 1 onion, cut into 1/8 inch wedges

### Instructions

1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Place beef and 1/5 cup Italian dressing in food-safe plastic bag; turn beef to coat. Reserve remaining dressing for vegetables. Close bag securely and marinate in refrigerator 30 minutes to 2 hours.
2. Remove beef from marinade; discard marinade. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove from skillet. Repeat with remaining beef. Season beef with salt and pepper; keep warm. Wipe skillet with paper towel.
3. Heat remaining Italian dressing in same skillet until hot. Add peppers and onion. Stir-fry 5 to 6 minutes or until vegetables are crisp-tender.
4. Return beef and juices to skillet. Cook and stir 1 to 2 minutes or until heated through.

### Makes 4 servings

**Nutrition information per serving, using extra lean top sirloin:** 240 calories; 10 g fat (3 g saturated fat; 3 g monounsaturated fat); 69 mg cholesterol; 260 mg sodium; 9 g carbohydrate; 2.0 g fiber; 27 g protein; 8.3 mg niacin; 0.8 mg vitamin B<sub>6</sub>; 1.3 mcg vitamin B<sub>12</sub>; 2.1 mg iron; 35.7 mcg selenium; 5.1 mg zinc; 106.5 mg choline.

*This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.*

*Please note that the Heart-Check Food Certification does not apply to recipes unless expressly stated. For more information, see the AHA nutrition guidelines at: [heartcheckmark.org/guidelines](http://heartcheckmark.org/guidelines)*



\* For extra lean nutrition values: look for extra lean top sirloin (petite roast, filet, kabob or stir-fry cuts) with the Heart-Check certification.



## Hoisin-Marinated Top Sirloin Beef Skewers

**Marinade time:** 30 minutes to 2 hours  
**Total recipe time:** 20 to 25 minutes

### Ingredients

- 1 pound beef top sirloin steak\*, cut 1 inch thick
- 4 tablespoons hoisin sauce, divided
- 1/4 cup creamy peanut butter
- 2 teaspoons fresh lime juice
- 1/8 teaspoon crushed red pepper
- 1/4 cup water

### Instructions

1. Cut beef steak crosswise into 1/4-inch thick strips. Combine 2 tablespoons hoisin sauce and beef in medium bowl; toss to coat. Cover and refrigerate 30 minutes to 2 hours.
2. Meanwhile, combine remaining 2 tablespoons hoisin sauce, peanut butter, lime juice and crushed red pepper. Stir in water. Set aside.
3. Soak eight 10-inch bamboo skewers in water 10 minutes; drain. Thread beef, weaving back and forth, onto each skewer.
4. Place skewers on rack in broiler pan so surface of beef is 2 to 3 inches from heat. Broil 4 to 5 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Serve with peanut sauce.

### Makes 4 entree servings or 16 appetizer portions

**Appetizer Variation:** Soak sixteen 6 to 10-inch skewers in water 10 minutes, drain. Thread beef, weaving back and forth, onto each skewer. Broil 2 to 3 inches from heat 3 to 4 minutes for medium rare (145°F) to medium (160°F) doneness, turning once. Makes 16 skewers

**Nutrition information per serving (1/4 of recipe), using extra lean top sirloin:** 276 calories; 13 g fat (3 g saturated fat; 4 g monounsaturated fat); 69 mg cholesterol; 302 mg sodium; 10 g carbohydrate; 1.0 g fiber; 31 g protein; 9.9 mg niacin; 0.7 mg vitamin B<sub>6</sub>; 1.2 mcg vitamin B<sub>12</sub>; 1.9 mg iron; 34.0 mcg selenium; 5.3 mg zinc; 110.0 mg choline.

*This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.*

**Nutrition information per serving (1/16 of recipe), using extra lean top sirloin:** 69 calories; 3 g fat (1 g saturated fat; 1 g monounsaturated fat); 17 mg cholesterol; 76 mg sodium; 2 g carbohydrate; 0.3 g fiber; 8 g protein; 2.5 mg niacin; 0.2 mg vitamin B<sub>6</sub>; 0.3 mcg vitamin B<sub>12</sub>; 0.5 mg iron; 8.5 mcg selenium; 1.3 mg zinc; 27.5 mg choline.

*This recipe is a good source of protein, niacin, vitamin B<sub>6</sub> and selenium.*

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## Lean Beef: A Food You Can Truly Feel Good About

The American Heart Association's Heart-Check program makes it easy to locate extra lean beef cuts that help keep you and your family healthy. When you see the Heart-Check certification on fresh beef packages, you'll instantly know the food has been certified to meet the American Heart Association's criteria for saturated fat and cholesterol for healthy people over the age of 2. Extra lean beef is the complete recipe for better health: lean protein, essential nutrients and great taste, making it a food you can truly feel good about.

- **Taking Good Health to Heart:** Research has shown that including lean beef in a well-balance diet designed to manage cardiovascular risk may be as effective as a diet including lean white meat.<sup>1,2,3,4,5,6,7</sup>
- **Friendly Fats:** More than half of the fatty acids in beef are monounsaturated—the same heart-healthy type found in olive oil—with one 3-oz. serving of beef tenderloin delivering more than 3.5 times the monounsaturates of an equivalent serving of skinless chicken breast.<sup>8</sup>
- **Protein Powerhouse:** Researchers have found that individuals with the highest protein intakes had the lowest risk for coronary heart disease, and that modestly substituting carbohydrate-rich foods with proteins may lower blood pressure in hypertensives.<sup>9,10</sup>
- **All-Around Nutrition:** On average, one 3-oz. serving of extra lean beef contains only 154 calories and provides a naturally rich source of 10 essential nutrients, including protein, iron, zinc and B vitamins.<sup>8</sup>

Visit [BeefItsWhatsForDinner.com](http://BeefItsWhatsForDinner.com) to learn more.

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Funded by The Beef Checkoff



# One More Reason to Love Beef



## Top Sirloin

- Filet
- Kabob
- Petite Roast Boneless
- Stir-Fry



*While many factors affect heart disease, diets low in saturated fat and cholesterol may reduce the risk of this disease.*



## Top Sirloin Steak, Green Bean and Tomato Salad

**Marinade time:** 30 minutes to 2 hours  
**Total recipe time:** 30 to 35 minutes

### Ingredients

- 1 pound beef top sirloin steak\*, cut ¾ inch thick
- ¼ cup plus 2 tablespoons reduced-fat or regular balsamic vinaigrette, divided
- 2½ cups fresh green beans (2-inch pieces)
- 1 to 2 teaspoons olive oil, divided
- 1 cup grape tomatoes
- Salt and pepper
- 1 package (6 ounces) fresh baby spinach
- ¼ cup shaved Parmesan cheese
- ¼ cup sunflower seeds or toasted chopped walnuts (optional)

### Instructions

1. Cut beef steak lengthwise in half, then crosswise into ⅛ to ¼-inch thick strips. Combine 2 tablespoons dressing and beef in medium bowl; toss to coat. Cover and marinate in refrigerator 30 minutes to 2 hours.
2. Heat large nonstick skillet over medium-high heat until hot. Add green beans and 1 teaspoon oil; stir-fry 5 minutes. Add tomatoes; stir-fry 2 to 3 minutes or until beans are crisp-tender and tomatoes begin to brown slightly. Remove from skillet; season with salt and pepper, as desired. Keep warm.
3. Add remaining 1 teaspoon oil to same skillet, if needed; add half of beef; stir-fry 1 to 3 minutes or until outside surface of beef is no longer pink. Remove from skillet. Repeat with remaining beef.
4. Divide spinach evenly among four plates. Top with beef and vegetables. Sprinkle with cheese and sunflower seeds, if desired. Drizzle with remaining ¼ cup dressing.

### Makes 4 servings

**Cook's Tip:** Any variety vinaigrette may be substituted for balsamic vinaigrette.

**Nutrition information per serving, using extra lean top sirloin:** 250 calories; 10 g fat (3 g saturated fat; 1 g monounsaturated fat); 75 mg cholesterol; 390 mg sodium; 9 g carbohydrate; 4.0 g fiber; 31 g protein; 7.9 mg niacin; 0.6 mg vitamin B<sub>6</sub>; 1.2 mcg vitamin B<sub>12</sub>; 3.4 mg iron; 33.1 mcg selenium; 4.9 mg zinc; 102.2 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of fiber, iron and choline.

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## Classic Top Sirloin Beef Kabobs

**Total recipe time:** 30 to 35 minutes

### Ingredients

- 1 pound beef top sirloin steak\*, cut 1 inch thick
- 8 ounces medium mushrooms
- 2 medium red, yellow or green bell peppers, cut into 1-inch pieces
- Salt

### Seasoning:

- 2 tablespoons olive oil
- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 cloves garlic, minced
- ½ teaspoon ground black pepper

### Cucumber-Yogurt Sauce:

- ½ cup plain yogurt
- ⅓ cup finely chopped seeded cucumber
- 2 tablespoons crumbled feta cheese
- 1 clove garlic, minced
- ¼ teaspoon ground black pepper
- ⅛ teaspoon salt

### Instructions

1. Cut beef steak into 1¼-inch pieces. Combine seasoning ingredients in large bowl. Add beef, mushrooms and bell pepper pieces; toss to coat.
2. Alternately thread beef and vegetable pieces evenly onto eight 12-inch metal skewers, leaving small spaces between pieces.
3. Place kabobs on grid over medium, ash-covered coals. Grill kabobs, covered, 7 to 9 minutes (over medium heat on preheated gas grill, covered, 9 to 11 minutes) for medium rare (145°F) to medium (160°F) doneness, turning once. Season kabobs with salt, as desired.
4. Meanwhile, combine sauce ingredients in small bowl. Serve with kabobs.

### Makes 4 servings

**Nutrition information per serving, using extra lean top sirloin:** 276 calories; 12 g fat; 4 g sat fat; 5 g monounsat fat; 76 mg cholesterol; 209 mg sodium; 9 g carbohydrates 1.4 g fiber; 30 g prot; 9.3 mg niacin; 0.8 mg B<sub>6</sub>; 1.3 mcg B<sub>12</sub>; 2.2 mg iron; 39.3 mcg selenium; 5.5 mg zinc; 104.9 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium, zinc and choline; and a good source of iron.

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## Grilled Top Sirloin Filets with Smoky Orange Sauce

**Total recipe time:** 35 to 45 minutes

### Ingredients

- 1 to 1¼ pounds beef top sirloin center filets\*, cut 1-inch thick, tied

### Rub:

- 1 tablespoon chopped fresh oregano or 1 teaspoon dried oregano leaves
- 2 teaspoon chopped fresh cilantro
- 1 teaspoon smoked paprika
- 1 clove garlic, minced

### Smoky Orange Sauce

- 1 cup chopped orange segments
- ⅓ cup fresh orange juice
- 2 tablespoon chopped fresh cilantro
- 2 teaspoon extra-virgin olive oil
- 1½ teaspoon freshly grated orange peel
- 1⅓ teaspoon smoked paprika
- ¼ teaspoon salt

### Instructions

1. Combine rub ingredients; press evenly onto beef steaks. Place steaks on grid over medium, ash-covered coals. Grill, covered, 12 to 17 minutes (over medium heat on preheated gas grill, covered, 12 to 16 minutes) for medium rare to medium doneness, turning occasionally.
2. Meanwhile, prepare Smoky Orange Sauce. Combine sauce ingredients in medium bowl. Set aside.
3. Carve steaks into slices. Serve with Smoky Orange Sauce.

### Makes 4 servings

**Cook's Tip:** To cut orange segments, cut off both ends of orange with paring knife. Stand orange on 1 cut end and slice vertically (top to bottom) to remove peel and white pith in strips. Follow curve of orange with paring knife to remove as little flesh as possible. Cut each segment free by slicing down on both sides of surrounding membranes.

### Nutrition information per serving, using extra lean top sirloin:

207 calories; 7 g fat; 2 g sat fat; 2 g mono fat; 69 mg cholesterol; 202 mg sodium; 9 g carbohydrates; 1.5 g fiber; 27 g protein; 8.2 mg niacin; 0.7 mg B<sub>6</sub>; 1.2 mcg B<sub>12</sub>; 2.1 mg iron; 33.3 mcg selenium; 5.0 mg zinc; 105.3 mg choline.

This recipe is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.

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## Peppered Top Sirloin Roast with Sautéed Broccoli

**Total recipe time:** 1½ to 1¾ hours

### Ingredients

- 1½ to 2 pounds beef top sirloin petite roast\*
- 1 tablespoon seasoned pepper
- ½ cup crumbled blue cheese
- ¼ cup butter, softened
- 1 tablespoon chopped green onion
- 12 ounces broccolini, trimmed
- 1 red onion cut into ½-inch thick slices and separated into rings
- 1¼ cups water

### Instructions

1. Preheat oven to 325°F. Press seasoned pepper evenly onto all surfaces of beef roast.
2. Place roast, fat-side up, on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef. Do not add water or cover. Roast in 325°F oven 60 to 75 minutes for medium rare to medium doneness.
3. Meanwhile, combine cheese, butter and green onion in small bowl until well blended; set aside.
4. Spray large nonstick skillet with nonstick cooking spray; add Broccolini, onion and water. Cover and cook over medium-high heat 3 minutes. Remove cover and continue cooking 2 to 4 minutes or until water has evaporated and Broccolini is crisp-tender and lightly browned, stirring frequently. Remove from heat. Immediately add 2 tablespoons blue cheese mixture; stir until butter is melted. Season with salt and ground black pepper, as desired. Keep warm.
5. Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Transfer roast to carving board; tent loosely with aluminum foil. Let stand 10 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)
6. Carve roast into slices; season with salt, as desired. Serve with vegetables and remaining blue cheese butter.

### Makes 6 to 8 servings

**Nutrition information per serving (1/6 of recipe), using extra lean top sirloin:** 289 calories; 15 g fat; 9 g sat fat; 3 g mono fat; 98 mg cholesterol; 232 mg sodium; 8 g carbohydrates; 1.0 g fiber; 31 g protein; 7.8 mg niacin; 0.7 mg B<sub>6</sub>; 1.4 mcg B<sub>12</sub>; 2.2 mg iron; 34.9 mcg selenium; 5.2 mg zinc; 104.4 mg choline.

**Nutrition information per serving (1/8 of recipe), using extra lean top sirloin:** 217 calories; 11 g fat; 6 g sat fat; 2 g mono fat; 73 mg cholesterol; 174 mg sodium; 6 g carbohydrate; 0.8 g fiber; 23 g protein; 5.9 mg niacin; 0.5 mg B<sub>6</sub>; 1.0 mcg B<sub>12</sub>; 1.6 mg iron; 26.2 mcg selenium; 3.9 mg zinc; 78.3 mg choline.

This recipe (both portion sizes) is an excellent source of protein, niacin, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, selenium and zinc; and a good source of iron.

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