

# SIMILAR INGREDIENTS, MULTIPLE MEALS

*Shop once, eat twice: Successful tips for busy families.*



TOUGHER CUTS OF MEAT CAN BE LESS EXPENSIVE IN STORES AND STILL OFFER DELICIOUS TASTE AND TEXTURE.

TRY USING A SLOW COOKER OR COOKING LOW AND SLOW ON A STOVE FOR BETTER RESULTS.

## Broccoli Beef

### Ingredients:

**1.5 lbs. flank steak sliced and cut into 2 inch pieces, or beef tips**

**1.5 cups beef broth**

**½ cup soy sauce**

**2 Tbsp. brown sugar**

**1 Tbsp. avocado oil**

**1 Tbsp. minced garlic**

**½ tsp. chili powder**

**4 cups broccoli florets**

**2 Tbsp. cornstarch**

**2 Tbsp. cold water**

### Directions:

1. Grease the inside of a slow cooker.
2. Add steak, beef broth, soy sauce, brown sugar, avocado oil, garlic, and chili powder.
3. Cover, cook on high for 2-3 hours or low for 4-5 hours.
4. In the last 20 minutes of cooking, uncover the slow cooker. In a small bowl, whisk corn starch and water until dissolved. Add to slow cooker and stir. Cover and allow to cook another 20 minutes.
5. Steam broccoli, drain, stir into beef mixture. Serve.

## Eat what's in season...

# Tomatoes

Like many other fruits and vegetables, tomatoes bring a burst of color and flavor to the table. Indiana farmers grow tomatoes for two main purposes- fresh and processed.

### Selection:

Tomatoes are delicate and can be easily damaged during picking, packing, and hauling. Tomatoes that reach the store have typically had their stems removed to prevent damage to other tomatoes during transport. If picking off your own vines at home it's important not to squeeze the produce while removing from the vine and to choose tomatoes with bright, shiny skin and firm flesh.

### Storage:

Choose a cool, dry place to store tomatoes. They should be stored in a single layer to avoid mushy tomatoes that can result from stacking. If tomatoes need ripening, place them in a paper bag with a banana or apple for a day or two. The gas from the fruit will help ripen them. Tomatoes that have been sliced need to be refrigerated and eaten within four days.

Have fun with your  
'maters!

There are hundreds of varieties of tomatoes that range in color, shape, and size. Challenge yourself in these summer months to try a new variety or a tomato cook off within the family to see who can make the best pizza sauce.

## Grilled Flank Steak

### Ingredients:

**1 beef flank steak, or  
beef cut of choice**

### Marinade:

**½ cup soy sauce**  
**2 Tbsp. brown sugar**  
**2 Tbsp. lemon juice**  
**2 Tbsp. olive oil**  
**2 cloves garlic, minced**  
**1 Tbsp. minced onion**  
**½ tsp. black pepper**

### Directions:

1. Combine marinade ingredients of choice into a large bowl..
2. Place flank steak in a large plastic zipper bag, pour marinade over, zip it up, and refrigerate for about 8 hours. Rotate bag every couple hours to keep marinade evenly distributed.
3. Heat grill and cook steak 7-8 minutes per side.
4. To serve, thinly slice against the grain on the diagonal.
5. Any unused marinade, that has NOT been in contact with raw meat, can be used over vegetables or kept in the refrigerator.
6. See additional marinade recipes on page 3 that would be great over tomatoes or meat!



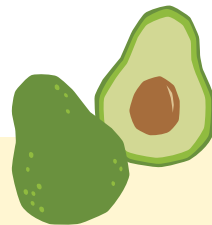
# Side Dish Spotlight

Below are additional recipes for marinades to flavor foods and ideas for using tomatoes. Don't forget to view the nutrient profile on page four.

## Tomato Ideas:

Raw tomatoes make great toppings on salads and sandwiches. Toss tomato halves with olive oil and seasonings and grill or roast them in the oven to create a decadent side dish. Try using basil, chili powder, cumin, garlic, oregano, rosemary, or thyme to enhance the flavor of your tomatoes.

Tomatoes are also frequently used by home food preservers. This high acidic food likes to be treated in a boiling water bath and can be done whole, sliced, or pulsed into sauces and salsas.



## Cowboy Dip

### Ingredients:

- 1-2 Fresh tomatoes, chopped
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (15 oz.) can corn, drained
- 1 Bell pepper, chopped
- 1 medium red onion, chopped
- 1 avocado, chopped
- 1 jalapeño, diced
- ½ cup cilantro, chopped
- ½ cup Italian Dressing
- 4 Tbsp. Lime juice
- 1 tsp. garlic powder

Combine all diced and chopped ingredients into a large bowl. In another bowl, mix lime juice, Italian dressing, and garlic powder. Pour dressing ingredients over chopped vegetables and mix until vegetables are evenly covered.

Serve over proteins, dip chips, or eat by the spoonful!

## All-Purpose Marinade

### Ingredients:

- 2 garlic cloves, minced
- ½ cup lemon juice
- ¼ cup mustard
- ¾ cup soy sauce
- ¼ cup Worcestershire sauce
- 1 tsp. black pepper
- 1 cup Olive Oil

## Mediterranean Marinade

### Ingredients:

- ½ cup olive oil
- ¼ cup lemon juice
- 3 garlic cloves, minced
- 2 Tbsp. Dijon mustard
- 2 Tbsp. oregano
- 1 tsp. thyme
- 2 Tbsp. chopped fresh parsley
- 1 tsp. black pepper
- 1 tsp. rosemary

*Success Tip:*

Freeze any marinade not used for later!

## Selection, Handling, & Storage



**Selection:** Flank steak should be a deep red color with no dark spots or brown discoloration. (Brown means the meat has been exposed to air for too long.) It will have long strands of muscle fiber running the entire length of the meat. Plus, it should have very little fat.

**Storage:** Flank steak may be stored in its original packaging in the coldest part of the refrigerator, where it will keep for three to four days. If you decide to freeze flank steak, it is best to vacuum seal the flank steak for longer storage. Store up to 3 months.

**Broccoli** is available fresh or frozen for good nutrition and convenience. Broccoli comes in a variety of colors ranging from deep sage all the way to dark green and purplish green. Fresh broccoli may be sold in bunches of one or more large heads, as smaller heads (or "side-shoots"), or in bags of florets cut from larger heads.

**Selection and Storage:** Choose dark green bunches of broccoli that has tight blueish-green florets. Avoid broccoli florets that are starting to turn yellow. The floret leaves should be evenly colored with no wilting. Avoid thick, fat or woody stalks. Remember, broccoli should be odorless. Fresh broccoli will last 5 - 6 days in the refrigerator. Discard once it smells bad, starts to turn yellow, or is slimy.

# Nutrient Profile: Chromium



Chromium is somewhat of a mystery to researchers. It is a mineral found in many foods and might help the body use carbohydrates, fats, and proteins. It is not considered an essential mineral because the absence of the mineral doesn't result in abnormalities. Fun Fact: Chromium has two forms, one that is naturally in foods and another that is toxic and a by-product of stainless steel manufacturing.

**Food Source:** meats- ham, beef, turkey, grains, fruits- apples, bananas, vegetables- lettuce, green beans, nuts, juices

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