

SIMILAR INGREDIENTS, MULTIPLE MEALS

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



FEATURED RECIPES
CAN BE PAIRED WITH
SIDE DISHES NOTED ON
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Ingredients:

- 1 lb. flank steak, trimmed**
- 4 Tbsp. Montreal Seasoning, divided
(see recipe below)**
- 1-2 broccoli heads, cut into florets
with stems attached (about 4 cups)**
- 1 medium red onion, cut into wedges**
- 2 cups mushrooms, cut half T slices
that are ¼ inch thick**
- ¾ cup olive oil, divided**

Montreal Seasoning:

- 1 Tbsp. each of crushed black
pepper, garlic powder,
kosher salt and paprika**
- ½ Tbsp. each onion powder and
crushed red pepper flakes**

Montreal Broiled Flank Steak and Veggies

Directions:

1. Preheat broiler with oven rack in broil position, place bottom of broiler pan (no rack) into oven and let warm while oven is heating for 5 minutes.
2. Remove pan from oven and add 1 Tbsp. olive oil. Tilt pan to coat with oil and add steak to the pan. Sprinkle steak with 1 Tbsp. of Montreal seasoning. Broil steak for 5 minutes. Meanwhile, toss vegetables with ⅓ cup of olive Oil and 2 Tbsp. of seasoning.
3. Remove pan from oven and flip steak. Add 1 Tbsp. oil and 1 Tbsp. of seasoning to the steak. Add seasoned vegetables around the steak. Return pan to broiler for about 5-7 minutes.
4. Remove pan from oven, place steak on cutting board. Put pan back into oven to finish roasting vegetables until tender and lightly charred, about 5 minutes. Remove from oven.
5. Whisk together ¼ cup olive oil with 1 Tbsp. of seasoning in a bowl.
6. Cut steak against the grain and spoon seasoning mixture over the steak. Serve with vegetables.

Eat what's in season...

broccoli

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.



Preparation hints: Wash broccoli under cool running water to remove dirt before using. Cut off leaves and any woody spots. Broccoli is very versatile. Enjoy it raw with a dip, add to a salad or make it the feature of a salad. It is delicious steamed in the microwave or on the stovetop with a small amount of water. You can sauté it in a small amount of olive oil by itself or with peppers, onions, carrots, and mushrooms. Additionally, broccoli is delicious roasted using an oven, air fryer or grill if you like it slightly crispy.

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. Plus, remember that broccoli should be odorless. Fresh broccoli will last 5 - 6 days in the refrigerator. Discard once it smells bad or starts to yellow or is slimy.



Flank Steak Fajita Quesadillas

Directions:

1. Heat 1 Tbsp. olive oil in large skillet and add peppers and onions. Sauté a few minutes. Add mushrooms and sprinkle vegetables with ½ tsp. of seasoning. Sauté until tender. Remove from skillet.
2. Add 1 Tbsp. of oil. When the oil is hot, add the meat. Cook until brown and heated.
3. Add vegetables back in and cook until all is heated through.
4. In a separate skillet sprayed with non-stick coating, heat 1 flour tortilla. Add cheese slice. Cover with meat. Heat until cheese is melted. Note: If you prefer an enclosed quesadilla, add a second tortilla to the top. Flip quesadilla after about 2 minutes.

Ingredients:

- 2 Tbsp. olive oil, divided**
- 1 medium onion, chopped**
- 1 red bell pepper, diced**
- 1 green bell pepper, diced**
- 2 cups mushrooms, sliced**
- 1 tsp. fajita or Montreal seasoning, divided**
- 1 lb. beef, thinly sliced or diced**
- 4 flour tortilla shells**
- 4 slices provolone cheese**

HINTS: You can double your Montreal seasoning (from p. 1) and use in multiple recipes. Plus, any leftover steak and veggies from the broiled steak and veggie dish could be used in this recipe.

Side Dish Spotlight

Below are a few side dish ideas to pair with our featured beef recipes or to try on their own!

Colorful Broccoli Salad

(6 servings)

- 4 cups broccoli florets
- 1 cup red bell pepper – diced
- ½ cup frozen corn
- 2 Tbsp. sunflower seeds shelled, roasted and salted
- ½ cup bacon (cooked & crumbled)
- ¼ cup sugar
- ¼ cup apple cider vinegar
- 2 Tbsp. olive oil

Directions:

1. Cook bacon and crumble.
2. Meanwhile, chop broccoli and red bell pepper into bite sized pieces. Add corn and bacon crumbles. Set aside.
3. Place remaining ingredients in a medium-sized mixing bowl. Mix well with whisk.
4. Add dressing mixture to all other ingredients. Toss until coated. Cover and chill until ready to serve.



Spicy Black Beans and Rice



- ½ cup chopped onion (1 medium)
- 4 cloves garlic, minced
- 2 Tbsp. olive oil
- 15 oz. can black beans, rinsed and drained
- 14½ oz. can Mexican-style stewed tomatoes
- ⅛ tsp. ground red pepper
- 2 cups hot cooked brown or long grain rice

Directions

1. In a medium saucepan cook the ½ cup onion and garlic in hot oil until tender but not brown. Carefully stir in beans, undrained tomatoes and ground red pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 15 minutes.
2. To serve, mound rice on serving plates; make a well in each mound. Spoon the black bean mixture into wells.



Tri-Color Salsa

- 2 cups diced tomatoes
- ½ cup green pepper diced
- ½ cup yellow pepper diced
- ¼ cup jalapeno pepper, minced, no seeds
- 1 Tbsp. lime juice
- ¾ tsp. sugar

Place all ingredients in a large bowl. Stir together. Chill before serving.

Serve with nacho chips. Enjoy with the spicy black bean and rice dish. Tasty served with the flank steak fajita quesadilla.

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.

Cooking: Flank steak is a terrific cut for marinating. Place your marinade and thawed flank steak in a resealable bag. Use just enough marinade to cover the meat completely. If you decide not to marinate, you will want to season your steak right before cooking. The secret to cooking your flank



steak is to cook it hot and fast. This lean cut of beef needs to be cooked to rare, medium-rare or medium. It becomes tough and chewy if you overcook it. Plus, the second secret is in the carving of the steak. Make sure it's cut across the grain. Keep your slices no more than ¼" thick.

Nutrient Profile: Pantothenic Acid (B5)

Vitamin B5, also known as pantothenic acid, is used to make coenzyme A in our bodies. This compound helps enzymes build and break down fatty acids needed for metabolism, creating and using energy. Vitamin B5 is found naturally in some foods and fortified in others. Our bodies are also capable of creating B5 from the bacteria in our gut but it's not enough to meet dietary needs.



Food Sources: Beef, chicken breast, mushrooms, potatoes, brown rice, nuts, seeds, oats, avocado, dairy milk, yogurt, eggs, broccoli, fortified cereals.

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