

CELEBRATE THE Season



WITH CREATIVE BEEF AND SWEET POTATO DISHES

FAMILY FEATURES

This fall, family and guests will cheer for meat and potatoes. But not your mother's ground round and potatoes — instead, get creative with lean, savory beef and tender, nutritious sweet potatoes. The rich, complex flavors of seared beef make a winning combination with the healthful sweetness of versatile sweet potatoes, while satisfying the seasonal shift toward delicious, filling comfort foods. Beef and sweet potatoes also score points for being easy to prepare. The recipes showcased here feature innovative takes on standards like soups, sandwiches and wraps. In the mood for soup and sandwiches? Creamy, steamy pureed sweet potato soup along with hearty grilled sirloin on a sliced baguette will certainly satisfy. Imagine a perfectly grilled filet served on a sweet potato biscuit, topped with roasted red peppers, portobellos, Monterey Jack cheese and bacon. Looking for something lighter? Think of the sweet-savory combination of lean sirloin, paired with a sweet potato, pear and apple slaw, rolled in a wrap.

What are you waiting for? Invite some friends over and watch them become big fans of the new and improved meat and potatoes.

Sweet Potato Soup With Grilled Steak Sandwich

Sweet Potato Soup

- 1 (40-ounce) can sweet potatoes, drained and rinsed, or 2 2/3 cups cooked, mashed fresh sweet potatoes
- 4 cups beef broth
- 1 cup apple juice
- 1 apple, unpeeled, cored and quartered
- 3 tablespoons chopped sweet onion
- 1 clove garlic, peeled and sliced
- 4 bay leaves
- 3 sprigs fresh thyme, or 1/2 teaspoon dried thyme

1. Combine all ingredients in large saucepan and simmer over medium heat for 15 to 20 minutes. Remove bay leaves and thyme sprigs.
2. Transfer mixture to a blender and puree. Season with salt and pepper. Adjust consistency with additional beef broth, if necessary. Serve with sandwiches.

Serves 8

Nutritional Information per Serving: 571 Calories; 16g Fat; 8g Saturated Fat; 76mg Cholesterol; 75g Carbohydrate; 7g Dietary Fiber; 31g Protein; 1186mg Sodium; 32% daily value Iron (based on 2,000-calorie diet).

Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission

Grilled Steak Sandwich

- 1 1/2 pounds Certified Angus Beef® top sirloin steaks
- Salt and pepper to taste
- 16 French baguette slices, cut on the bias
- 1/3 cup unsalted butter, softened
- 1/2 cup roasted red peppers, sliced
- 4 ounces fresh mozzarella, sliced

1. Preheat grill to medium-high. Season top sirloin with salt and pepper, and grill to medium rare (140°F internal temperature) or desired doneness. Remove from heat, let rest 5 minutes and slice thin.
2. Butter one side of bread slices. Place four slices, butter-side down, in skillet over medium heat. Layer steak, peppers, mozzarella and another slice of bread on each. Toast sandwiches until golden brown, flipping once.

Sweet Potato Biscuit and Tenderloin Sandwich

- 1 pound Certified Angus Beef® tenderloin steaks
- Salt and pepper to taste
- 2 portobello mushrooms, grilled and sliced thin
- 4 ounces shredded Monterey Jack cheese
- 2 sweet potato biscuits, sliced in half (see recipe)
- 4 slices center-cut bacon, cooked
- 1/4 cup roasted red pepper, sliced
- 1/4 cup spring mix salad greens
- 2 tablespoons light mayonnaise

1. Preheat grill to medium-high. Season filet with salt and pepper, and grill to medium rare (140°F internal temperature) or desired doneness. Remove steaks from grill, let rest 5 minutes and slice.
2. Preheat oven broiler. Arrange mushrooms on baking sheet in circles to fit biscuits. Sprinkle cheese evenly over mushrooms and broil 30 to 60 seconds, until cheese melts.
3. Assemble sandwiches by stacking steak on biscuit bottom and adding bacon, mushrooms and cheese, peppers, greens and biscuit tops spread with mayonnaise.

Serves 4

Nutritional Information per Serving: 455 Calories; 25g Fat; 10g Saturated Fat; 105mg Cholesterol; 20g Carbohydrate; 1g Dietary Fiber; 35g Protein; 673mg Sodium; 23% daily value Iron (based on 2,000-calorie diet).

Nutritional Information per Serving for biscuit only: 115 Calories; 4g Fat; 0g Saturated Fat; 0mg Cholesterol; 17g Carbohydrate; 1g Dietary Fiber; 2g Protein; 261mg Sodium; 3% daily value Iron (based on 2,000-calorie diet).

Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission

Sweet Potato Biscuits

- 1 (15-ounce) can sweet potatoes, drained and mashed, or 1 cup cooked, mashed fresh sweet potatoes
- 4 cups biscuit baking mix
- 1/2 teaspoon ground cinnamon
- 3/4 cup skim milk
- 3 tablespoons margarine or butter, softened

1. Preheat oven to 450°F. In a bowl, mix sweet potatoes with baking mix and cinnamon. Add milk and margarine, stirring until blended.
2. Roll onto a floured surface to 1-inch thick. Cut with a 2-inch cutter or glass, and place on ungreased baking sheet. Bake 10 to 12 minutes, until golden brown. Serve hot.

Yields 20 to 24

Chef's tip: For a savory biscuit, omit cinnamon and add 1 tablespoon chopped parsley and 1 teaspoon seasoning salt.

Note: Leftover biscuits are ideal to serve the next day for breakfast.

Helpful Hints

Here are a few things to keep in mind when choosing beef and sweet potatoes for recipes.

Sweet Potatoes: What to Know

- Don't refrigerate uncooked fresh sweet potatoes. Store at 55 to 65°F.
- One 15-ounce can of sweet potatoes (yams) equals one cup fresh.
- Opt for sweet potatoes from Louisiana (canned or fresh). The state's unique climate and soil conditions are ideal for growing a naturally sweeter and more flavorful sweet potato.

Beef: What to Look For

- Many lean cuts of beef are available. Look for those with "round" or "loin" in the name, such as top sirloin or tenderloin.
- For the best results, start with the highest quality ingredients. Look for the Certified Angus Beef® brand, which comes from the highly acclaimed Angus breed of cattle known for its flavorful meat. Only 8 percent of all U.S. beef can meet the brand's 10 strict quality specifications.

For more tasty recipes starring the Certified Angus Beef® brand or Louisiana Sweet Potatoes, visit www.certifiedangusbeef.com and www.sweetpotato.org.

Steak Wrap With Sweet Potato Slaw

- 1 1/2 pounds Certified Angus Beef® top sirloin steak
- 1/2 teaspoon salt
- 1 teaspoon blackening spice
- 1 sweet potato, peeled and shredded
- 1/2 pear, unpeeled, cored and shredded
- 1/2 apple, unpeeled, cored and shredded
- 1 tablespoon apple juice
- 2 tablespoons mascarpone cheese
- 1 tablespoon light mayonnaise
- Freshly ground pepper, to taste
- 4 (8-inch) flour tortillas

1. Preheat grill to medium-high. Season top sirloin with salt and blackening spice. Grill to medium rare (140°F or 60°C internal temperature) or desired doneness. Remove from heat, let rest 5 minutes and slice thin.
2. In a bowl, combine sweet potato, pear, apple, juice, mascarpone and mayonnaise. Season with salt and pepper.
3. Place steak and slaw in tortilla, fold in one end and wrap.

Chef's tip: Sweet potato chips make an ideal garnish or side dish.

Serves 4

Nutritional Information per Serving: 502 Calories; 15g Fat; 4g Saturated Fat; 102mg Cholesterol; 52g Carbohydrate; 5g Dietary Fiber; 39g Protein; 718mg Sodium; 33% daily value Iron (based on 2,000-calorie diet).

Recipe provided by Certified Angus Beef LLC and Louisiana Sweet Potato Commission

