

Lean Beef Cuts/Mexican Beef Salad Recipe

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The following information was provided by Kaiti Roeder, Registered Dietitian and Director of Nutrition & Education, Nebraska Beef Council (www.nebeef.org)

A total of 29 cuts of beef qualify as “lean” under government labeling guidelines, according to the USDA Nutrient Database according to a chart provided by the National Cattleman's Beef Association.

The 29 leanest cuts are: eye round roast and steak*, sirloin tip side steak, top round roast and steak*, bottom round roast and steak*, top sirloin steak, brisket, flat half, 95% lean ground beef, round tip roast and steak*, round steak, shank cross cuts, chuck shoulder pot roast, sirloin tip center roast and steak*, chuck shoulder steak, bottom round (western griller) steak, top loin (strip) steak, shoulder petite tender and medallions*, flank steak, shoulder center (ranch) steak, tri-tip roast and steak*, tenderloin roast and steak*, and T-bone steak. (*Cuts combined for illustration purposes.)

Enjoy the following lean beef recipe, courtesy of the Nebraska Beef Council. Check their website (www.nebeef.org) for more lean beef recipes.

Mexican Beef Salad (serves 4)

- 1 pound lean ground beef (95% lean)
- 1 small onion, chopped
- 2 teaspoons chili powder
- 1/2 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 5 cups thinly sliced romaine lettuce
- 1-1/2 cups (about 8 ounces) grape tomatoes or cherry tomatoes, halved
- 1/2 cup drained, canned no-salt-added black beans, rinsed
- 3 tablespoons canned chopped mild green chiles, rinsed and drained
- 1/3 cup shredded fat-free or low-fat Cheddar cheese
- 2 tablespoons snipped fresh cilantro

In a large nonstick skillet, brown the ground beef and onion over medium heat for 8 to 10 minutes, or until the beef is not pink. Pour off and discard the drippings. Sprinkle with the chili powder, cumin and garlic powder. Cook for 2 to 3 minutes. Meanwhile, prepare the dressing (recipe follows).

Spicy Ranch Dressing

- 1/2 cup fat-free or light ranch dressing
- 3/4 teaspoon ground cumin
- 1/8 teaspoon red hot-pepper sauce

In a small bowl, whisk together the dressing ingredients.

To serve, place the romaine lettuce on a large platter. Top the romaine lettuce with the tomatoes, beans, green chiles, and beef mixture, in that order. Sprinkle with the Cheddar and cilantro. Serve with the dressing.

Nutrients per serving: Calories 292; Total Fat 7.9 g; Saturated Fat 3.3 g; Polyunsaturated Fat 0.9 g; Monounsaturated Fat 3.1 g; Carbohydrates 24 g; Fiber 5.1 g; Cholesterol 80 mg; Protein 32 g; Sodium 456 mg; Niacin 7.1 mg; Vitamin B6 0.6 mg; Vitamin B12 2.2; mg; Selenium 19 mg; Zinc 6.9 mg; Iron 4.8 mg.

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