Proof

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Cooking Tips:

Step 1:
Partially freeze beef for easier slicing. Cut into thin, uniform beef strips or pieces. Marinate to add flavor or tenderize, if desired, while preparing other ingredients.

Step 2:
Heat small amount of oil in wok or large heavy nonstick skillet over medium-high heat until hot.

Step 3:
Stir-fry beef in half-pound batches (do not overcrowd), continuously turning with a scooping motion, until outside surface of beef is no longer pink. Add additional oil for each batch, if necessary.

Cook beef and vegetables separately, then combine and heat through. The cooking liquid may be thickened with cornstarch dissolved in water, if desired.

Remains on Package

SESAME-SOY BEEF STIR-FRY

Ingredients:
1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick
1 package (16 ounces) frozen stir-fry vegetable mixture
2 teaspoons cornstarch dissolved in 1/3 cup water
Hot cooked rice (optional)
1/4 cup chopped toasted walnuts (optional)
Marinade:
3 tablespoons soy sauce
2 teaspoons dark sesame oil

1. Combine marinade ingredients in medium bowl. Remove and reserve 2 tablespoons. Stack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Add beef to remaining marinade; toss.
2. Heat large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef.
3. Combine vegetables and 1/4 cup water in same skillet; cook over medium-high heat 4 to 5 minutes or until most of water is evaporated and vegetables are hot, stirring occasionally. Combine cornstarch mixture and reserved marinade. Add to vegetables; cook and stir 1 minute or until thickened and bubbly. Add beef; heat through. Serve over rice. Sprinkle with walnuts.

Makes 4 servings.

Photo and Recipe Courtesy of The Beef Checkoff

EASY BEEF STROGANOFF

Ingredients:
1 pound beef round tip steaks, cut 1/8 to 1/4 inch thick
1 clove garlic, minced
4 teaspoons vegetable oil
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 pound mushrooms, sliced (1/2-inch)
1 package (3/4 ounce) brown gravy mix
4 cups uncooked wide egg noodles (about 5 ounces), cooked
1/4 cup dairy sour cream

1. Slack beef steaks; cut lengthwise in half, then crosswise into 1-inch wide strips. Toss with garlic.
2. Heat 2 teaspoons oil in large nonstick skillet over medium-high heat until hot. Add 1/2 of beef; stir-fry 1 minute or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Season with salt and pepper.
3. Heat remaining 2 teaspoons oil in same skillet over medium-high heat until hot. Add mushrooms; cook and stir 2 minutes or until tender. Remove from heat. Add gravy mix and 1 cup cold water; blend well. Bring to a boil. Reduce heat; simmer 1 minute or until sauce is thickened and bubbly, frequently. Stir in beef; heat through. Serve over noodles with sour cream.

Makes 4 servings.

Photo and Recipe Courtesy of The Beef Checkoff

ASIAN BEEF & BROCCOLI WITH NOODLES

Ingredients:
1-1/4 pounds boneless beef top round or top sirloin steak, cut 1 inch thick
2 packages (3 ounces each) Oriental-flavored instant ramen noodles, broken up
1-1/2 teaspoons cornstarch dissolved in 1/2 cup water
2 tablespoons vegetable oil
1/2 pound broccoli florets
2 medium carrots, thinly sliced
1 teaspoon grated orange rind (optional)

1. Cut beef steak lengthwise in half, then crosswise into 1/8-inch thick strips. Combine seasoning from ramen noodles with cornstarch mixture in large bowl. Add beef; toss.
2. Heat 1 tablespoon oil in large nonstick skillet over medium-high heat until hot. Stir-fry broccoli and carrots 1 minute. Add noodles and 1-1/2 cups water; bring to a boil. Reduce heat; cover and simmer 3 to 5 minutes or until vegetables are tender and most of liquid is absorbed, stirring occasionally. Remove; keep warm.
3. Heat remaining oil in same skillet over medium-high heat until hot. Drain beef, discarding marinade. Stir-fry 1/2 of beef 1 to 2 minutes or until outside surface of beef is no longer pink. (Do not overcook.) Remove. Repeat with remaining beef. Serve over noodles. Sprinkle with orange rind.

Makes 4 servings.

Photo and Recipe Courtesy of The Beef Checkoff

MOO SHU BEEF

Ingredients:
1 pound beef flank steak or boneless top sirloin or top round steak, cut 3/4 inch thick
1/2 ounce dried shiitake mushrooms (optional)
3 cups packaged coleslaw mix
2/3 cup sliced green onions
1 tablespoon cornstarch dissolved in 1/4 cup water
8 medium flour tortillas, warmed
1/3 cup hoisin sauce
Marinade:
2 tablespoons each reduced-sodium soy sauce and water
1 tablespoon dark sesame oil
2 teaspoons sugar
2 cloves garlic, minced

1. Soak mushrooms in 1 cup hot water 20 minutes or until softened. Drain well; remove and discard stems. Cut caps into thin strips.
2. Cut beef steak lengthwise in half, then crosswise into thin strips. Slack 3 or 4 strips at a time; cut lengthwise in half. Combine marinade ingredients in large bowl. Add beef; toss. Refrigerate 20 minutes.
3. Drain beef discarding 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. Repeat with remaining. Combine beef, mushrooms, coleslaw mix, green onions and cornstarch mixture in skillet. Cook and stir until sauce is thickened and bubbly.
4. Spread hoisin sauce on tortillas; spoon beef mixture down center. Fold bottom edge over filling, fold right and left sides to center, overlapping.

Makes 4 servings.

Photo and Recipe Courtesy of The Beef Checkoff

Back of Front - Rotating

LABEL SHOWN ACTUAL SIZE

CUSTOMER SIGN-OFF

If any corrections are required, please make them on this sheet.

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Thank you,

SPECIALTY PRINTING LLC
Label Manufacturers
4 Thompson Road
East Windsor, CT 06066
Main Office: (860) 623-8870 Fax: (860) 623-8861

SPECIALTY SIGN-OFF

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LABEL INFORMATION

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PMS: ***CMYK***	PMS: ***Black - S2***	PMS:
PMS: ***4975 Burgundy***	PMS: ***Black - S3***	PMS:
PMS: ***7428 Red***	PMS: ***UV***	PMS:
PMS: ***Deadener***	PMS:	PMS:

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