

## BEEF RECIPES

### **Slow Roasted Beef Brisket**

Lean beef brisket in weighed 100 gram increments

4-6 stalks celery

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon paprika

¼ cup chopped onion

5 cloves of garlic crushed and chopped

Cayenne pepper to taste

Chili pepper to taste

Salt and fresh ground black pepper to taste

Combine spices in a small bowl. Rub the mixture into the beef on all sides.

Salt the meat liberally. Place the brisket in a crock pot. Fill about ½ ways

with water. Add celery to the liquid and set crock pot on high for 30

minutes. Reduce heat to medium or low and allow to slow cook for 6-8

hours. Baste and turn the brisket periodically. You may add more of the

spice mixture if you wish. Enjoy with horseradish sauce. Save

the juices, skim the fat, and use to make flavorful sauces and dressings.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Sear on high heat in olive oil on each side before

adding to crock pot. Horseradish sauce may be modified by adding

mayonnaise or Greek yogurt instead of beef broth.

### **Pot Roast**

1 shoulder roast weighed in 100 gram increments

Tomatoes

5 cloves chopped garlic

½ chopped onion

1 tablespoon paprika

Cayenne to taste

Salt and black pepper to taste

Rub spices into meat on all sides. Place in crock pot and fill halfway. Add

celery to liquid. Heat on high for 30 minutes then reduce heat to low and

cook for 6-8 hours until fork tender. Separate into 9 equal servings and

enjoy. Save the juice to make sauces and dressings. Save the celery to make soup. Always refrigerate

and skim off any excess fat.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Sear on high heat with olive oil on all sides before

placing in the crock-pot to cook.

### **Fajitas/ Carne Asada**

100 grams sliced beef or chicken cut into strips or flank steak asada

Tomatoes

Sliced onion cut into thin strips

1 clove garlic chopped

3 tablespoons lemon juice

2 tablespoons orange juice (optional)

1/8 teaspoon oregano

1/8 teaspoon chili powder or to taste

Pinch of cayenne pepper

Marinate meat in lemon juice and spices. Barbeque for carne asada or cook strips in a frying pan with garlic and onion. Add chopped tomatoes during the last 5 minutes of cooking and enjoy with lettuce leaf mock tortillas and salsa.

Makes 1 serving (1 protein, vegetable)

Phase 3 modifications: Add multi-colored bell peppers to fajitas. Use a little butter or oil for cooking. Serve with sour cream, guacamole and cheddar cheese if desired.

### **Meatloaf**

100 grams lean ground beef

1 serving Melba toast crumbs

1 ketchup recipe

1 tablespoon chopped onion

1 clove minced garlic

Cayenne to taste

¼ teaspoon paprika

Crush Melba toast into fine powder. Mix with the ground beef, chopped onion and spices. Place in a baking dish, loaf pan or muffin tin for single servings. Baste with ketchup recipe mixture and bake at 350 for 15-20 minutes. Cook longer for multiple servings using a loaf pan. Phase 2 variations: Use apple pulp after juicing to make meatloaf sweet and moist.

Makes 1 or more servings (1 protein, 1 vegetable, 1 Melba toast)

### **Ground Beef Tacos**

100 grams lean ground beef

Lettuce leaves

1 tablespoon finely minced onion

1 clove crushed and minced garlic

Dash of garlic powder

Dash of onion powder

Pinch of dried oregano

Fresh chopped cilantro to taste

Cayenne pepper to taste

Salt and black pepper to taste

Brown ground beef. Add onion, garlic, and spices and a little water and simmer gently for 5-10 minutes. Add salt to taste. Serve taco style in butter

lettuce or romaine leaf mock tortillas or with a side of tomatoes or salsa.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Serve with cheddar cheese, sour cream and guacamole.

### **Veal Italian Style**

100 grams veal cutlet

1 serving Melba toast crumbs

1 recipe marinara sauce (page 48)

1 tablespoon finely minced onion

1 clove of garlic crushed and minced

¼ teaspoon dried basil

1/8 teaspoon dried oregano

Pinch of marjoram

Salt and pepper to taste

Mix Melba toast crumbs with dry spices. Dip cutlet in water or lemon juice and coat with crushed Melba spice mixture. Fry on high heat without oil.

Top with marinara sauce and bake in 350 degree oven for 20 minutes. Add a little water to the bottom of the pan if necessary. Garnish with fresh basil, parsley, leftover Melba spice mixture and salt and pepper to taste.

Makes 1 serving (1 protein, 1 fruit or vegetable, 1 Melba toast)

Phase 3 modifications: Top with provolone or mozzarella cheese and baste with olive oil. Enjoy with freshly grated parmesan or sautéed mushrooms

### **Veal Picatta**

100 grams veal cutlet

1 serving Melba toast crumbs

¼ cup vegetable broth or water

2 tablespoons caper juice

2 tablespoons lemon juice

1 clove of garlic crushed and minced

Pinch of paprika

1 bay leaf

Salt and black pepper to taste

Mix Melba toast crumbs with paprika, salt and pepper. Dip veal cutlet in lemon juice and coat with herbed Melba toast crumbs. Fry veal cutlet in a little lemon juice on high heat until cooked thoroughly. Set aside cooked veal cutlet. Deglaze the pan with vegetable broth, lemon and caper juice and add chopped garlic and bay leaf. Cook for 1-2 minutes. Remove bay leaf. Top the veal cutlet with remaining lemon sauce and garnish with lemon slices.

Phase 3 modifications: Deglaze the pan with ¼ cup white wine and whisk in 2 tablespoons of cold butter. Pour over veal and enjoy.

Makes 1 serving (1 protein, 1 Melba toast)

### **Veal Florentine**

100 grams veal cutlet

1 serving Melba toast crumbs

Spinach finely chopped

¼ cup vegetable, beef broth or water

2 tablespoons lemon juice

2 leaves of basil rolled and sliced

1 clove garlic crushed and minced

1 tablespoon minced onion

Dash of garlic powder

Pinch of lemon zest

Pinch of paprika

Salt and pepper to taste

Manually tenderize veal cutlet until flattened. Mix Melba toast crumbs with paprika, lemon zest and dry spices. Then, dip cutlet in lemon juice and spiced Melba mixture. Fry on high heat with lemon juice until slightly browned and cooked. Remove veal cutlet from pan and deglaze the pan with the broth. Add garlic, onion, and basil. Add spinach to the liquid and toss lightly until slightly cooked. Top veal cutlet with spinach mixture and spoon remaining sauce over the top. Top with salt and pepper to taste and serve with lemon wedges.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Fry with a little olive oil. Add ricotta and parmesan cheese to the spinach mixture. Top with toasted pine nuts and parmesan cheese curls.

### **Mongolian Beef with Cabbage**

100 grams sliced beef

Cabbage cut into fine strips

½ cup beef broth or water

1 tablespoon apple cider vinegar

3 tablespoons orange juice (optional)

2 tablespoons lemon juice

2 tablespoons Bragg's liquid aminos

2 cloves garlic crushed and minced

1 tablespoon green onions chopped

¼ teaspoon chili powder or to taste

Salt and pepper to taste

Stevia to taste

Combine spices into liquid ingredients. In frying pan or wok, stir fry on high heat to combine flavors and cook beef and cabbage. Add additional water if necessary to keep dish from burning. Add additional orange slices for added sweetness if desired.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Stir fry with additional vegetables such as bell pepper or zucchini. Cook Mongolian beef with sesame, chili, peanut, or coconut oil and use soy sauce to add additional flavor. Top with 1 tablespoon of crushed peanuts if desired.

### **Pepper Crusted Steak**

100 grams lean steak

Fresh ground black pepper

Dash of Worcestershire sauce

Salt to taste

Manually tenderize the meat until flat. Rub meat with salt and coat liberally with black pepper. Cook on high heat for about 3-5 minutes or throw on the barbeque. Top with Worcestershire sauce if desired and caramelized onion garnish. You can also cut the steak into strips and serve over a mixed green or arugala salad.

Phase 3 modifications: Top with blue cheese, onions, or sautéed mushrooms in butter. Or, cut into thin strips and top with onions and provolone, and make a cheese steak salad.

Makes 1 serving (1 protein)

### **Spaghetti-less Meat Sauce**

100 grams lean ground beef (less than 7% fat)

8 ounces organic tomato sauce

2 cups chopped tomatoes

2 cloves garlic crushed and minced

1 tablespoon minced onion

½ teaspoon dried basil or 4 leaves rolled and sliced fresh basil

¼ teaspoon dried oregano

Salt and black pepper to taste

Cayenne pepper to taste

Stevia (optional)

Brown the ground beef and pat off excess oil or sauté in water and drain off the fat. Add tomato sauce, chopped tomatoes, onion, garlic, and herbs.

Simmer on low heat for at least 30 minutes. Add water to desired consistency. Serve atop cabbage noodles.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add a little olive oil, chopped green or black olives.

Top with parmesan cheese.

### **Beef Bourguignon**

100 grams beef cubed

1 cup beef broth or water

3 tablespoons tomato paste

1 tablespoon chopped onion

1 clove garlic crushed and sliced

Pinch of dried thyme

Pinch of marjoram

Salt & pepper to taste

Lightly braise beef cubes with onion and garlic. Combine all ingredients in small saucepan. Add liquid ingredients and spices. Slow cook for a minimum of 30 minutes or until beef is tender. Add additional water as needed to achieve desired consistency.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Add ½ cup red wine, whisk in cold butter and add additional non-starchy vegetables.

### **Hamburgers**

100 grams lean ground hamburger (less than 7% fat)

1 tablespoon finely minced onion

1 clove finely minced garlic

Dash of garlic powder

Dash of onion powder

Cayenne pepper to taste

Salt and black pepper to taste

Mix ingredients thoroughly and form into patties (2-3). Fry in small frying pan until desired level of doneness or grill on the barbeque. If using frying pan add small amounts of water and deglaze pan to intensify flavors. Cook approximately 3 minutes each side or to desired level of doneness.

Variations: Add stevia, lemon juice, and Bragg's liquid aminos to create a slight teriyaki flavor or top with caramelized onion garnish. Also try lean buffalo or bison meat.

Makes 1 serving (1 protein)

Phase 3 modifications: Add crumbled gorgonzola cheese to the hamburger meat before cooking. Top cooked hamburgers with Swiss cheese and sautéed mushrooms or top with chili and cheese.

### **Cabbage Rolls**

100 grams lean ground beef each serving

1 cup beef broth

1 tablespoon chopped onion

1 clove garlic crushed and minced

Dash of garlic powder

Dash of onion powder

Preheat oven to 375. Lightly blanch large cabbage leaves and set aside. In small frying pan combine ground beef, onion, garlic and spices and cook until brown. Spoon ground beef mixture into cabbage leaves, tuck in ends and roll up (burrito style). Put cabbage rolls in a baking dish and add broth to the bottom of the pan. Brush lightly with beef broth and bake in oven for

20-30 minutes. Spoon sauce over cabbage rolls periodically to keep moist.

Make multiple servings at one time for best results.

Makes 1 serving (1 protein, 1 vegetable)

### **Gingered Beef**

100 grams beef cut into thin strips

¼ cup beef broth or water

2 tablespoons Bragg's liquid aminos

2 tablespoons apple cider vinegar

2 tablespoons lemon juice

1-2 tablespoons chopped green onions

¼ teaspoon fresh grated ginger

1 clove garlic crushed and minced

Salt and pepper to taste

Stevia to taste (optional)

Sauté ginger and spices in broth and liquid ingredients to release the flavors. Add the beef and stir fry gently. Deglaze the pan periodically by adding a little water. Add the chopped green onions and serve hot.

Makes 1 serving (1 protein)

### **Italian Beef Roll Ups**

100 grams lean flank steak

Finely chopped cabbage

1 cup beef broth or water

2 tablespoons apple cider vinegar

2 tablespoons Bragg's liquid aminos

1 clove garlic crushed and minced

1 tablespoon minced onion

1 teaspoon Italian herb mix

Salt and pepper to taste

Tenderize steak with manual meat tenderizer until flat and thin. In a frying pan combine cabbage with spices, vinegar and aminos and cook until slightly tender. Spoon cabbage mixture into pounded flank steak and wrap into a roll. Fill the bottom of the pan with a little water and beef broth. Salt and spice the top of the roll. Bake in 375 degree oven for approximately 20 minutes until cooked and cabbage tender. Baste occasionally with juices to keep the rolls moist. Variations: Substitute spinach for the cabbage filling.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with herbed cream cheese, marinara sauce, Alfredo sauce or provolone cheese and bake until bubbly and brown.

Substitute chopped broccoli and cheddar cheese for the filling.

### **Corned Beef with Cabbage**

Beef brisket weighed in 100 gram increments

Cabbage

½ cup apple cider vinegar

½ onion chopped

1 teaspoon powdered mustard

¼ teaspoon fresh thyme

1 bay leaf

Pinch of allspice

1 teaspoon whole black peppercorns

Liquid smoke to taste (optional)

Salt and pepper to taste

Salt and pepper the beef and lightly dust with mustard. Put meat, onion and spices into a crock-pot or large pot and cover with water. Add vinegar.

Bring to a boil and then reduce heat and simmer for 1 hour. Skim the fat from the water as it rises. Add the cabbage to the pot and cook for an additional 1-2 hours until the meat and cabbage are tender. Slice thinly across the grain and serve with horseradish sauce.

Makes multiple servings (1 protein, 1 vegetable)

### **Corned Beef Hash**

Leftover corned beef from corned beef and cabbage

Leftover cabbage, radish relish recipe, or apple relish recipe

1 tablespoon minced onion

1 clove garlic crushed and minced

Pinch of fresh thyme

Pinch of fresh chopped oregano

Salt and pepper to taste

Chop up corned beef into finely diced chunks. Combine with finely chopped leftover cabbage or one serving of radish or apple relish and spices and mix well. Preheat non-stick or cast iron skillet. Press corned beef

mixture into pan firmly and cover. Cook for approximately 5-6 minutes on medium heat until lightly browned. Add a little beef broth or water to deglaze, mix and press down again cooking for an additional 5-6 minutes.

Repeat as necessary until hot and lightly browned.

Phase 3 modifications: Use butter to cook the corned beef mixture and add bell peppers and additional vegetables if you like (make sure they are not starchy vegetables).

Makes 1 serving (1 protein, 1 vegetable or fruit)

### **Baked Italian Meatballs**

100 grams lean ground beef

¼ teaspoon basil

1/8 teaspoon oregano

1/8 teaspoon garlic powder

1/8 teaspoon oregano

1 tablespoon minced onion



1 clove garlic crushed and minced

1 serving Melba toast crumbs

1 recipe marinara sauce

Combine meat, crumbs and spices and mix thoroughly. Form into balls.

Place into baking dish and cover with marinara sauce. Bake for 20-30 minutes at 350 degrees. Serve hot over cabbage noodles. Garnish with fresh basil.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

Phase 3 modifications: Top with sliced provolone cheese or mozzarella cheese and bake until brown and bubbly. Top with grated parmesan.

### **Herbed London Broil**

100 grams lean London broil cut into strips

¼ cup beef broth or water

1 tablespoon minced onion

1 clove garlic crushed and minced

1/8 teaspoon thyme

Pinch of rosemary

Salt and pepper to taste

Chopped Italian parsley

Salt and pepper the beef strips. In a small frying pan or non-stick skillet combine London broil, herbs and beef broth. Cook until desired level of doneness. Garnish with fresh chopped parsley.

Makes 1 serving (1 protein)

### **Sloppy Joes**

100 grams ground beef

1 recipe barbeque sauce

Butter lettuce or any large variety lettuce leaves

Brown ground beef in small frying pan. Add barbeque sauce and a little water to achieve desired consistency. Cook for about 5 minutes. Serve on lettuce leaves.

Makes 1 serving (1 protein, 1 vegetable)

Phase 3 modifications: Top with cheddar cheese slices and stevia caramelized onion rings.

### **Savory Beef Stew**

100 grams lean steak (round, London broil, or any other lean steak) finely cubed or whole. This is a slow cooked dish so, for multiple servings, weigh out in hundred gram increments and then divide into equal servings at the end of the cooking process.

Chopped celery

1 cup beef broth or water

1 tablespoon chopped onion

1 clove garlic crushed and minced

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Pinch of oregano

Cayenne pepper to taste

Salt and pepper to taste

In saucepan, lightly brown cubed beef, onion and garlic. Add water, vegetables, and spices and bring to a boil. Reduce heat and simmer for approximately 30 minutes to an hour or until the beef is tender. Add water as needed to create a stew like consistency. Serve hot and enjoy. Garnish with parsley.

Makes multiple servings (1 protein, 1 vegetable)

Phase 3 modifications: Add additional non starchy vegetables.

### **Baked Stuffed Tomatoes**

100 grams ground beef

2 medium sized tomatoes

1 serving of Melba toast crumbs

1 tablespoon finely minced onion

1 clove garlic crushed and minced

1/8 teaspoon garlic powder

1/8 teaspoon onion powder

Cayenne pepper to taste

Salt and pepper to taste

Hollow out the tomatoes, sprinkle with salt and turn upside down to drain for 10 minutes. Brown ground beef in a small frying pan; add onion, garlic and spices. Pack ground beef mixture into tomatoes, add small amount of water to bottom of dish, top with Melba toast crumbs and salt, and bake in 350 degree oven for 20 minutes. Garnish with fresh parsley and serve.

Makes 1 serving (1 protein, 1 vegetable, 1 Melba toast)

### **Roasted Beef and Apple Kabobs**

100 grams of lean good quality beef or chunked chicken

1 apple cut into large chunks

¼ onion petals

½ cup beef, chicken, or vegetable broth

3 tablespoons apple cider vinegar

1 tablespoon Bragg's liquid aminos

Stevia to taste

Marinate beef or chicken in broth, vinegar, and spices. Layer apple, onion petals, and beef or protein chunks on wooden or metal skewers (If using wooden skewers soak them for a few minutes so they don't burn). Barbeque directly or place on aluminum foil sheet and cook until desired level of doneness. Baste frequently with remaining marinade. Heat the remaining marinade in a small sauce pan and use as a dipping sauce.

Makes 1 serving (1 protein, 1 fruit)

### **Stuffed Chard Rolls**

100 grams lean ground beef (per serving)

1 or more large chard leaves any kind

1 cup beef broth or 1 serving marinara sauce (page 48)

1 tablespoon finely minced onion

1 clove of garlic crushed and minced

1/8 teaspoon basil

1/8 teaspoon oregano

1/8 teaspoon onion powder

1/8 teaspoon garlic powder

Cayenne pepper to taste

Salt and pepper to taste

Cook ground beef with a little water. Add spices, garlic and onion to the beef. Lightly steam chard leaves until slightly soft. Wrap ground beef in chard leaf burrito style. Place wraps in baking dish. Cover with beef broth and bake at 350 for 20 minutes. Garnish with fresh spices or parsley.