

BEEF TIPS WITH VEGGIE MASH

COMFORT WITHOUT THE CARBS

INGREDIENTS

- 1 tablespoon olive oil
- 1 lb sirloin tip steak, fat trimmed off and cut into cubes
- 10 ounce bag frozen butternut squash
- 1/2 bag frozen cut green beans (5 ounces)
- 2 teaspoon paprika (smoked if available)
- 1 teaspoon garlic powder
- Salt and pepper to taste
- 1/4 cup skim milk
- 1/2 teaspoon ground sage
- 1/4 teaspoon black pepper

INSTRUCTIONS

1. Bring a large pot of water to a boil
2. In a large skillet, heat the olive oil over medium heat
3. Add the beef tips and cook for about 5 minutes, stirring frequently
4. While the beef cooks, drop the squash into the boiling water and cook for 10 minutes or until soft
5. Add the green beans, paprika, garlic powder, salt, and pepper to the skillet with the beef and continue cooking 10 minutes or until heated through
6. When the squash is soft, drain in a colander and return to the hot pot
7. Mash squash with a potato masher, add the milk, sage, and black pepper then stir well with a spoon to combine
8. Serve the beef tips and green beans with the veggie mash on the side

In partnership with



FOOD AS HEALTH *Alliance*



LEARN MORE



DIABETES FRIENDLY



4 SERVINGS



30 MIN



BEEF TIPS WITH VEGGIE MASH NUTRITION FACTS

CHECK THE LABEL

HOW CAN CONSUMING THIS MEAL HELP MANAGE YOUR TYPE 2 DIABETES?

Mashed butternut squash is a nutritious and flavorful lower carbohydrate alternative to mashed potatoes. With only 16 grams of carbs, this meal will keep you full while keeping your blood sugar steady. While you can use fresh squash for this recipe, frozen vegetables absorb more moisture when boiling so they become easier to mash.

FAT SOLUBLE VITAMINS

Some vitamins are better absorbed when they are eaten with a little fat. The fat contained in lean beef will help your body absorb the Vitamin A and Vitamin E in this meal. These are both antioxidants and important for your overall health.

In partnership with



Nutrition Facts

Serving size 1/4 Total Recipe

Amount Per Serving

Calories **330**

% Daily Value*

Total Fat 18g **23%**

Saturated Fat 6.6g **33%**

Trans Fat 0g

Cholesterol 85mg **28%**

Sodium 70mg **3%**

Total Carbohydrate 16g **6%**

Dietary Fiber 2g **7%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 26g **52%**

Vitamin D 0.3mcg **2%**

Calcium 79mg **6%**

Iron 2.9mg **15%**

Potassium 242mg **6%**

Vitamin A 242mcg **25%**

Vitamin E 2.42mg **15%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

When checking foods labels, be sure to look at the carbohydrates, subtract the dietary fiber, and keep a close eye on added sugars which can cause blood sugar levels to rise more quickly.

COST BREAKDOWN

BEEF TIPS WITH VEGGIE MASH

SHOPPING LIST	COST	COST PER SERVING
• 1 lb top sirloin steak	\$6.82	\$1.75
• 10 ounce bag frozen butternut squash	\$1.92	\$0.48
• 10 ounce bag frozen cut green beans	\$0.98	\$0.25
• Paprika	\$1.00	\$0.25
• Garlic powder	\$1.00	\$0.25
• 1/2 gallon skim milk	\$1.76	\$0.44
• Ground sage	\$2.00	\$0.50
TOTAL	\$15.48*	\$2.79

*Based on 6 servings. Prices obtained from Walmart.com

Frozen vegetables are often more affordable than fresh, but they can be just as nutritious. When shopping, be sure to select the products where the only ingredient is the vegetable with nothing added.

Store the other half of your frozen green beans in a freezer bag for up to 6 months. Add them to soups and stews or sauté them in olive oil for an easy side dish.



In partnership with

