

From Ronda's Front Porch to Yours

Ronda White

Beef on a Budget

Are you trying to decide what's for dinner tonight and stay within your grocery budget? Whatever your family budget may be there is a cut of beef to fit your family's needs. In celebration of National Beef Month the Texas Beef Council has many options to put a healthy and inexpensive beef meal on the table.

When looking at cuts of beef in the grocery store, it is important to know the price range of different cuts of beef. Premium or more expensive cuts of beef include ribeye, t-bone, tenderloin and top loin steak. Mid-range or moderately priced cuts of beef include flank, shoulder, top sirloin or top blade steak. Value cuts of beef or less expensive choices are top round steak, skirt steak, brisket, chuck pot roast and ground beef.

Prices also range for each cut of meat depending on the quality grade of the meat. Ground meat with a higher percentage of fat, 70% Lean, costs less than a leaner ground meat, 95% Lean. The higher number indicates less fat is mixed into the ground meat producing a leaner and healthier meat choice.

Steaks are priced differently than ground meat. Steaks with a higher percentage of fat or marbling typically cost more. The amount of marbling in the steak causes meat to be more tender, flavorful and juicy. When cooking with a cut of meat with less marbling you may need to marinate the meat prior to grilling to make the meat tender.

Try this recipe from the Texas Beef Council for dinner tonight.

Traditional Tex-Mex Fajitas

2 pounds skirt steak, trimmed
1 onion, sliced
1 green bell pepper, sliced
12 flour tortillas

Marinade

½ c. Italian Dressing
½ c. apple cider vinegar
½ c. soy sauce
1/3 c. Worcestershire sauce
1/3 c. brown sugar
2 T. lime juice

Dash of garlic powder or fresh garlic, crushed

Directions:

Combine Italian dressing, vinegar, soy sauce, Worcestershire, brown sugar, lime juice and garlic. Marinate steaks in the refrigerator 6-8 hours or overnight. Wrap tortillas in foil. Place steaks, peppers and onions on grill over medium-hot coals. Grill steaks for 10-12 minutes turning once. Place tortilla packet on outer edge of grill to warm. Remove steaks from grill and slice at an angle, across the grain, into 1/4 inch thick strips. Serve with tortillas and condiments of your choice.

As always check the grocery store sales when they reduce meat prices and stock up. It can always be frozen to use at a later date. For more recipes or tips on cooking beef go to www.beeflovingtexans.com.

Source: www.beeflovingtexans.com

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