

TAMU
LIVE LEAN



BEEF RECIPES

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BIG ASS STEAK SALAD

(makes 4 servings)

INGREDIENTS:

- 1** Romaine Lettuce Thinly Sliced
- 1** Red Onion Thinly Sliced
- 2** Jalapeños Thinly Sliced And Seeded
- ¼ cup** Olive Oil
- 2 tbsp** Dijon Mustard
- 1 tbsp** Red Wine Vinegar
- 1 lbs** Flank Steak
- Dash Salt & Pepper



PRO: 3g **CARB:** 1g **FAT:** 10g **CALS:** 218

DIRECTIONS:

1. Slice up the lettuce, onion, and jalapeno peppers and add to a bowl.
2. In a separate bowl, mix together the olive oil, mustard (just 1 tbsp), and red wine vinegar.
3. Drizzle the liquid over the lettuce mixture.
4. Marinate the steak with the other tbsp of mustard, a tbsp of olive oil, and the salt & pepper.
5. Sear the steak over higher heat for a few mins until cooked to your liking.
6. Thinly slice the steak, and serve over the salad.



BISON SNACK BALLS

(3 snack balls per serving)

INGREDIENTS:

- 1 lbs** Ground Bison (Or Protein Of
- 1** Choice)
- 1/4 cup** Egg
- 2** Parsley Chopped
- 1/4 cup** Garlic Cloves Chopped
- 1/2 tbsp** Pine Nuts
- 1/4 tbsp** Cumin
- 1/4 tbsp** Allspice
- 1/2 tbsp** Cinnamon
- 1/2 tbsp** Paprika
- 1 tbsp** Sea Salt



PRO: 28g **CARB:** 2g **FAT:** 15g **CALS:** 255

DIRECTIONS:

1. Add all the ingredients to a mixing bowl, mix together, and create 12 golf ball size snack balls.
2. Add snack balls to pre-heated pan with coconut oil.
3. Cook for 2 mins over medium high heat, flip to another side, cook for another 2 mins, then reduce heat to low, cover, and cook for another 10 minutes (or until cooked thoroughly).
4. Remove from heat, add to a plate with vegetables for a meal or take in tupperware as an on the go snack. Enjoy!



CABBAGE ROLL EXPLOSION

(makes 4 servings)

INGREDIENTS:

- 14 oz** Tomatoes Diced With The Juice
- 1/4 head** Green Cabbage
- 2** Turnips
- 1/2 tsp** Onion
- 1 tbsp** Dried Parsley
- Dash** Salt/Pepper
- 1 lbs** Ground Pork
- 1 lbs** Ground Beef



PRO: 18g CARB: 23g FAT: 10g CALS: 260

DIRECTIONS:

1. Chop the cabbage in quarters. Remove the core from each piece
2. Boil part of the cabbage in water, about 2 handfuls
3. Chop the onion and turnip (after peeling the skin), finely chopped
4. Put coconut oil onto the pan and sautee both onion and turnip
5. Turn off the heat on the cabbage
6. Remove onions and turnip from the pan to make room in the pan for ground pork and beef, after it's cooked combine the onion & meat mixtures back together
7. Add spices, pepper and sea salt, tablespoon of dried parsley
8. Place the cabbage on the plate first making a bed to lay the other mixture on top of
9. Don't tell mom that we've exploded her recipe!
10. Hey, it's quick, easy, tasty, and affordable. That's how we roll



CHIPOTLE BURRITO BOWL

(makes 8 servings)

INGREDIENTS:

2 lbs	Ground Beef (Or Protein Of
1/2 cup	Choice)
3	Chopped Red Onion
1/2 tsp	Chopped Garlic Cloves
1/2 tsp	Chili Powder
1/2 cup	Smoked Paprika
2 tbsp	Chopped Spinach
1 tbsp	Salsa
	Coconut Oil



PRO: 21g **CARB:** 0g **FAT:** 19g **CALS:** 259

DIRECTIONS:

1. Chop onion and garlic. Saute on medium heat in 1 tbsp of Coconut oil, until fragrant, about 3 minutes.
2. Add the raw ground beef straight into the frying pan, break it apart with a wooden spoon or spatula.
3. Add the chili powder, smoked paprika, spinach and salsa, and continue stirring as it cooks.
4. Once cooked through, remove from heat, drain some of the liquid and discard, and allow it to cool.



COLLARD BURRITOS

(makes 4 burritos, 2 per serving)

INGREDIENTS:

4	Collard Leaves
2	Eggs
1 cup	Ground Beef Pre-Cooked
1/2	Avocado
1/8	Red Onion
6-8	Cherry Tomatoes
4 tbsp	Quinoa Cooked
4 tbsp	Fresh Salsa
1 tsp	Yellow Mustard
Dash	Salt/Pepper



PRO: 9g **CARB:** 31g **FAT:** 11g **CALS:** 250

DIRECTIONS:

1. De-stem the collard greens.
2. Crack and whisk the eggs.
3. Chop the onion and tomatoes into small pieces.
4. Slice the avocado into cubes, flip over and squeeze the cubes out.
5. Turn on stove to a low heat with a frying pan and lightly spray with coconut oil.
6. Pour in the eggs, season with salt and pepper.
7. Add the ground beef, & onions and stir together, cook for 1-2 minutes.
8. When it cools a bit add it to the collard greens by spooning 1/4 of the mixture onto each leave.
9. Add the quinoa, avocado, tomatoes, salsa and mustard.
10. Roll them up, by folding down the top, tucking in the sides, then rolling forward.
11. Press down to secure.
12. Enjoy eating them!



DAD'S FAV STEAK ASPARAGUS & MUSHROOMS

(makes 2 servings)

INGREDIENTS:

½ lbs	Steak Your Favorite
12	Asparagus
½ cup	Shallots Diced
2	Garlic Cloves Diced
7	Button Mushrooms
1 tbsp	Olive Oil
1 tbsp	Coconut Oil
Dash	ea Salt



PRO: 32g **CARB:** 8g **FAT:** 24g **CALS:** 380

DIRECTIONS:

1. Add mushrooms to a bowl, cover with water, then cover bowl with plastic wrap, and set aside for 10 mins to create a mushroom broth.
2. Heat coconut oil in a pan over medium high heat.
3. Once pan is hot, season steak with sea salt then add to the pan and cook for 3-4 mins per side.
4. Remove steak once cooked to your liking and let cool on a plate.
5. In a new pan, over medium heat, add olive oil and saute the asparagus, shallots, and garlic for 2-3 mins.
6. Remove mushrooms from water, slice, and sauté with the other vegetables (keep mushroom broth).
7. Add ¼ cup of the mushroom broth ovetop of vegetables, turn up heat to bring to a rapid simmer. Simmer for 5 mins.
8. Add everything to a plate and enjoy!.



DELICIOUS GRAIN LESS MEXICAN BURRITOS

(makes 2 per servings)

INGREDIENTS:

- 4** Eggs
- 1 tbsp** Coconut Oil
- 1/2** Onion Finely Chopped
- 1-2** Tomatoes Finely Chopped
- 1/4 cup** Green Chilies Diced
- 1** Red Pepper Cut Into Strips
- 1/4 cup** Cilantro
- 1/4 lbs** Ground Beef Cooked Extra Lean
- 1** Avocado
- Hot Sauce Or Salsa To Taste



PRO: 27g CARB: 10g FAT: 27g CALS: 391

DIRECTIONS:

1. Separate the egg yolks from the whites (but keep both).
2. Add coconut oil to a 10 inch pan over medium heat.
3. Add 1/2 the egg whites to the pan to make the outer shell of the burrito. Make sure the egg whites cover the entire bottom of the pan.
4. After 30 seconds, put a lid on the pan and cook until the top of the egg whites cooks thoroughly.
5. Remove the egg white burrito shell from the pan.
6. Repeat to make the rest of the egg white shells.
7. In another pan, sauté the onions in coconut oil for 1-2 minutes, then add tomatoes, chilies, red pepper, the cooked beef and cilantro. Add egg yolks to the mixture and cook thoroughly.
8. Add the meat mixture on top of the egg white shell and top with a slice of avocado and hot sauce.
9. Roll and enjoy!



FLANK STEAK INFUSED WITH ESPRESSO

(makes 4 servings)

INGREDIENTS:

- 2 tbsp** Chill Powder
- 2 tbsp** Ground Espresso
- 1/2 tsp** Sea Salt
- 1/4 tsp** Ground Black Pepper
- 1 lbs** Flank Steak



PRO: 34g **CARB:** 8g **FAT:** 27g **CALS:** 404

DIRECTIONS:

1. Mix chili powder, espresso, and salt & pepper together.
2. Rub the spice mixture over the entire piece of flank steak.
3. Slice flank steak thinly.
4. Heat in a heated pan over higher heat for 4 minutes, flipping to cook throughly.
5. Add your favorite salad to the plate and enjoy!



GAME DAY SHORT RIBS

(makes 4 servings)

INGREDIENTS:

- 2 lbs** Short Ribs
- 1/2 cup** Sesame Oil
- 1 cup** Blackberries Fresh Or Frozen
- 1/4 cup** Tamari
- 1/4 cup** Rice Vinegar
- 1/4 cup** Fresh Ginger
- 1** Clove Of Garlic
- 1 tbsp** Coconut Oil
- Salt And Pepper To Taste



PRO: 30g **CARB:** 4g **FAT:** 34g **CALS:** 448

DIRECTIONS:

1. Pre-heat oven to 350 degrees
2. Heat 1 tbsp coconut oil in a pan over medium heat
3. Sprinkle salt & pepper over both sides of the ribs and add to pan. Sear for 4-5 mins per side.
4. While ribs are searing, add 1/4 cup of sesame oil, blackberries, tamari, rice vinegar, ginger, and garlic to a blender and blend.
5. Once searing is finished, remove ribs and place in a roasting pan.
6. Pour 1/2 of the marinade sauce over the top. Then flip ribs and pour remaining sauce over to completely cover the ribs.
7. In another bowl add chopped green onion and top with the other 1/4 cup of sesame.
8. Add green onion mixture to the roasting pan.
9. Cover roasting pan with tin foil, and add it to the oven. Set timer for 3-4 hours but check it every hour.
10. It's ready once the ribs fall off the bone when you touch it with a fork.
11. Optional: after removing from oven, allow to cool down for 30 mins, then enjoy. Or just eat it right away!



GRILLED MEXICAN TACO STEAK SALAD

(makes 3 servings)

INGREDIENTS:

1 lbs	Flank Steak
1/4 tsp	Paprika
1/4 tsp	Chili Powder
1/4 tsp	Cumin
Dash	Sea Salt
2 tbsp	Olive Oil
1	Romaine Lettuce
1	Avocado
1	Green Pepper Medium
1/2	Onion
1/4 cup	Cilantro



PRO: 40g **CARB:** 14g **FAT:** 30g **CALS:** 486

DIRECTIONS:

1. To create the rub for the steak, add 2 tbsp of olive oil, 1/2 tsp cumin, 1/4 tsp paprika, and 1/4 tsp chili powder to a bowl and mix. Then rub flank steak with the mixture. Add dash of sea salt.
2. Pre-heat pan over medium high heat and add flank once the pan is hot. Flip after 4-5 mins and cooking for another 3-4 mins.
3. While flank is cooking add thinly diced romaine lettuce, sliced onion, sliced tomato, diced green pepper, and avocado slivers to the bowl.
4. Once flank is cooked to your liking, remove from heat and allow to sit for 3-5 minutes, then thinly slice and add to salad.
5. Top salad with lime juice, cilantro, and another small drip of olive oil and enjoy!



KOREAN CAULI RICE BOWL

(makes 2 servings)

INGREDIENTS:

- 8 oz** Steak sliced thin and marinated
(with tamari, sesame oil, and rice vinegar)
- 2** Eggs
- 2** Green Onions
- 1/2** Cauliflower - Riced.
- 2** Carrots Large
- 1** Clove garlic
- 5-6** Shitake mushrooms



PRO: 32g **CARB:** 42g **FAT:** 14g **CALS:** 402

DIRECTIONS:

1. Steam the riced cauli with a bit of water until you see it turn translucent and golden color
2. Cook eggs over a low heat with some Sesame oil
3. Chop the green onion into small pieces for garnish and set aside
4. Chop Carrots garlic and mushrooms and set aside to sautee after eggs are done.
5. Set the eggs aside to cool
6. Sautee the veggie mix until soft and slightly brown
7. slice the eggs into ribbons
8. Place the steamed cauliflower in the bottom of serving bowl
9. Once the veggies are fully cooked add the pre cooked steak just to heat it up.
10. Place the steak and veggie mix on top of the cauli rice
11. Garnish with egg ribbons and green onion.



MODERNIZED SPAGHETTI AND MEAT SAUCE

(makes 2 servings)

INGREDIENTS:

- 2** Tomatoes Diced
- 3** Sliced Red Bell Peppers Roasted
- 1 tbsp** Oregano Or Basil
- 1** Onion Diced
- 3** Garlic Cloves Chopped
- 1 lbs** Ground Beef
- 1** Spaghetti Squash
- Sea Salt & Pepper To Taste



PRO: 40g **CARB:** 18g **FAT:** 20g **CALS:** 412

DIRECTIONS:

1. Pre-heat oven to 500F.
2. Cut spaghetti squash in half, cut ends off, then place face down on a baking sheet. Add 1 inch of water to baking sheet. Bake for approximately 20 mins.
3. Add tomatoes, roasted red peppers, and oregano to food processor to blend together (this makes the sauce).
4. In a sauce pan, sauté onions in olive oil over medium heat. Add ground beef and cook thoroughly. Season with sea salt and pepper to taste.
5. Add sauce mixture over meat mixture and allow to simmer for 5 mins.
6. Once spaghetti squash is cooked, remove from oven and with a fork, scrape out the insides to create noodles.
7. Add to a plate and pour meat sauce over top.
8. Top with more oregano and enjoy!



MUSCLE BUILDER STEAK WITH THE WORLD'S MOST FLAVORFUL SAUCE

(makes 2 servings)

INGREDIENTS:

- 8 oz** Flank Or Sirloin Steak
- 1 cup** Cherry Tomatoes
- 1/4 cup** Sliced Almonds
- 2** Cloves Of Garlic
- 1** Red Pepper Roasted
- 1/4 cup** Olive Oil
- 1 tbsp** Sherry Vinegar
- 1/4 tsp** Red Pepper Flakes



PRO: 50g **CARB:** 13g **FAT:** 35g **CALS:** 632

DIRECTIONS:

1. Heat a pan over medium high heat.
2. Salt and pepper the steak.
3. Once pan is heated, add steak and cook throughly (approx. 3-4 mins per side).
4. Meanwhile, add the tomatoes, almonds, and garlic in another pan (or the same pan but just keep it separate from the steak).
5. Cook the tomato mixture for 4-5 mins, stirring, then add it to a blender. Add roasted red pepper, olive oil, sherry vinegar, and red pepper flakes to the blender and blend until it reaches a smooth consistency.
6. Once the steak is cooked, remove from heat and thinly slice.
7. Top the sliced steak with the sauce.



PALEO SWEET POTATO PASTA BOLOGNESE

(makes 4 servings)

INGREDIENTS:

- 1** Onion Diced
- 1** Red Bell Pepper Diced
- 6** Mushrooms Diced
- 2 tbsp** Olive Oil
- 1 lbs** Extra Lean Ground Beef
- 1 tsp** Oregano
- 2** Sweet Potatoes Skins Peeled Off
- 24 oz** Tomatoes Crushed
- Black Pepper And Sea Salt To Taste



PRO: 40g **CARB:** 42g **FAT:** 17g **CALS:** 481

DIRECTIONS:

1. Heat olive oil in a pan over medium heat
2. Add diced onion, red pepper, and mushrooms to pan and sauté for 5 mins
3. Add ground beef to the pan, crumble, and cook throughly
4. Sprinkle black pepper, sea salt, and oregano over top of the mixture
5. Once beef is cooked, with a peeler, begin peeling the sweet potatoes into thin strips directly into the pan
6. Add crushed tomatoes on top and mix together.
7. Lower heat and simmer for 15 mins.
8. Top with more oregano (if needed) and enjoy!



SNACK PATTY SLIDERS

(makes 2 servings)

INGREDIENTS:

- 1 lbs** Extra Lean Ground Beef
- 1/4 cup** Chopped Onion
- 1/4 tsp** Sea Salt
- 1 tsp** Black Pepper
- 1/4 tsp** Cinnamon
- 1/4 tsp** All Spice
- 1 tbsp** Chopped Rosemary
- 1 tbsp** Chopped Parsley



PRO: 27g **CARB:** 1g **FAT:** 27g **CALS:** 277

DIRECTIONS:

1. Mix all the ingredients together in a bowl.
2. Form patties with your hands (approx. 1/2 inch thick).
3. Over medium high heat, cook patties in a frying pan for 3 minutes per side.



TURN UP THE GAINZ WITH TURNIP

(makes 2 servings)

INGREDIENTS:

- 1** Shallot Diced
- 1** Turnip Chopped (Approx. 3 Cups)
- 1 cup** Chicken Stock
- 1 1/2 tbsp** Coconut Oil
- 1/2 lbs** Steak Sliced
- 1 tbsp** Olive Oil
- Handful** Dill Handful
- Dash Salt & Pepper



PRO: 40g **CARB:** 14g **FAT:** 22g **CALS:** 414

DIRECTIONS:

1. Boil 1 cup of chicken stock in a pot.
2. While chicken stock is boiling, add 1 tbsp of coconut oil to a heated pan over medium high heat, then add the chopped turnip.
3. Once chicken stock is boiling, add it over top of the turnip and cook for another 10-12 minutes.
4. In a separate pan, add 1/2 tbsp of coconut oil to a pan over medium high heat, then add the sliced steak to the pan with a sprinkle of salt and pepper. Cook for 2-3 minutes, then add in the diced shallots and cook for another 1-2 minutes to your liking.
5. Add the turnip to a plate and top with steak and dill.
6. Enjoy!