Lean or extra lean beef can be one of the proteins you enjoy in a heart-healthy diet. A recent study showed that up to 4-5½ ounces of lean beef, can help lower cholesterol.

Protein plays an important role in weight management by increasing satiety (staying full longer), helping support strong, lean bodies and prevent weight gain and diabetes and cardiovascular disease.1,2,3,4

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**COOKING**

1 can (14 oz.) diced tomatoes, chili-seasoned or zesty-style
1 large jalapeño pepper, seeded, halved lengthwise
1 cup (14 oz.) dark beer
1 Tbsp. reduced-sodium beef broth
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/8 tsp. ground red pepper
2 cans (15 oz. each) black beans, rinsed, drained
1/3 cup tomato paste
2 Tbsp. honey
2 Tbsp. vinaigrette

**INGREDIENTS**

1 lb. Ground Beef (93% lean or leaner)
2/3 cup salsa
1/4 cup thinly sliced red onion
8 small corn tortillas
Dressing, as desired

---

**NUTRITION**

Nutrition information per serving:

<table>
<thead>
<tr>
<th>Calories</th>
<th>Fat</th>
<th>Saturated Fat</th>
<th>Monounsaturated Fat</th>
<th>Polyunsaturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Carbohydrate</th>
<th>Fiber</th>
<th>Protein</th>
<th>Niacin</th>
<th>Vitamin B6</th>
<th>Vitamin B12</th>
<th>Iron</th>
<th>Selenium</th>
<th>Zinc</th>
<th>Choline</th>
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</thead>
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<td>9 g</td>
<td>4 g</td>
<td>5 g</td>
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<td>78</td>
<td>465</td>
<td>28 g</td>
<td>3.6 g</td>
<td>31 g</td>
<td>8.4 mg</td>
<td>0.7 mg</td>
<td>2.2 mcg</td>
<td>0.7 mg</td>
<td>31.0 mcg</td>
<td>5.0 mg</td>
<td>107.1 mg</td>
</tr>
</tbody>
</table>

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<td>4 g</td>
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<td>76</td>
<td>247</td>
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</tbody>
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**INGREDIENTS**

1 lb. beef Top Sirloin Steak
1 can (14-14 1/2 oz.) black beans, rinsed, drained
1/2 cup salsa
1/4 cup plus 2 Tbsp. vinaigrette, divided
8 small corn tortillas

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**INGREDIENTS**

1 lb. Ground Beef (93% lean or leaner)
1 Tbsp. vegetable oil
1 can (14 oz.) diced tomatoes, chili-seasoned or zesty-style
1 large jalapeño pepper, seeded, halved lengthwise
1 cup (14 oz.) dark beer
1/3 cup tomato paste
2 Tbsp. honey
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Enjoy Lean Beef in a Heart-Healthy Lifestyle

- The American Heart Association recommends eating a variety of nutritious foods from all food groups for a heart-healthy diet.
- Go lean when adding nutrro-rich beef to heart-healthy diets.
- Consider variety and portion size when balancing lean protein on a heart-healthy plate.


Nourish Your Heart

Citrus-Marinated Beef and Fruit Kabobs

- 45 MINUTES
- MAKES 4 SERVINGS
- 6 INGREDIENTS

Beef Chili

- 30 MINUTES
- MAKES 4 SERVINGS
- 7 INGREDIENTS

Confetti Beef Taco Salad

- 20 MINUTES
- MAKES 4 SERVINGS
- 5 INGREDIENTS

Steak, Green Bean, and Tomato Salad

- 25-30 MINUTES
- MAKES 4 SERVINGS
- 6 INGREDIENTS

Beef and Pasta Skillet Primavera

- 30-35 MINUTES
- MAKES 4 SERVINGS
- 7 INGREDIENTS

Sweet Potato Beef Mash-Up

- 65 MINUTES
- MAKES 4 SERVINGS
- 19 INGREDIENTS