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# CULINARY PLANNER



## SENIOR LIVING

Canadian beef entrées for seniors offer a wide range of options that are both nutritious and delicious. These entrées can provide the necessary nutrients for seniors while catering to their specific dietary needs and preferences.

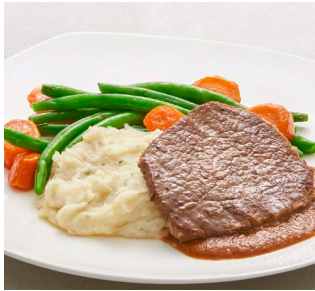
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## Pot Roast Medallions with Country Harvest Gravy Eye of Round

*Alternative Cuts: Inside Round, Outside Round, Round Roast*

Serves 16 | 5 oz (150 g) beef with ¼ cup (60 mL) gravy

Easy to prepare and loaded with nourishing ingredients make this braised beef dish a winner for Senior Living residents. The vibrant orange-hued gravy is thick, luscious and flavourful without being overly rich. The beef is tender and easy to eat while still having a steak-like quality thanks to the medallion cut.



## Steak Diane Eye of Round

*Alternative Cuts: Inside Round, Outside Round, Round Roast*

Serves 16 | 5 oz (150 g) beef with ¼ cup (60 mL) sauce

This classic steak dish is a retro favourite for a good reason. Perfect for Senior Living residents, this version uses lean and flavourful beef medallions that get browned and then braised in a simple and rich mixture of stock, gravy and a splash of cream. Using premade gravy means this dish comes together quickly and with max flavour. The result is a tender, succulent piece of beef with a beautifully creamy and slightly tangy sauce.



## Classic BBQ Meatloaf Ground Beef (Extra Lean)

*Alternative Cuts: Ground Beef (Medium), Ground Beef (Lean), Source Grind (Chuck), Source Grind (Round)*

Serves 16 | 6 oz (175 g) slice meatloaf

Thanks to the high protein and iron-rich qualities of beef, meatloaf is a great choice to help Senior Living residents meet their nutrition needs. Meatloaf is extremely tender, making it easier to cut, chew and swallow than a whole muscle protein. Plus, it is cost effective, can easily be made in large quantities and, because the flavour improves the next day, it's a great make-ahead menu item.



## Italian Meatloaf Ground Beef (Extra Lean)

*Alternative Cuts: Ground Beef (Medium), Ground Beef (Lean), Source Grind (Chuck), Source Grind (Round)*

Serves 16 | 6 oz (175 g) slice meatloaf

Moist and tender Ground Beef is accented with Italian flavours to prepare a meatball-inspired meatloaf. Familiar yet unique, Senior Living residents will appreciate this high-protein, iron-rich entrée that supports their nutritional needs. Plus, meatloaf is easier to cut, chew and swallow than a whole muscle protein.



## Beef and Barley Stew Beef Cubes

*Alternative Cuts: Short Cut Clod, Bottom Sirloin Ball Tip, Sirloin Tip*

Serves 16 | 1½ cups (375 mL) stew with 4 oz (125 g) beef

Marbled chunks of beef and pearl barley simmer together in this classic stew perfect for senior living. Rich, flavourful beef is cubed and braised in beef stock and aromatics until melt-in-your-mouth-tender. Barley and spinach give this stew earthy depth and a nutritious profile. Serve as a hearty appetizer, with small salad for lunch or as a dinner entrée with a biscuit or roll.





Click/tap on the photo for the complete recipe.



## Beef Pot Pie with Biscuit Topping

### Beef Cubes

*Alternative Cuts: Short Cut Clod, Bottom Sirloin Ball Tip, Sirloin Tip*

Serves 16 | 1 pot pie with 4 oz (125 g) beef and 1 biscuit

These individual pot pies are filled to the brim with a hearty beef mixture sure to please any crowd. For the ultimate tender bite, Beef Round Cubes are tossed in flour and browned before a long braise in the oven with the traditional aromatics and vegetables. It's all topped with a buttery housemade biscuit or use frozen biscuit rounds to speed up the prep. Serve this with a crisp side salad for a balanced meal great for senior living centres.



## Hungarian Beef Goulash

### Beef Cubes

*Alternative Cuts: Short Cut Clod, Bottom Sirloin Ball Tip, Sirloin Tip*

Serves 16 | 1½ cups (375 mL) goulash with 5 oz (150 g) beef and 1 cup (250 mL) noodles

This traditional pastoral dish is hearty, beefy and showcases its signature spice, Hungarian paprika. Beef Round Cubes are braised low and slow in a spiced tomato sauce, deepened with beef stock. Serve this stew over buttery egg noodles as a timeless pairing that's satisfying and easy to eat for senior living residents. Top it with a cool dollop of sour cream for a bit of creaminess without having to prepare a separate sauce.



## Beef, Beet and Cabbage Borscht

### Country Style Ribs

*Alternative Cuts: Chuck Roll, Short Cut Clod*

Serves 16 | 2 cups (500 mL) soup with 4 oz (125 g) beef

With its signature ruby-red broth, this Russian-style Borscht is full of classic flavours and textures, while incorporating tender braised Boneless Short Ribs to make it a whole meal. The result is a rich and beefy bite that's tender and soft, which is great for senior living residents.



## Individual Shepherd's Pie

### Ground Beef (Lean)

*Alternative Cuts: Ground Beef (Extra Lean), Source Grind (Sirloin), Source Grind (Round)*

Serves 16 | 1 Shepherd's Pie with 5 oz (150 g) beef and ¾ cup (175 mL) mashed potatoes

Shepherd's Pie is a nutritious and comforting protein-packed meal that is easy to eat for Senior Living residents. Lean Ground Beef gives the dish a rich, beefy flavour and all the nutritional benefits of red meat, while being lower in saturated fat. Making these individually means they can be prepped in advance and portions can be heated as needed. Alternatively, prepare and bake the recipe in a shallow hotel pan for catering-style service.



## Cabbage Roll Soup

### Ground Beef (Medium)

*Alternative Cuts: Ground Beef (Lean), Source Grind (Chuck), Source Grind (Round)*

Serves 16 | 2 cups (500 mL) soup with 4 oz (125 g) beef

Enjoy all the flavours, textures and wholesomeness of cabbage rolls in a warm and hearty soup. Easy to prepare and brimming with nostalgia, this dish is sure to please residents and guests of senior living homes. Medium Ground Beef provides richness with substantial protein and health benefits, making this hearty soup perfect as an appetizer, lunch or dinner served with crackers or a crusty roll on the side.





Click/tap on the photo for the complete recipe.



### **Meatballs in Mushroom Sauce** **Ground Beef (Medium)**

*Alternative Cuts: Ground Beef (Lean), Ground Beef (Extra Lean), Source Grind (Chuck), Source Grind (Round)*

Serves 16 | 3 x 1½ oz (45 g) meatballs with ⅓ cup (75 mL) mushroom sauce

This Swedish-inspired dish features warmly spiced meatballs braised in a rich and creamy mushroom sauce. To maximize browning and optimize prep time, the meatballs are quickly roasted in the oven before braising slowly in the sauce. Using Medium Ground Beef ensures the meatballs are moist with a tender texture making them easy to eat for senior living residents.



### **Beef Paprikash** **Petite Tender**

*Alternative Cuts: Top Sirloin, Round Roast, Beef Cubes*

Serves 16 | 4 oz (125 g) beef with 1 cup (250 mL) stew

Rich and comforting, without being overly decadent, makes this the ultimate menu item for Senior Living residents. By braising high-protein, iron-rich beef in a flavourful mixture of beef gravy, tomato puree and aromatics, diners are able to enjoy a comforting meal that also satisfies several nutritional requirements. Serve over cooked egg noodles, mashed potatoes or spaetzle with a green salad.



### **Tuscan-Style Roast Beef with Saucy White Beans with Sage** **Round Roast**

*Alternative Cuts: Eye of Round, Inside Round, Outside Round, Sirloin Tip*

Serves 16 | 5 oz (150 g) roast beef with ⅓ cup (75 mL) saucy white beans

Bring the flavours of Italy to the table with a simple and rustic spin on a classic roast beef dinner. Instead of a traditional brown beef gravy, this lean and flavourful roast is served with a rich tomato sauce studded with creamy cannellini beans. Inside Round Roast is cooked to medium-rare and thinly sliced for a lean protein that's tender, hearty and easy to eat for senior living residents. Serve with steamed broccolini and a fresh Italian roll to sop up all the sauciness.





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